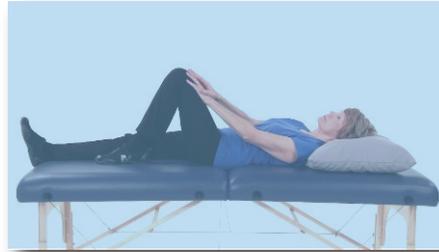


TARGETED BACK EXERCISES

Supine Single Knee to Chest (10 reps):

Start on your back with one leg bent and your other leg straight. Pull your bent knee toward your chest and hold.



Seated Thoracic Lumbar Extension with Pectoralis Stretch (10 reps):

Begin sitting upright in a chair with your hands behind your head. Slowly arch your back and let your elbows fall out to the sides. You should feel a stretch in your chest. Hold briefly, then return to an upright position. Repeat.



Seated Hamstring Stretch with Chair (10 reps):

Begin sitting upright in a chair with your leg resting on another chair in front of you. Bend your trunk forward, keeping your back straight and hinging at your hips until you feel a stretch in the back of your thigh.



Cat-Camel (10 reps):

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees. Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up. Repeat.

