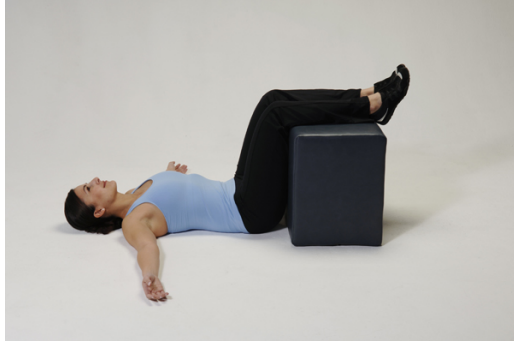


Static Back- 5min.



On back, legs up and over block with knee bent at 90 deg. Arms straight out from the shoulders with palms up, breath thru diaphragm, feel the body (especially the lower back) settle into floor (do not force)..

Pullovers w/ Abductor Press (in static back)- 30x



In static back position. Interlace fingers, palms together with arms extended above chest toward ceiling. Take hands to floor behind you keeping elbows straight. Repeat with a steady, controlled movement.

Flexion Abs- 2x30

Lie on back with feet on wall and knees bent less than 90 degrees (buttocks should only be about 4-6" from wall and knees almost touching chest). Interlace fingers behind head and keep elbows back while looking at ceiling behind you, using stomach muscles lift upper shoulders, elbows & head off floor and then lower. Slowly repeat for number of repetitions without resting on floor (only go down to touch then up again). Exhale while going up and feeling low back go towards floor. Inhale during downward motion.



Kneeling Groin Stretch- 1min. ea side



Kneel down on one knee w/ the one foot trailing behind you. Place other foot flat on floor about 2 feet in front of knee on floor. Keep legs parallel to each other, & put hands on bent knee and let hips sink forward to the floor, keeping upper body straight. DO NOT lean forward & feel stretch in hip that is behind you.

Supine Groin Stretch- 10min. each side



On back w/ one leg bent and resting on block at 90 deg. angle and the other straight down on floor propped up at side of the foot so knee & foot point straight to ceiling and do not roll out. Arms straight out from shoulders, palms up. Relax upper body. *Note: Tighten quad (thigh) on straight leg every five minutes to feel contraction increase and move from the knee, on the 1st contraction to higher up the thigh as time elapses - this is only a test to demonstrate the hip and back muscles changing. Do Not hold the contraction. Stay for time shown then repeat on other side.

Airbench- 90sec.

Sit against wall at approx. 90 degrees, with heels straight under or slightly in front (NOT behind!) of knees. With feet & knees hip-width & pointing straight ahead, push low back into wall & keep pressure in heels. Relax shoulders, neck & hands.

