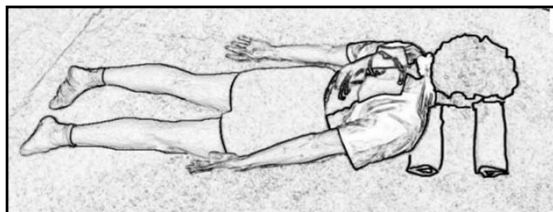
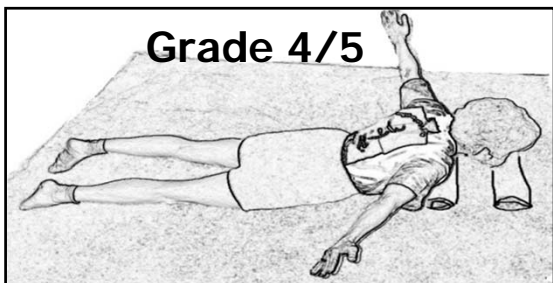


Back Strength Exercises

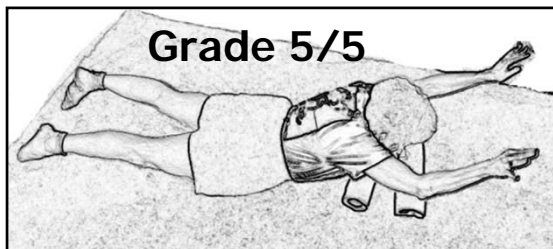
Grade 3/5



Grade 4/5



Grade 5/5



- If on floor (mat)
 - Essential: Towel roll under forehead
 - Optional
 - Pillow or towel pad under stomach
 - Towel roll under sternum (below throat, above breasts)
 - Follow “key points” in order below

- Key Points:
 - Feet “down”
 - Stomach in
 - Pinch shoulder blades
 - Lift arms
 - Lift head with “CHIN IN”
 - Lift upper chest only
 - Do not “hinge” at the low back!
- Repeat 3-6 times for 3-6 full seconds each time

- For added neck strength, lie on end of bed
 - Start with head over end of bed
 - Follow “key points” in order above