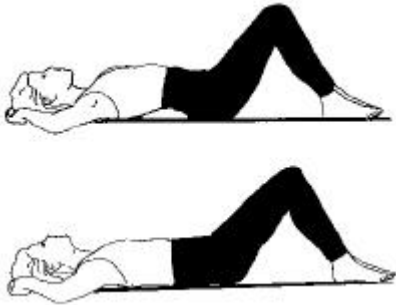


BACK AND ABDOMEN STRENGTHENING EXERCISES

1. Pelvic tilt



Lie on a firm surface with your knees bent and feet on the floor. Press the small of your back firmly against the floor while pinching your buttocks together and pulling your stomach in. Do this exercise slowly, holding the pelvic press position for 15 to 20 seconds before returning to the rest position.

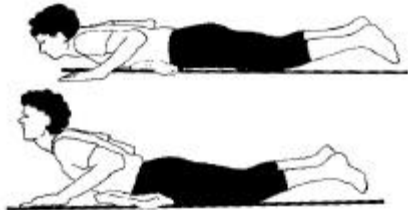
Do ____ repetitions, ____ times per day, ____ days per week.

2. Abdominal curl



Lie on a flat surface with your knees bent and feet flat on the floor. Cross your hands across your chest and raise your head. Curl up, bringing your shoulder blades off the floor. Hold for 15 seconds. Lower trunk slowly to floor, but keep your head up off the floor. If this exercise is too easy, clasp your hands behind your head (see illustration). Do ____ repetitions, ____ times per day, ____ days per week. Gradually advance to ____ repetitions.

3. Back extension (beginning)



Lie on your stomach on a firm surface with a small pillow under your stomach. Place your arms in a push-up position with your palms on the floor. Use your back muscles to raise your trunk until you are barely touching the pillow. Hold for a count of 5. Relax. Do ____ repetitions, ____ times per day, ____ days per week. Gradually advance to ____ repetitions.

4. Back extension (advanced)



“The Airplane”—Lie on your stomach on a firm surface, with a small pillow under your stomach. Place your arms at your sides. Raise your trunk. Hold for a count of 5. Relax. Do ____ repetitions, ____ times per day, ____ days per week. Gradually advance to ____ repetitions.