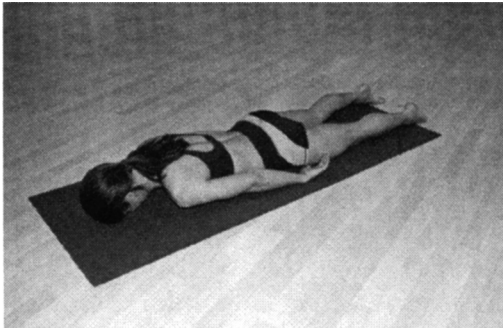


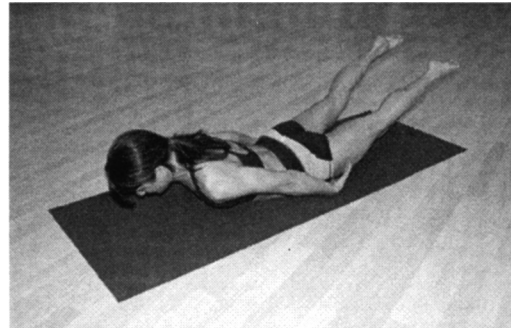
Prone Back Extensions

Lie face down with arms by your side. Lift and extend torso and legs by bending backward or extending at the hips. Hold this position as long as possible then slowly lower yourself and repeat.

Start (Inhaling and Relaxing)



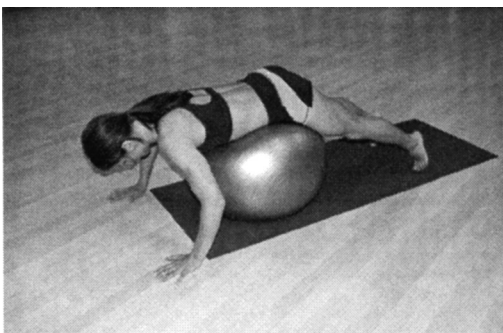
Finish (Exhaling and Holding)



Leg Extensions

Lie face down on the Swiss ball with your hands placed firmly on the floor. Keeping your legs together flex your buttocks and your back in order to raise your legs as high as possible. Hold this position as long as possible then slowly lower your legs and repeat.

Start (Inhaling and Relaxing)



Finish (Exhaling and Holding)

