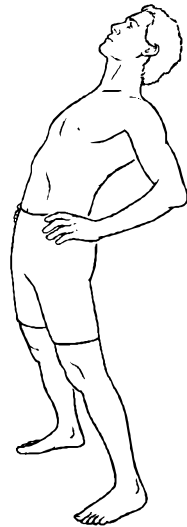


BACK - Backward Bend (Standing)

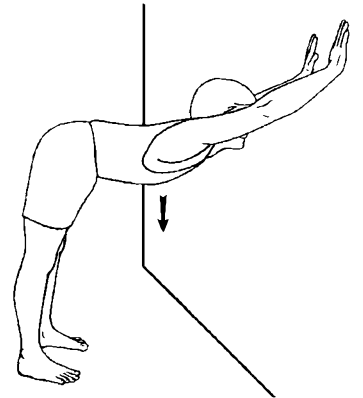
Arch backward to make hollow of back deeper. Hold 10 seconds.



Repeat 5 times per set.

SHOULDERS - 6 Extensors

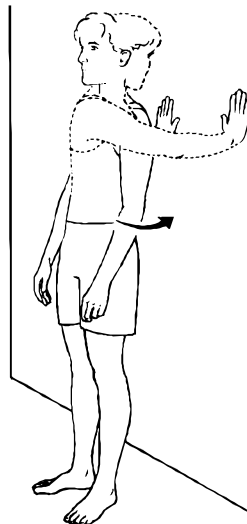
With hands on wall or rail and feet shoulder-width apart, move chest toward floor. Hold 10 seconds.



Repeat 5 times.

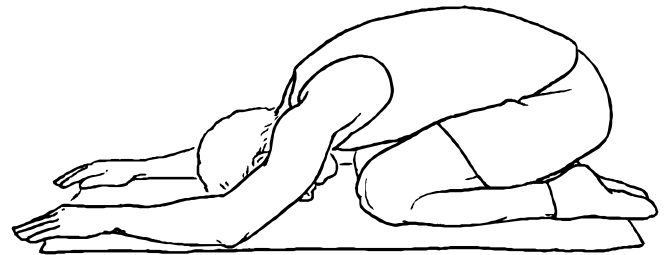
UPPER BACK - Rotators

With feet shoulder-width apart and 25-30cms from wall, turn upper body and try to place hands on wall at shoulder height. Hold 10 seconds. Repeat to other side.



Repeat 5 times.

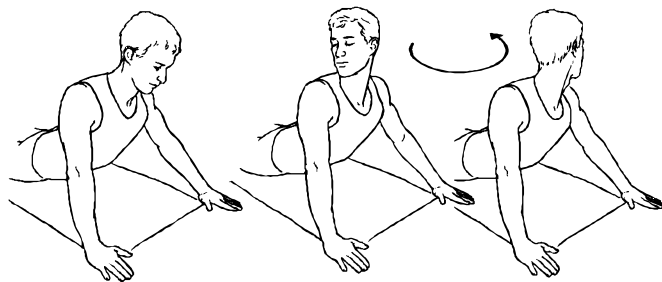
Shell



Prone, push torso back, folding over legs. Push hips toward heels, allowing head and arms to settle toward mat. Relax, breathing deeply into back for 5 full breaths.

Repeat 5 times.

Neck Roll

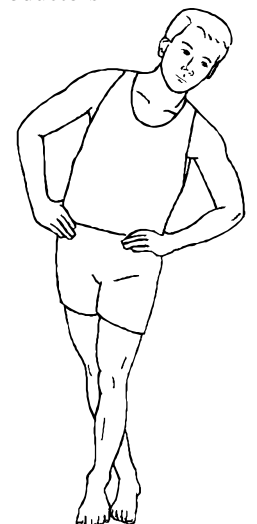


Supported on arms, face front, abdominals in, shoulders down. Inhale, looking to side. Exhale, circling head halfway around, facing other side, then face front again. Inhale, repeating to opposite side. Gently lower torso to mat.

Repeat 5 times.

HIP OBLIQUE - 2 Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold 10 seconds. Repeat to other side, with right leg over left.



Repeat 5 times.

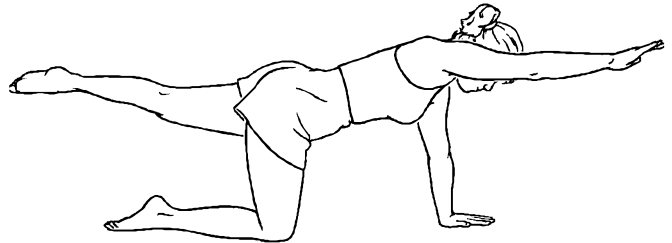
BACK - 5 Arm / Leg Lift: Opposite (Prone)



Lift right leg and opposite arm 30 cms from floor, keeping knee locked.

Repeat 10 times per set. Do 2 sets per session.
Change arms and legs

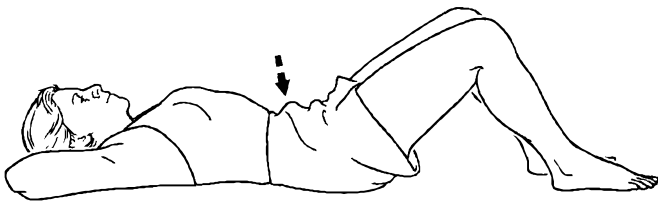
BACK - 10 Arm / Leg Extension: Alternate (All-Fours)



Raise right arm and opposite leg. Do not arch neck.

Repeat 10 times per set. Do 2 sets per session.
Change arms and legs

BACK - 22 Pelvic Tilt



Flatten back by tightening the CORE group of muscles.
Draw the pubic symphysis towards the belly button. **DON'T HOLD YOUR BREATH.** Gently flatten your low back arch to the floor.

Repeat 5 times per set. Do 2 sets per session.

BACK - 58 Pelvic Tilt: Posterior (Standing)

With knees slightly bent, tighten the CORE group muscles and flatten the arch of the back by rolling pelvis down.
Hold 10 seconds. Relax.



Repeat 5 times per set.