

BACK STRETCH & RELAX EXERCISE GUIDE

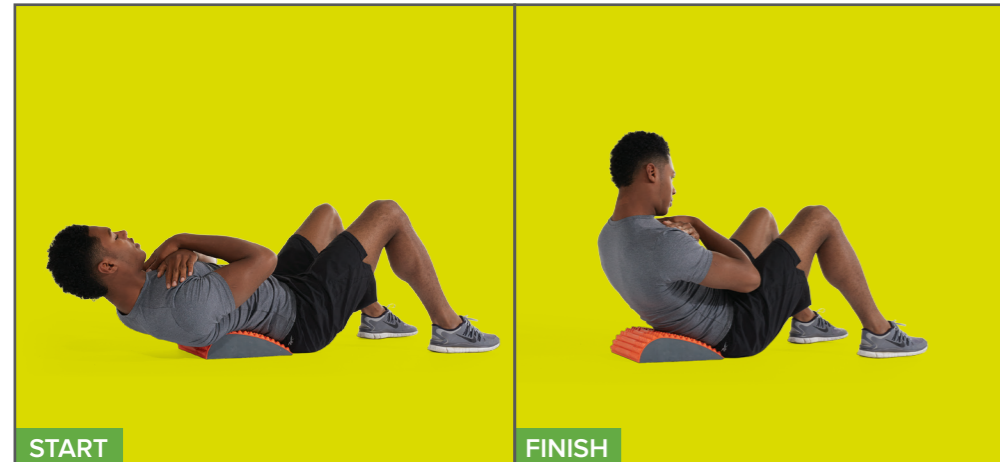
EXERCISE INSTRUCTION

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements.

-OR-

- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

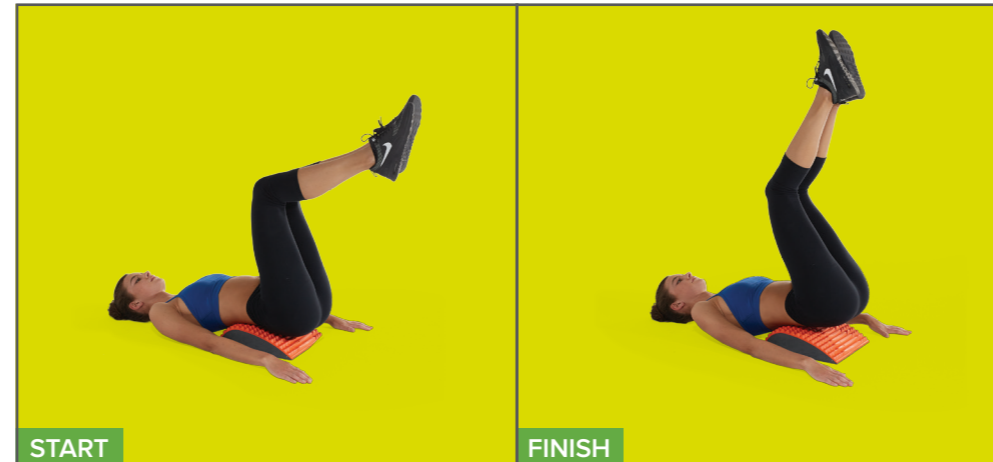
1. SIT UP



Lie on back with Back Stretch & Relax positioned under low back, raise head off floor, cross arms on chest, bend legs and place feet flat on floor.

Slowly lift head and shoulders up and forward toward legs while keeping lower body stationary. Hold and slowly return to start position.

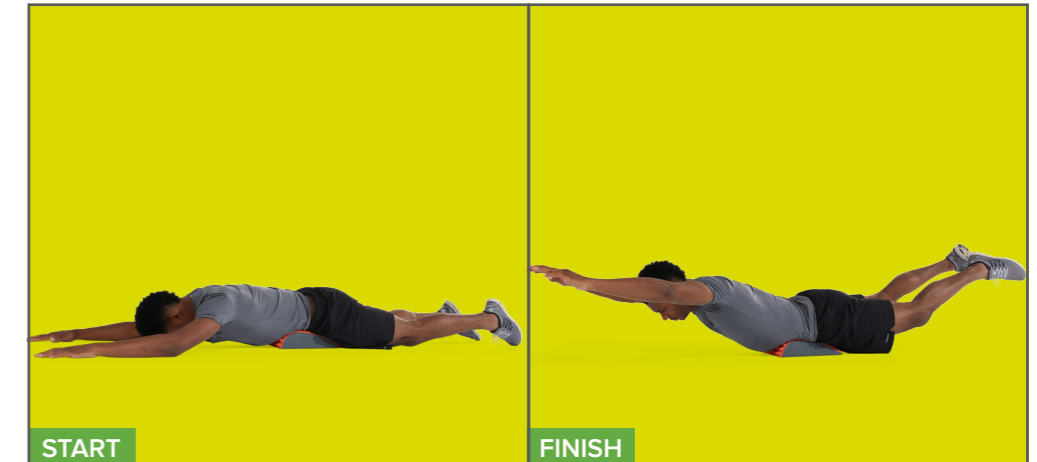
2. HIP LIFT



Lie on back with Back Stretch & Relax positioned under low back, head on floor, arms straight on floor along sides of body with legs bent and knees over hips.

Slowly lift hips and buttocks off Back Stretch & Relax and pull knees back over chest while keeping upper body stationary. Hold and slowly return to start position.

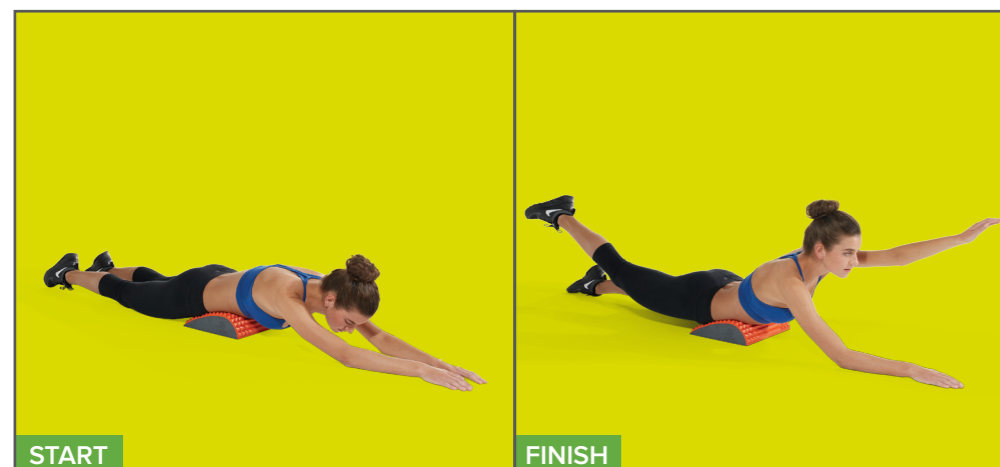
3. BACK/HIP EXTENSION



Lie on stomach with Back Stretch & Relax positioned under hips, straighten arms and legs and place on floor.

Slowly raise both arms and legs straight up off floor while arching low back and lifting head. Hold and slowly return to start position.

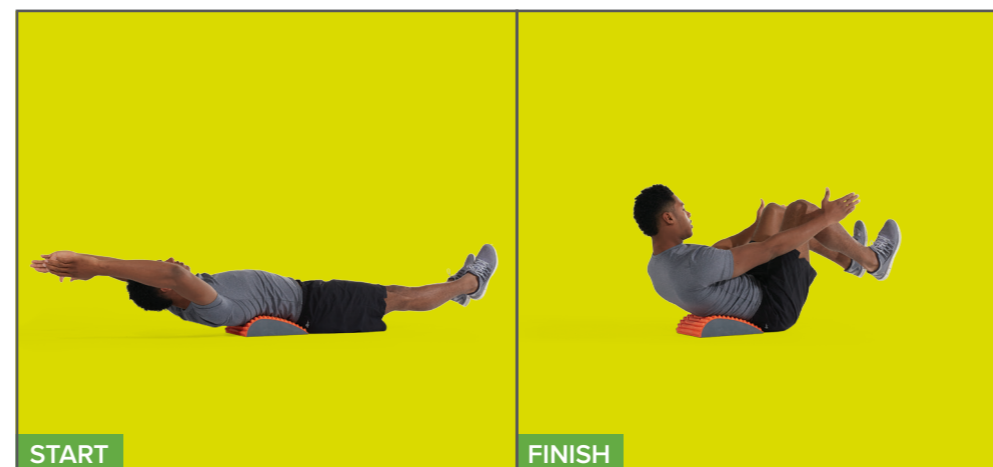
4. OPPOSITE LEG/ARM RAISE



Lie on stomach with Back Stretch & Relax positioned under hips, straighten arms and legs and place on floor.

Slowly raise one arm and opposite leg straight up above floor while arching low back and lifting head. Hold and slowly return to start position.

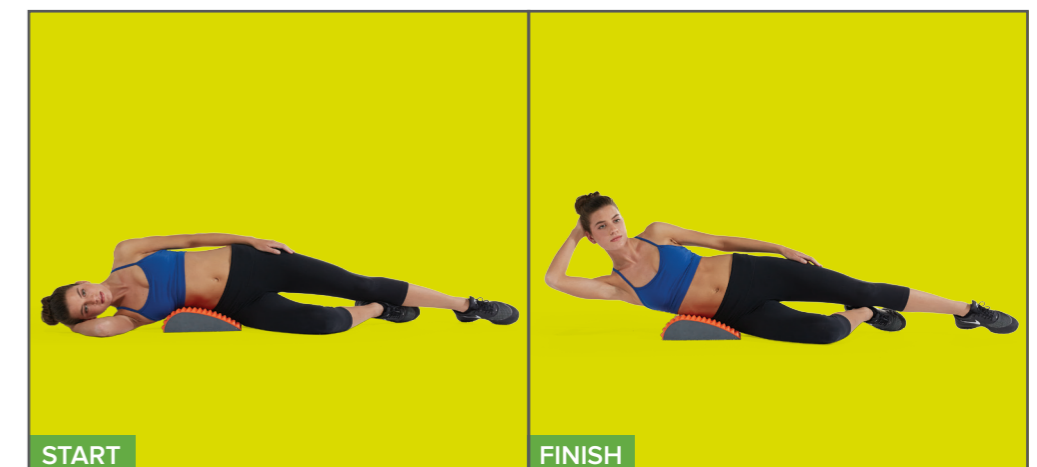
5. KNEE TUCK PLANK



Lie on back with Back Stretch & Relax positioned under low back, straighten arms and legs and raise hands and heels off of floor.

Slowly bend legs and tuck knees toward chest while reaching arms toward knees, lifting head and shoulders up and forward toward legs. Hold and slowly return to start position.

6. SIDE BEND



Lie on side with Back Stretch & Relax positioned along side of body and under hip, head on floor, bottom arm and leg bent, top arm and leg straight with feet on floor.

Slowly lift head and bottom arm up off floor while moving top arm down along side of body and bending at the waist with hips and lower body stationary. Hold and slowly return to start position.