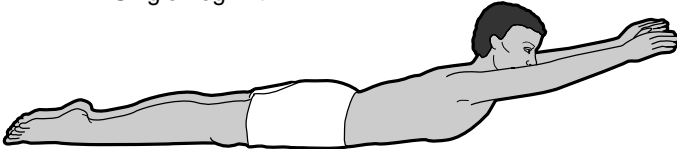
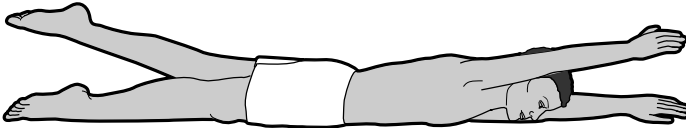


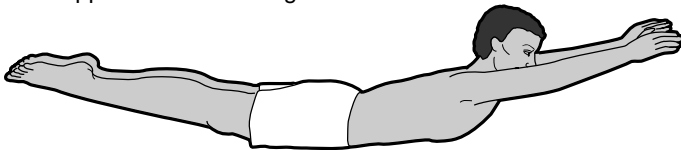
Single Leg Lift



Both Arms and Head Lift



Opposite Arm and Leg Lifts



Superman Lift

## SPINAL EXTENSOR STRENGTHENING

**Purpose:** Strengthening back and hip muscles

**Position:** Start lying on stomach. May want to lie over pillow.  
Arms extended over head.

Do \_\_\_\_\_ times a day.

\_\_\_\_\_ repetitions