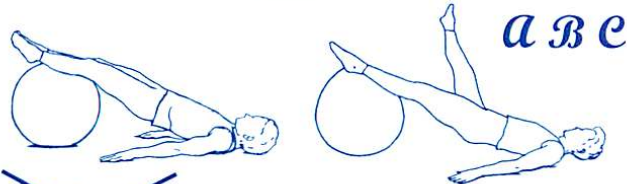




Advanced Hip Lift - Spinal Stability

Spinal Extension SE-7

Lift spine as a unit. Pick up one leg and write the alphabet with foot (move the foot with large movements and as much speed as possible). Repeat with other leg. Lower spine as unit to floor. Repeat.



Repeat 5-10 Times
Do 1-2 Times/day

Arm & Leg Lifts-Quadruped

Spinal Extension SE-8

Raise one arm and opposite leg squeezing the buttocks as leg lifts off floor. Return to start. Alternate to other side.



Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Gentle Upper Spine Extension - Prone

Spinal Extension SE-9

Raise head, neck and upper back until head and arms are parallel to the floor (keep elbows even with ears). Slowly lower and repeat.



Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Basic Push-Up

Spinal Extension SE-10

Let ball roll forward as arms and legs straighten. Extend spine as far as comfortable. Press hips into the ball squeezing buttocks and tightening abdominal muscles. Slowly lower to start.



Hold 2 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Airplane

Spinal Extension SE-11

Lift trunk off ball as far as balance and comfort allows. Press hips into ball and squeeze buttocks while legs straighten. Slowly reverse and return to starting position. Add weights to hands or wrists as instructed



Hold 5 Seconds, Repeat 5-10 Times
Do 1-2 Times/day

Advanced Airplane

Spinal Extension SE-12

Assume the Airplane position (See card SE-11). Pick up one leg off the floor and write alphabet in the air as big and fast as possible. Switch legs and repeat.



Hold 5-20 Seconds, Repeat 5-10 Times
Do 1-2 Times/day