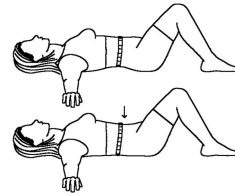


- Lie on back, knees bent or straight.
- Imprint upper back/ribs into mat.
- Inhale and move arms out to sides and over head as far as possible without losing contact with ribs and mat or allowing ribs to pop up or flare.
- Exhale and return arms to sides while pulling shoulder blade inward and downward.
- Repeat.

Perform 5 sets of 1 Minute, once a day.

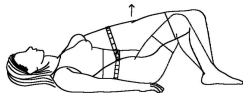
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.



- Lie on back, knees bent, arms at side, feet flat on floor.
- Begin in neutral spine, exhale and rock pelvis posteriorly so low back or waistline touches mat.
- Hold, inhale and return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

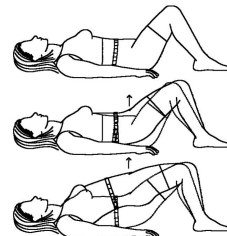
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.



- Lie on back, knees bent, arms at side, feet flat on floor.
- Begin in neutral spine and maintain position.
- Inhale and raise trunk upward as a single unit.
- Exhale and lower, placing spine and pelvis touching down at the same time and repeat.

Perform 5 sets of 1 Minute, once a day.

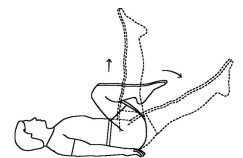
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.



- Lie on back, knees bent, arms at side, feet flat on floor.
- Begin in neutral spine.
- Inhale, and start at tail bone and raise on spinal segment at a time until weight is supported on feet and shoulders.
- Exhale and lower one spinal segment at a time starting from the upper segments to the tail bone.
- Repeat.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.



- Lie on back, arms at sides, legs together, knees bent and up toward chest, toes pointed.
- Exhale, straighten knees and move legs down until hips are at 45 degrees.
- Inhale return to start position.
- Repeat.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.



- Lie on back, knees bent, arms at side, feet flat on floor.
- Exhale, lifting right leg until hip is at 90 degrees.
- Inhale and lower and repeat with other leg.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.