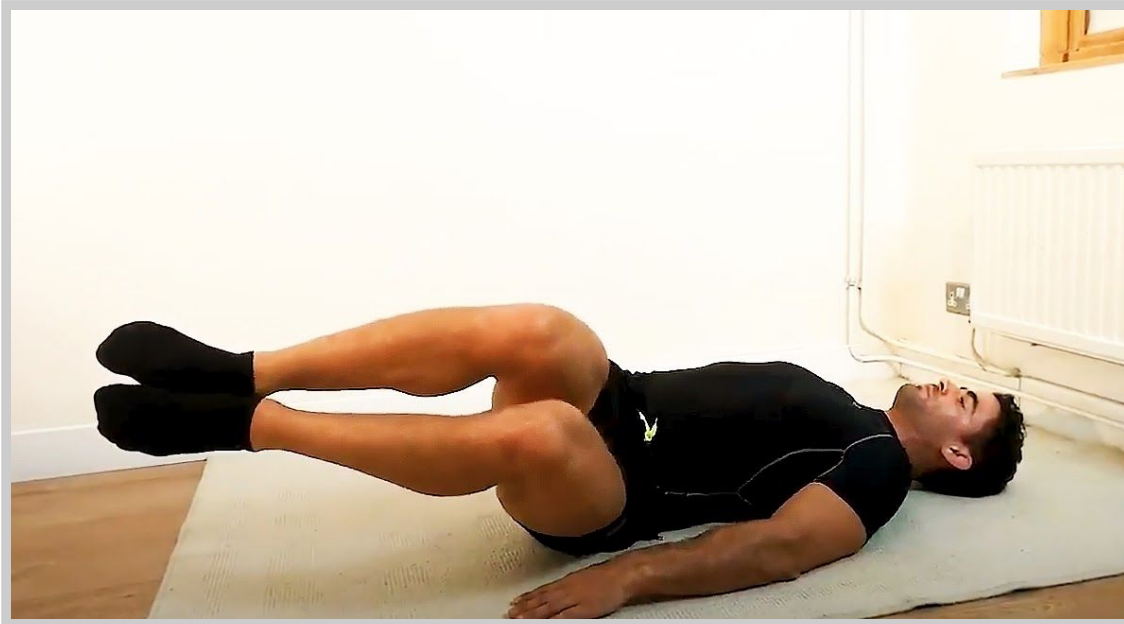


PELVIC ROTATIONS (legs of the floor)

LUMB82B



AREAS AFFECTED

The lumbar spine
Thoracic spine
Abdominal muscles

ADVICE

Lie face-up with knees bent. Raise your legs off the floor with knees and hips bent to 90°. Rotate the pelvis (and legs together) in one direction, pause and rotate in the other direction.