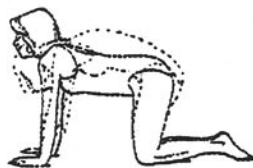


Series B - Back Stretches & Stabilization Exercises



1. Hamstring Stretch



8. Angry Cat Stretch



15. Pelvic Tilt



22. All - 4's - Arm Out



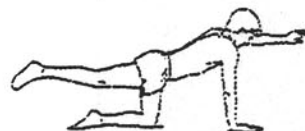
2. Gluteal Stretch



9. Prayer Stretch



16. Pelvic Tilt - Leg Lifted



23. All - 4's, Arm & Leg



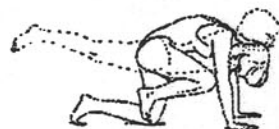
3. Groin Stretch



10. Partial Prone Press-Up



17. Pelvic Tilt - Extended



24. All - 4's, Knee to Chest



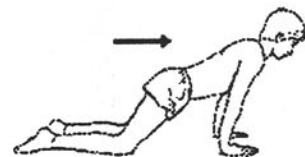
4. Quadriceps Stretch



11. Full Prone Press-Up



18. Bridge



25. Forward Lean



5. Trunk Rotations Stretch



12. Curl Down



19. Bridge - Leg Lifted



26. Upper Body Extension



6. Hip Flexor Stretch



13. Crunch



20. Bridge - Leg Extension



27. Prone Arm & Leg Lift



7. Calf Stretch



14. Diagonal Crunch



21. Heel Walking



28. Prone "T" Position