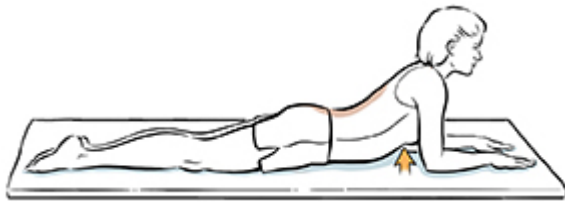


## Lumbar Extension (Flexibility)



1. Lie face down on your belly, forehead on the floor. You can lie on a mat or towel.
2. Bend your arms next to your body and lift your upper body up onto your forearms. Your palms and forearms should be flat on the floor. Keep your belly and hips on the floor.
3. Hold your upper body up with your forearms for 20 seconds, or as instructed. Then slowly lower back down to the floor.
4. Repeat 2 times, or as instructed.



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