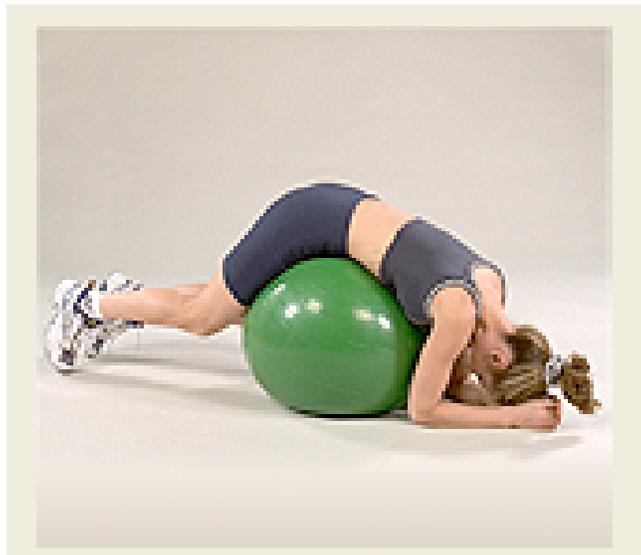


Back Stretch with Gym Ball

The thoracic (mid back) and upper lumbar (mid/low back) back muscles can be difficult to stretch. Here is a very easy and relaxing stretch you can do at the gym. Just don't fall asleep.



- Select a medium or large sized gym ball. You will be lying over it so it should be large enough for you to lie on and not have your face on the floor.
- You are going to simply lie on your stomach over the ball.
- Roll slowly and gently forward and back as you feel the stretch in the muscles of your back.
- When you find a tight area hold that position for a count of 5.
- Repeat 2-3 times or as directed.