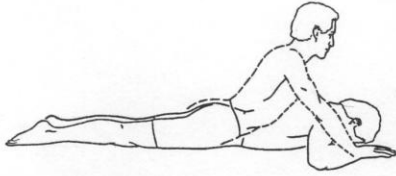
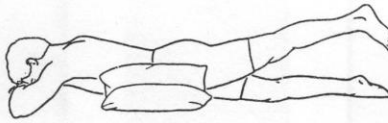


BACK - 2 Press-Up



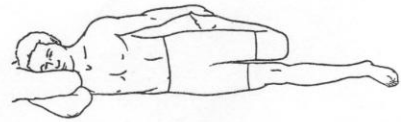
Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold ____ seconds. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 4 Hip Extension (Prone)



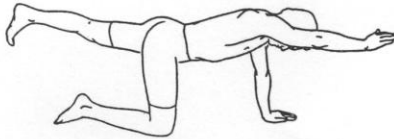
Lift right leg ____ inches from floor, keeping knee locked. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 32 Quadriceps Stretch



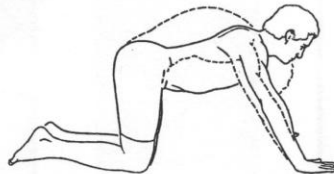
Pull right heel in toward buttocks until a comfortable stretch is felt in front of thigh. Hold ____ seconds. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 10 Arm / Leg Extension: Alternate (All-Fours)



Raise right arm and opposite leg. Do not arch neck. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 14 Angry Cat Stretch



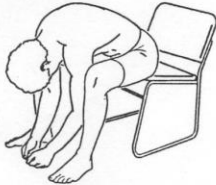
Tuck chin and tighten stomach, arching back. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to right side. Hold ____ seconds. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 17 Lower Back Stretch (Sitting)



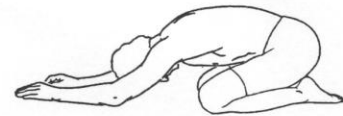
Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back. Hold ____ seconds. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 18 Knee-to-Chest Stretch: Unilateral



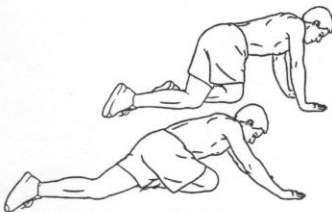
With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold ____ seconds. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 20 Mid-Back Stretch



Push chest toward floor, reaching forward as far as possible. Hold ____ seconds. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 101 Piriformis Stretch (All-Fours)



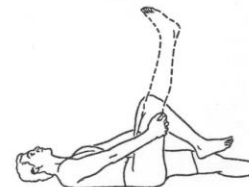
With right leg crossed in front, slide other leg back, lowering hips until stretch is felt. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 33 Hamstring Stretch



Reach down along right leg until a comfortable stretch is felt in back of thigh. Be sure to keep knee straight. Hold ____ seconds. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

BACK - 34 Hamstring Stretch: Active



Support behind right knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold ____ seconds. Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.