


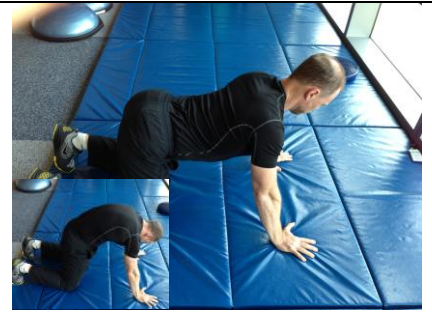

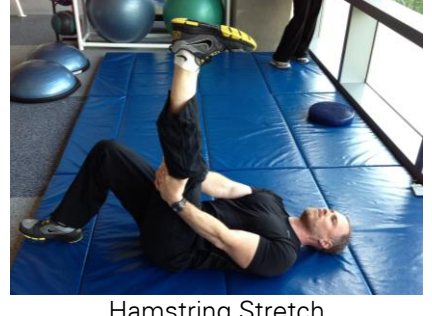



## 5 Minute Core Back Sequence

Excerpted from the Back Relief Book by Health For Life



	
Hip Extension	Bird dog
	
Cobra	Cats and Camel
	
Knees to Chest Stretch	Hamstring Stretch
	<ul style="list-style-type: none"><li>• Do this routine daily--the earlier, the better.</li><li>• <math>\geq</math> 10 reps on exercises</li><li>• Hold for 5 breaths on the stretches.</li></ul>
Letter T Stretch	