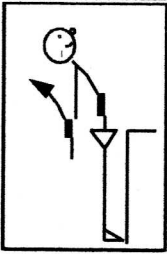
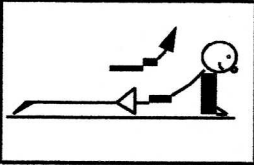


Low back extension exercise the only one you need to do



... a) Stand facing a wall or table. Bend backwards. Don't let your hips or pelvis move forward to touch the table. Return to upright.

Repeat



... b) Lie—on front. Push up with your arms. Don't lift your hips or pelvis off the floor. Return to flat.

Repeat

[A variation of this is to place hands on top of head and to raise head and feet 2-3 inches]