




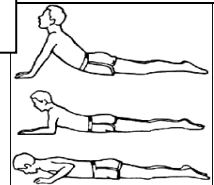
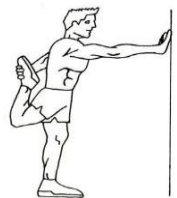



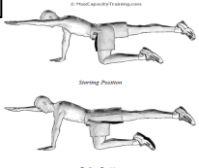
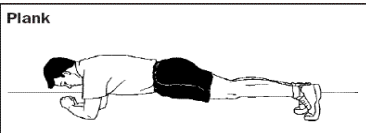
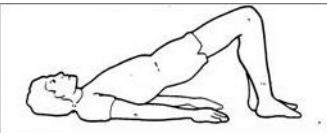
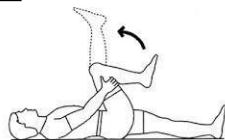


LOWER BACK EXERCISES

1		2		3		4		5	
Hold 20s, 3 sets (L+R)	Hold 20s, rest 10s, 3 sets	Hold 20s, 3 sets (L+R)	Hold 20s, rest 5s, 3 sets	15 reps, 3 sets					

6	 <small>McKenzie extension exercises.</small>	7		8		9		10	
Hold 10s, rest 5s, 6 sets (6 th on palm)	Hold 20s, 3 sets (L+R)	Hold 20s, 3 sets (L+R)	Hold 20s, 3 sets (L+R)	Hold up to 1min					

11	 <small>Starting Position</small> <small>Ending Position</small>	12	 <small>Plank</small>	13		14	
Hold 10s, 5 sets (L+R)	Hold up to 1 min, rest 10s, 3 sets	Hold 10s, rest 10s	10 reps, 3 sets (L+R)				