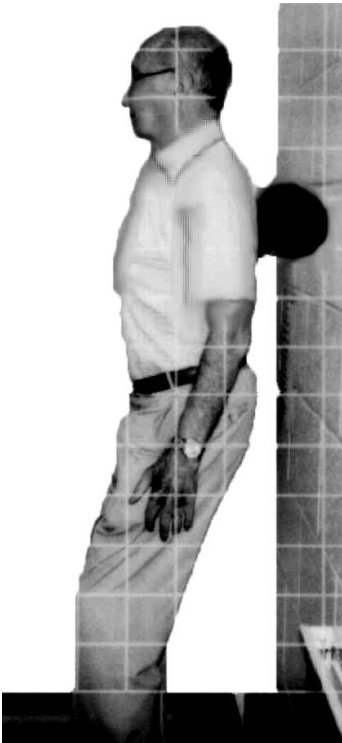


## BACK STRENGTH, STRETCH with FOAM ROLL or BALL



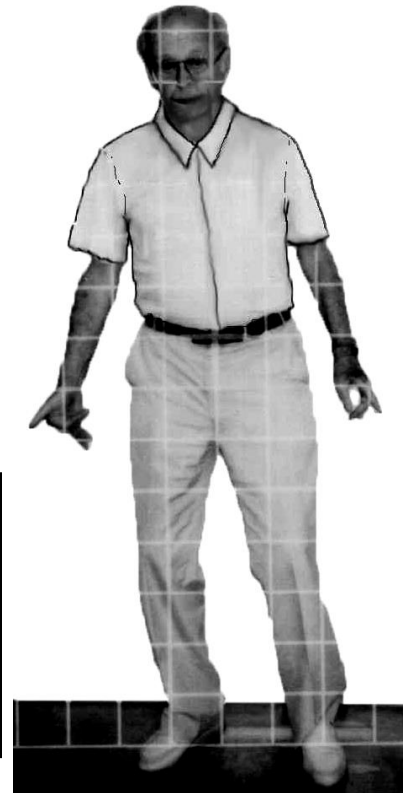
- SMALL KNEE BENDS,
- ← pushing UPPER BACK
- or NECK → into ball/roll.
- Repeat \_\_\_\_ x
- Hold \_\_\_\_ sec
- \_\_\_\_ x/ day.



**CHIN "IN", HEAD HIGH, LOOKING STRAIGHT AHEAD! STOMACH IN, PUSH BACK INTO BALL/ROLL TO FLATTEN AS MUCH AS POSSIBLE DURING EVERY EXERCISE!!!**  
**KEEP KNEES LINED UP OVER 2ND TOE OR SHOE POINT, FEET STRAIGHT AHEAD**



- ← SLOWLY  
Alternate arm reaches keeping your stomach and back as flat as possible
- Repeat \_\_\_\_ x
- \_\_\_\_ x/day



- Side to side shifts → pushing upper back into ball or roll
- Repeat \_\_\_\_ x
- \_\_\_\_ x/day