

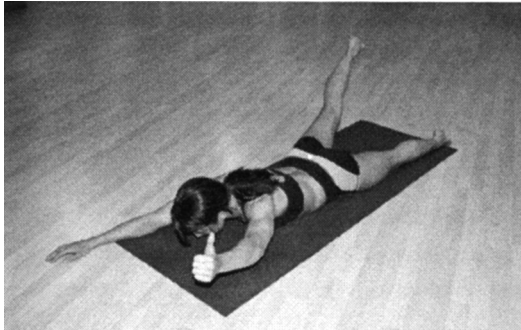
Spinal Extension Hygiene Exercises (Back Extensors)

- Do a minimum of 2 of these exercises every spinal hygiene workout

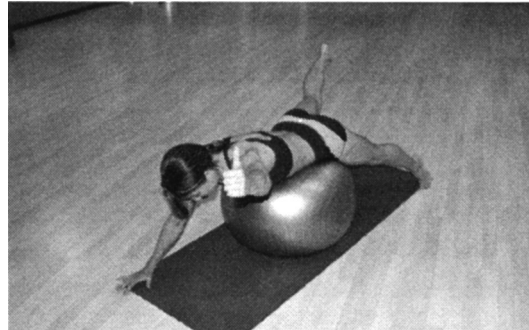
Prone Superman & Swiss Ball Superman

Start face down and lift your arm and opposite leg at the same time as high as possible. Lift your arm out at a 45 degree angle with hand in a fist with thumb up. Hold this position for as long as possible, slowly lower arm and leg and repeat on opposite side.

Exhaling and Holding



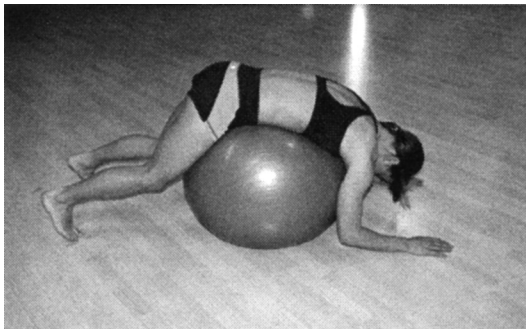
Exhaling and Holding



Swiss Ball Back Extensions

Lie face down over Swiss ball. Keeping your toes on the ground and arms by your side extend your legs and spine into a straight position flexing your buttocks and bringing your shoulder blades together. Hold this position for as long as possible then slowly lower back to start position and repeat.

Start (Inhaling and Relaxing)



Finish (Exhaling and Holding)

