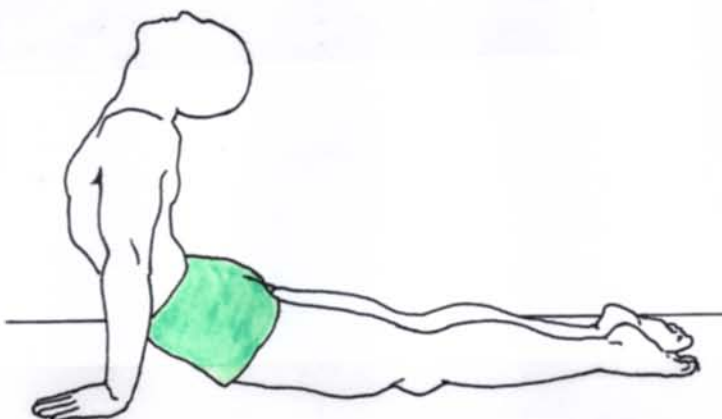


181

- Lie face down on the floor with your body extended.
- Place your palms on the floor by your hips with your fingers pointing forward.
- Exhale, press down on the floor, raise your head and trunk, and arch your back while contracting the gluteals to prevent excessive compression of your lower back.

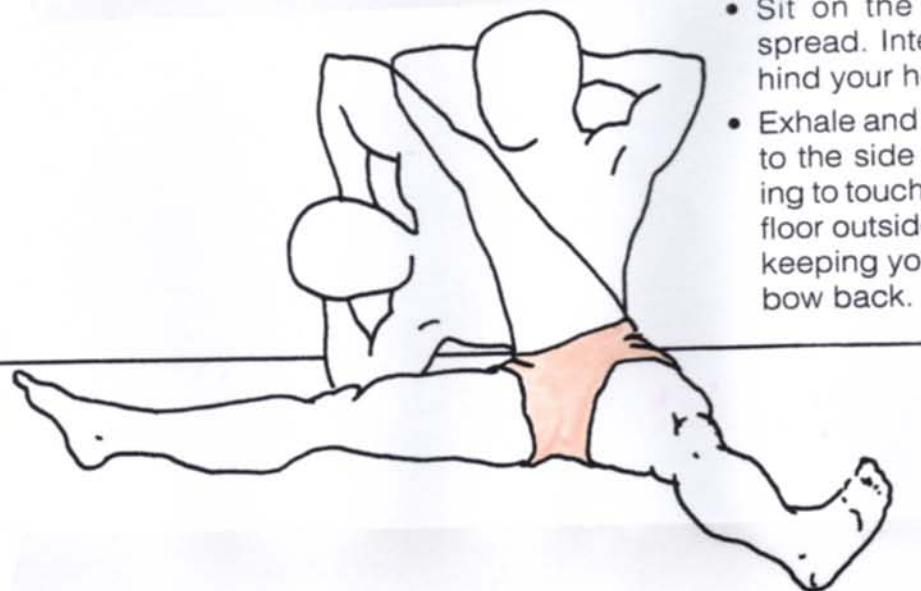


197

- Lie on your back, flex your knees, and slide your feet toward your buttocks.
- Grasp behind your thighs to prevent hyperflexion of the knees.
- Exhale, pull your knees toward your chest and shoulders, and elevate your hips off the floor.
- Reextend your legs one at a time to prevent possible pain or spasm.

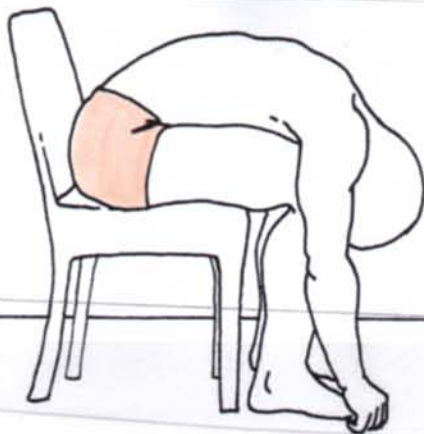


210



- Sit on the floor with your legs spread. Interlock your hands behind your head.
- Exhale and bend your upper torso to the side from the hip, attempting to touch your right elbow to the floor outside your right thigh while keeping your left shoulder and elbow back.

195

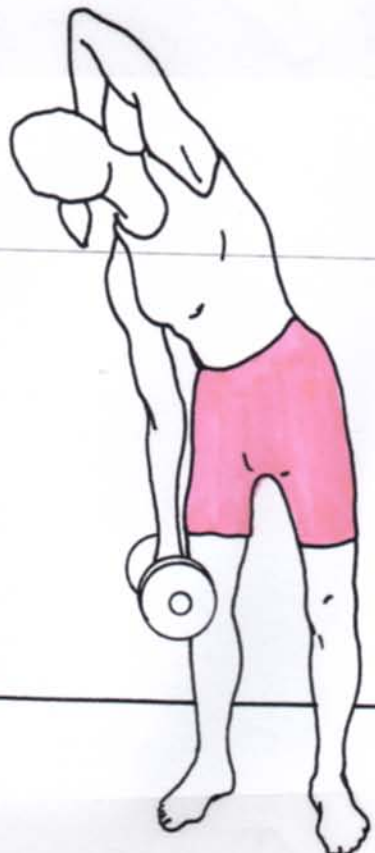


- Sit on a chair with your legs slightly separated.
- Exhale, extend your upper torso, bend at the hips, and lower your stomach between your thighs.

NOTE

Contracting your abdominals may help relax your lower back.

224



- Stand with your feet parallel and shoulder-width apart, one arm flexed behind your head and your other hand holding a lightweight dumbbell at your side.
- Exhale, maintain your body in a lateral plane, and slowly bend sideways as far as possible.

NOTE

You can improvise by using any type of weight (discus, shot put, or a bag containing baseball bats, bowling balls, or golf clubs).

225

- Stand with your feet parallel and shoulder-width apart and your knees slightly flexed, a lightweight barbell resting across your shoulders.
- Exhale and turn your trunk as far as possible to one side.



Turn slowly to reduce momentum that may exceed the absorbing capacity of the tissues being stretched.

