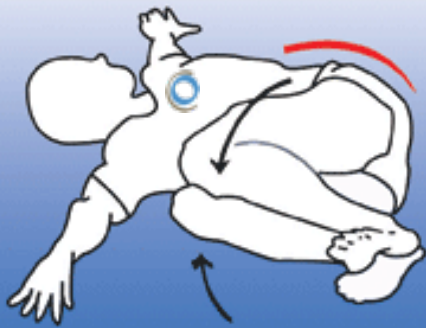


7



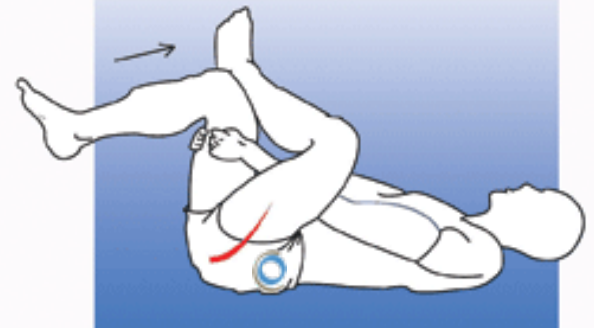
**Spinal Mobility/ Strengthening and Spinal Muscle Stretch:**  
**Lower back muscles and glute area**  
Keep Shoulders flat on floor keep feet on floor, slowly rotate the legs alternate directions

8



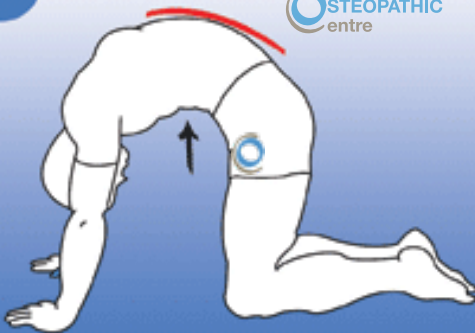
**Spinal muscle Stretch:**  
**Lower back muscles and glute area**  
Keep opposite shoulder flat on floor, slowly rotate into stretch

9

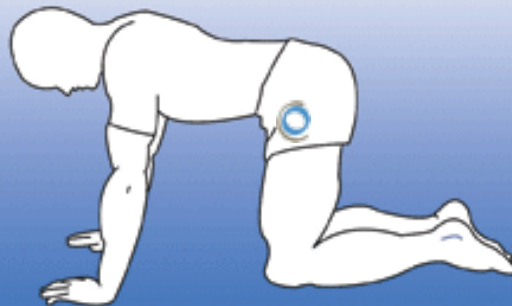


**Piriformis Stretch:**  
Glute/ lower back and back of upper thigh area

10



**Spinal Mobility and Spinal Muscle Stretch:**  
Whole of spine



11



**Lumbar Spine and Gluteus Stretch:**  
Lower back and glute area