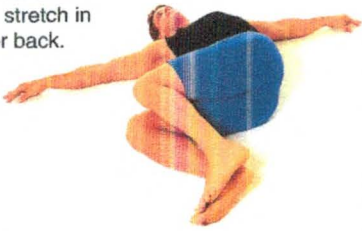


7 LOW BACK TWIST

With palms and shoulders on floor, bring knees to chest and rotate hips to side. Hold. Repeat, rotating knees to other side. Feel stretch in lower back.



8 SHOULDER SQUEEZES

Bend elbows 90 degrees, and press elbows and shoulders into floor as you squeeze shoulder blades together. Release and repeat. Hips do not move.



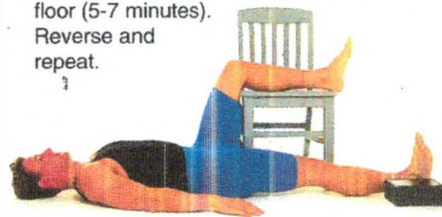
9 PULLOVERS

Place palms together, fingers interlaced and slowly extend straight arms overhead to touch floor. Return arms over chest. Repeat. Keep back flat. Do not force stretch.



10 GRAVITY RELAXATION

Rest leg on chair, knee bent at right angle. Other leg is straight. Relax and breathe evenly. Lower back should settle flat to floor (5-7 minutes). Reverse and repeat.



TIPS:

- Do not allow your head and shoulders to droop forward.
- If sitting for a long time, do Shoulder Squeezes and Shoulder Shrugs (#3 and #8).
- Upper body workout with resistance or weights may be necessary.
- Avoid overextension of neck.
- Learn to use proper form with regards to alignment during this exercise.

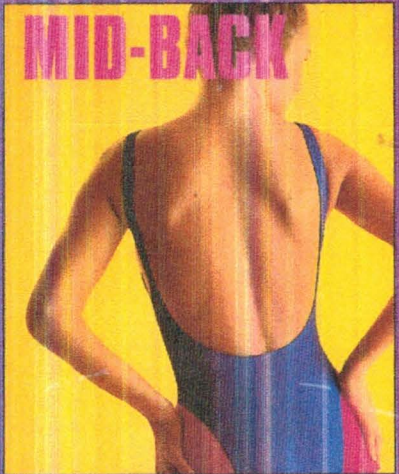


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STRETCH OUT™

IMPROVE FLEXIBILITY

MID-BACK



Check with your physician before beginning any exercise program.

1 ELBOW TOUCHES

Place back and elbows against wall, knuckles on temples, thumbs pointed down.



Keep feet straight. Slowly bring elbows together, then return elbows to wall. Repeat. Feel stretch in upper back and shoulders.

2 ELBOW ROTATIONS

Stand straight, arms extended, palms on wall. Rotate elbows in and out without lifting shoulders or moving hands.



3 SHOULDER SHRUGS

Standing straight, with upper back and head pressed against wall, raise and lower your shoulders. Repeat.

4 CATS & DOGS

On hands and knees, arch back to bring hips and head toward each other. Relax, then pull belly down, head up to round back. Keep arms straight.



5 CALF & HAMSTRING STRETCH

Calf: With cord at ball of foot, leg straight and tight, pull toes down. Do not lift hips. Hold.
Hamstring: Place cord at center of foot. With knee locked, raise leg toward chest. Do not lift hips.



6 OPPOSITE HAND & LEG SLIDE

Stretch right hand overhead, along floor, while stretching left leg in opposite direction. Hold. Reverse and repeat.



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