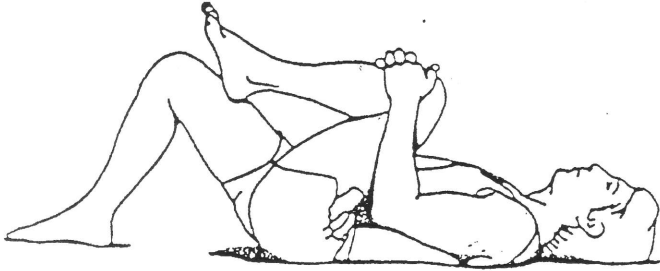


2 x / Day



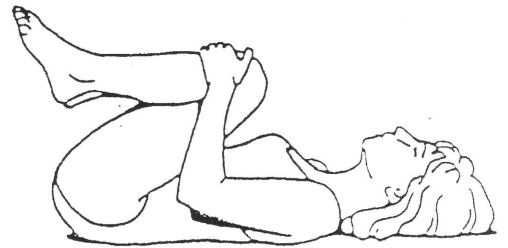
LOW BACK WARM-UP

BACK - 1 Single Knee to Chest Stretch



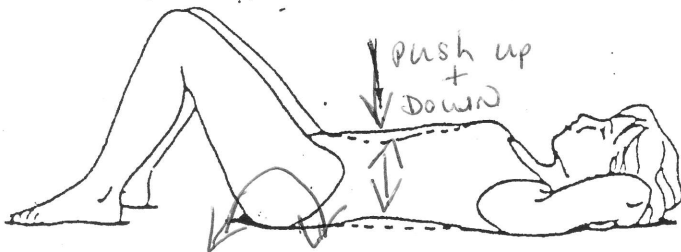
Pull one knee in to chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite knee.
Hold 20 seconds. Repeat 1 times on each side.
Do 2 sessions per day.

BACK - 2 Double Knee to Chest Stretch



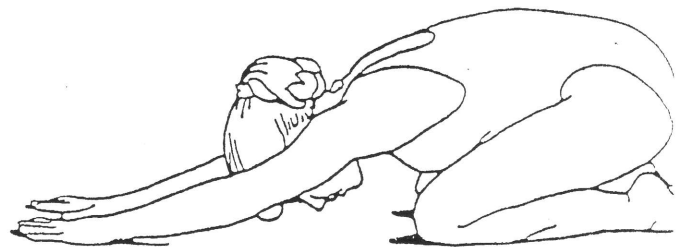
Pull both knees in to chest until a comfortable stretch is felt lower back. Keep back relaxed.
Hold 20 seconds. Repeat 1 times.
Do 2 sessions per day.

BACK - 3 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.
Hold 1 seconds. Repeat 20 times.
Do 2 sessions per day.

BACK - 4 Mid Back Stretch



Push chest toward floor, reaching forward as far as you can.
Hold 20 seconds. Repeat 1 times.
Do 2 sessions per day.