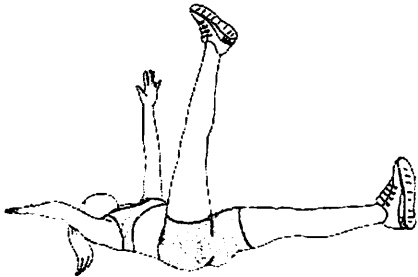


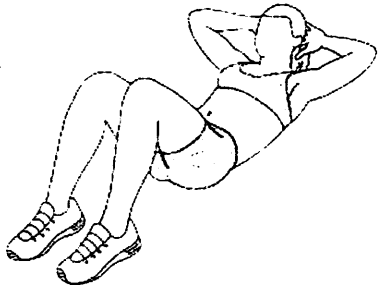
# BACK EXERCISES

## DEAD BUG - 10X EACH SIDE



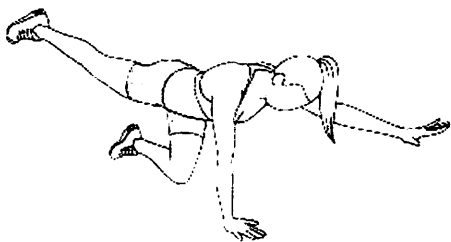
1. Lie on your back and extend your arms and legs toward the ceiling.
2. Raise your right leg and touch your left hand to your right knee.
3. Return to the starting position and repeat with the opposite arm and leg.
4. Keep switching sides until the set is complete.

## CRUNCHES - 10X



1. Lie down, keep your knees bent, your back and feet flat, and your hands supporting your head.
2. Lift your shoulders, squeeze your abdominal muscles and hold for 10 seconds.
3. Slowly return to the starting position and repeat until set is complete.

## BIRD DOGS - 10X EACH SIDE



1. Start on your hands and knees with the hands under the shoulders and the knees under the hips.
2. Extend one leg and the opposite arm at the same time.
3. Pause for 10 seconds, return to the starting position, and switch sides.
4. Continue alternating sides until set is complete.

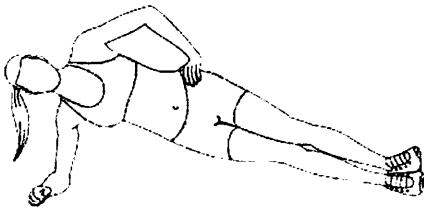
# BACK EXERCISES

## COBRA - 10X



1. Lie on your belly, place your hands on the floor directly under the shoulders, and keep your elbows close to your torso.
2. Inhale as you straighten the arms and lift your chest off the floor.
3. Stay in cobra pose for 10 seconds.

## SIDE PLANK HIP LIFTS - 10X EACH SIDE



1. Start in a side plank position, with your shoulder over your elbow and your body in a straight line.
2. Bring your hip down, without letting it touch the floor, and then bring it back up to the side plank position [hold for 10 seconds].
3. Repeat and switch sides.

**DO EXERCISES TWICE A DAY!**