



Diagonal Curl

This exercise strengthens the muscles of your back, hips, and abdomen. If you have not already been exercising regularly skip this exercise. Sit on the floor with your knees bent, feet on the floor, and hands clasped in front of you. Twist your upper torso to the left until your hands touch the floor. Do the same movement to the right. Repeat on both sides 5 times.



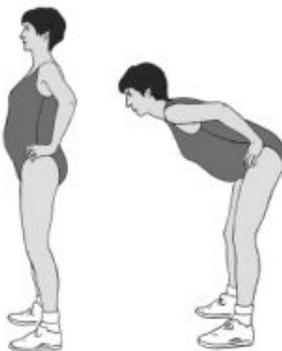
Forward Bend

This exercise stretches and strengthens the muscles of your back. Sit in a chair in a comfortable position. Keep your arms relaxed. Bend forward slowly, with your arms in front and hanging down. If you feel any discomfort or pressure on your abdomen, do not push any further. Hold this position for a count of 5, then get up slowly without arching your back. Repeat 5 times.



Upper Body Bend

This exercise strengthens the muscles of your back and torso. Stand with your legs apart, knees bent slightly, with your hands on your hips. Bend forward slowly, keeping your upper back straight. You should feel a slight pull along your upper thigh. Repeat 10 times.



Rocking Back Arch

This exercise stretches and strengthens the muscles of your back, hips, and abdomen. Kneel on hands and knees, with your weight distributed evenly and your back straight. Rock back and forth, to a count of 5. Return to the original position and curl your back upward as much as you can. Repeat 5 – 10 times.





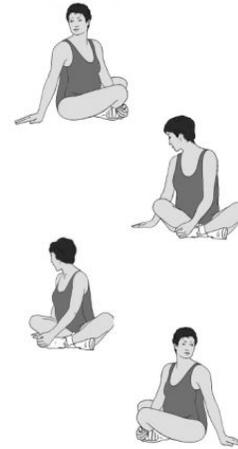
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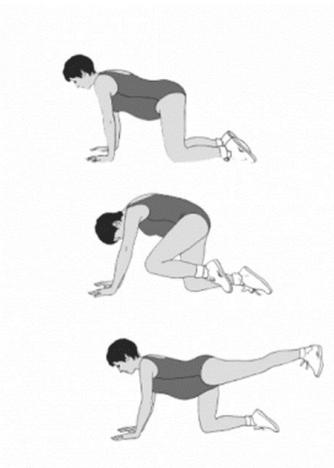
Trunk Twist

This exercise stretches the muscles of your back, spine, and upper torso. Sit on the floor with your legs crossed, with your left hand holding your left foot and your right hand on the floor at your side for support. Slowly twist your upper torso to the right. Do the same movement to the left, after switching your hands (right hand holding right foot and left hand supporting you). Repeat on both sides 5 – 10 times.



Leg Lift Crawl

This exercise strengthens the muscles of your back and abdomen. Kneel on hands and knees, with your weight distributed evenly and your arms straight (hands under your shoulders). Lift your left knee and bring it toward your elbow. Straighten your leg without locking your knee. Extend your leg up back. Do this exercise to a count of 5. Move slowly; don't fling your leg back or arch your back. Repeat on both sides 5 – 10 times.



Back Press

This exercise strengthens the muscles of your back, torso, and upper body and promotes good posture. Stand with your feet 10 – 12 inches away from a wall. Hold this position for a count of 10, then release. Repeat 10 times.

