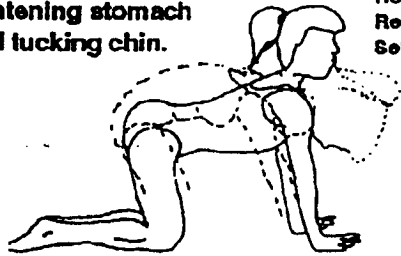


## Back #14

### • Angry Cat Stretch

Arch back while tightening stomach and tucking chin.



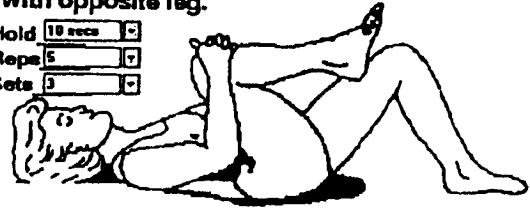
Hold    
Reps    
Sets

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## Back #18

### • Single Knee to Chest

Pull one knee in to chest until a stretch is felt in the low back and buttocks. Hold. Relax. Repeat with opposite leg.



Hold    
Reps    
Sets

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## Back #19

### • Double Knee to Chest Stretch

Pull both knees to chest until a stretch is felt in the low back and buttocks. Keep back relaxed.

Hold    
Reps    
Sets



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## Back #20

### • Mid Back Stretch

Push chest toward floor as far as you can. Hold. Relax.

Hold    
Reps    
Sets



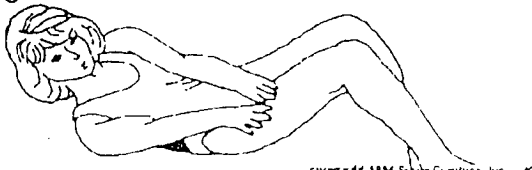
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## Back #24

### • Diagonal Curl-Up (phase 1)

Place arms at sides. Tilt pelvis to flatten back. Raise head and shoulders, rotating to one side and lifting shoulder blades from floor.

Hold    
Reps    
Sets

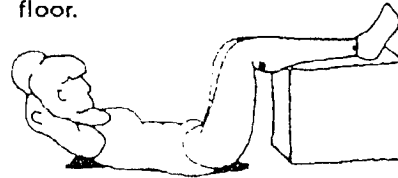


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## Back #29

### • Partial Sit-Up for Lower Abdominals

Place legs over chair or stool. Clasp arms behind head or folded across chest. Tilt pelvis to flatten back. Raise head and shoulders from floor.



Hold    
Reps    
Sets

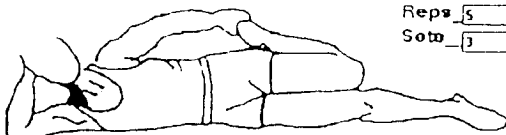
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## Back #32

### • Quadriceps Stretch

Pull heel toward buttocks until a stretch is felt in front of thigh. Hold. Relax. Repeat.

Hold    
Reps    
Sets

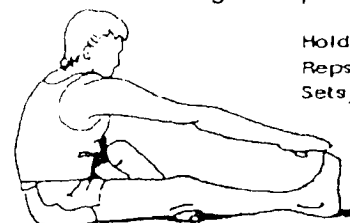


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## Back #33

### • Sitting Hamstring Stretch

Reach down along leg until a comfortable stretch is felt in back of thigh. Keep knee straight.



Hold    
Reps    
Sets

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