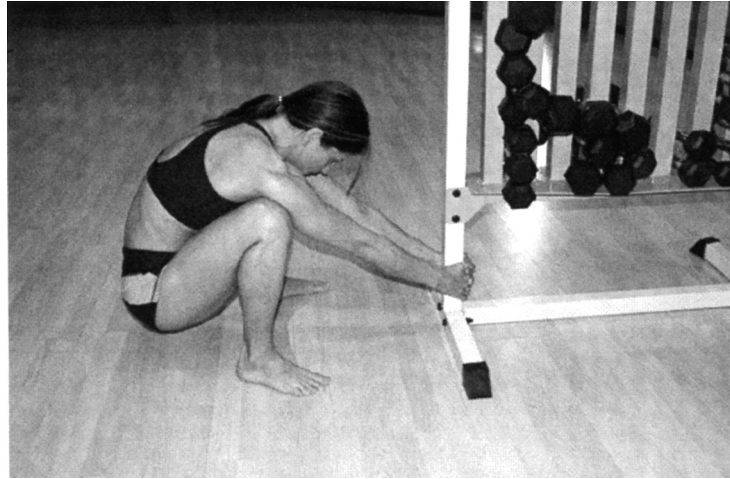


Lat Stretch (Upper Back)

While squatting down in full squat with arms in between knees grasp an immovable object with both hands interlocked. Lean back as far as possible and stretch and hold for at least 30 seconds.



Supine Hip Rotators (Low Back)

Lie prone on your back with knees together and bent at 90-degrees and one arm at your side and with the other out at 90-degrees for support. Slowly drop your knees as far as possible to the side with your arm at your side while keeping your shoulder blades on the floor and your knees together. Hold for at least 30 seconds then come back to the start position and repeat to the other side.

