

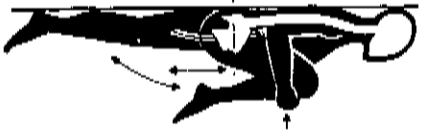













EXERCISES

CAUTION	
<p>Many people believe in the "NO PAIN, NO GAIN" philosophy. BACK fitness requires EASY, NO PAIN EXERCISE for progress. Get professional advice if the program results in discomfort. Remember as well, that muscle stiffness can result from exercising weak muscles, and is not an indication for quitting.</p> <p>1. Practice the pelvic tilt for good posture.</p> <p>2. Always do stretch relaxation exercises before strengthening exercises.</p> <p>3. Match your starting exercise level with your corresponding test results.</p> <p>4. As your strength and flexibility improve, challenge yourself by advancing to the next exercise level.</p>	
Pelvic Tilt • For Good Posture	 
<p>Lie on your back with knees bent. Place your hand between the "small" of your back and the floor.</p> <p>Flatten your back against your hand and the floor by contracting your stomach muscles and rotating your hips backward. Breathe out deeply.</p>	

STRETCH - RELAXATION EXERCISES	
<p>Lengthens muscles shortened by age, injury, stress and exercise. Stretch-relaxation is easy to do, but requires practice to achieve successful lengthening of short muscles.</p> <p>There are three phases:</p> <ol style="list-style-type: none"> 1. Stretch the muscles. 2. Hold the muscle in the "stretch position" to create a stretch sensation but not pain (pain indicates overstretching, you are too aggressive) and back off slightly. 3. Breathe in slowly and deeply, breathe out slowly and deeply and now stretch to your new limit. Repeat the process. SLOW OR BOUNCE THE MUSCLE. 	
Hip Flexor • Hip Flexor Flexibility	<p>3. Breathe in slowly and deeply, breathe out slowly and deeply and now stretch to your new limit. Repeat the process. SLOW OR BOUNCE THE MUSCLE.</p> <p>2. Hold the muscle in the "stretch position" to create a stretch sensation but not pain (pain indicates overstretching, you are too aggressive) and back off slightly.</p> <p>1. Stretch the muscles.</p>
SLING STRETCH (LEVEL 1 - 3)	KNEE TO CHEST (LEVEL 4)
	
<p>Lie on back with legs straight out. Bring forward chest by grasping knee with both hands. Stop as you feel tightness (but before the point of pain). Hold this position and slowly breathe out deeply for a count of 10. You should feel the muscle loosen. Hold this new position and repeat breathing out deeply. Do not jerk or force the muscle to the point of pain. Repeat three - five times. Repeat with other leg.</p>	<p>Lie on back with knees bent. Assume the pelvic tilt position. Bend one knee to chest. Use your hands to pull it more snugly to the chest while breathing out slowly and deeply. Slowly return it to starting position. Repeat with other leg.</p>

The Mad Cat • Back Flexibility	
<p>Get on all fours, breathe in deeply and arch your back upwards. Hold position and breathe out deeply. Now return to the level position breathing in and bend your back downwards like a suspension bridge. Repeat 3 - 5 times.</p>	
Side Stretch • Side Flexibility	Dome
	
<p>Clasp both hands on top of your head. Bend to one side (and a little forward) on the opposite side. Hold this position. Breathe out deeply and feel the side muscles relax. Stretch to your limit. Repeat on other side.</p>	<p>Hold position and breathe out deeply. Now return to the level position breathing in and bend your back downwards like a suspension bridge. Repeat 3 - 5 times.</p>
Suspension Bridge	Level
	

STRENGTHENING EXERCISES			
Sit Downs or Curls • Stomach Strength			
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
			
<p>Sit on the floor with knees bent and arms folded across your chest. Slowly curl your trunk down to the floor, to a count of seven. Use your hands to assist in sitting up and repeat.</p>	<p>Sit on floor with knees bent and arms folded across your chest. Slowly curl your trunk down to the floor, to a count of 7. Hold the pelvic tilt throughout. Use your hands to assist in sitting up and repeat.</p>	<p>Sit on the floor with knees bent and arms extended in front of you. Slowly curl your trunk down to the floor, to a count of 7.</p>	<p>Lie on the floor, knees bent, arms extended in front of you. Assume pelvic tilt. Slowly raise body, curling yourself toward knees. Hold for 7 counts, and return to starting position.</p>

Lateral Leg Raise • Lateral Strength	
Lateral Leg Lift (LEVEL 1 - 3)	
	
<p>Lie on your side, one hand under your head and assume the pelvic tilt position. Raise both legs off the floor (2" to 6" increases difficulty of exercise) and keep body straight. Now raise the upper leg 12", hold, and return to starting position. Repeat 5 - 10 times.</p>	
LEG RAISE (LEVEL 4)	
	
<p>Lie on your side, one hand under your head and assume the pelvic tilt position. Raise upper leg 12", hold, and lower. Repeat 5 - 10 times.</p>	