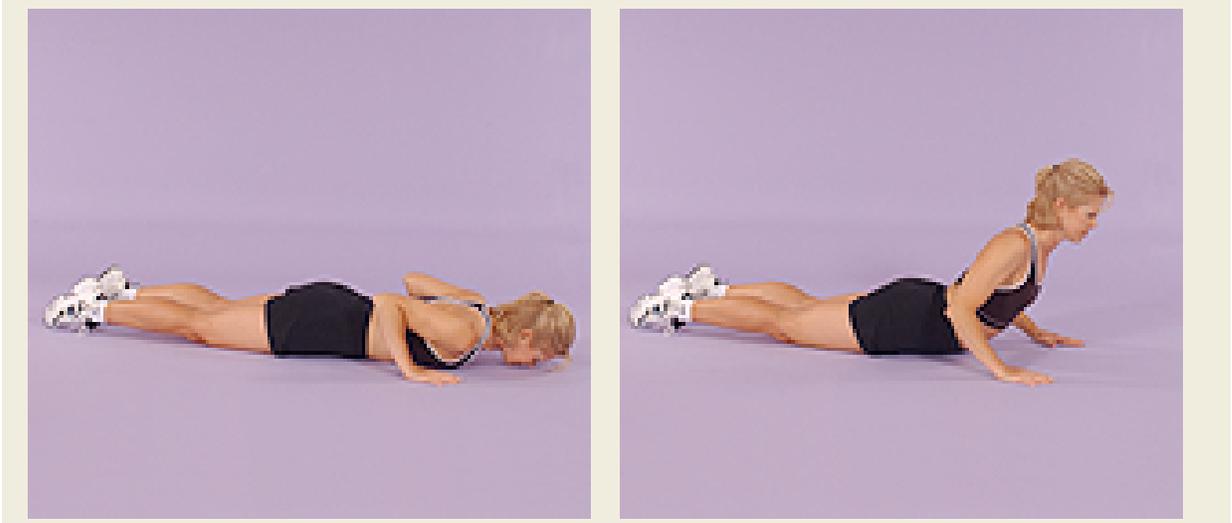


Lumbar Extension



- Lie on the floor face down with your palms on the ground even with your shoulders, as if you were going to attempt a push-up
- Slowly straighten your elbow pushing **just** your upper body off the floor. Keep your pelvis and legs on the ground.
 - Hold this position for 2-5 seconds.
 - **Slowly** lower your body back to the floor.
 - Repeat this 5-10 times.