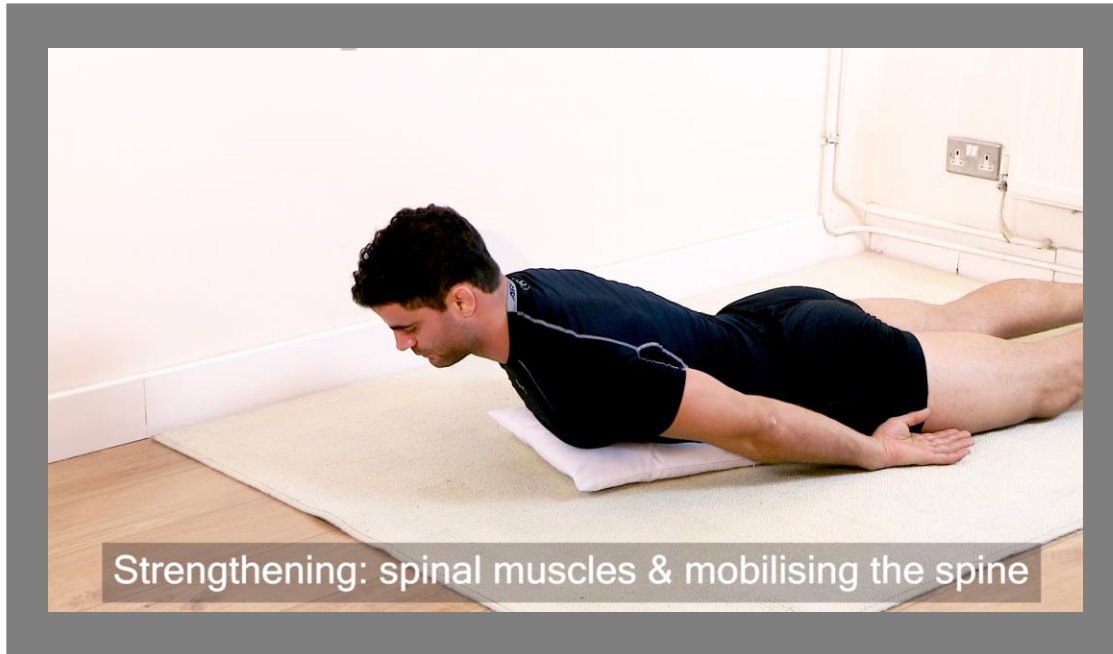


SPINAL EXTENSIONS (THE THORACIC REGION)

CORE105



AREAS AFFECTED	ADVICE
<p>Spinal muscles. Thoracic, lumbar & cervical spine. The ribcage.</p>	<p>Lie face down. Place a small cushion under the lower part of your chest. Using your bend arms and elbows push your upper body off the floor. Hold & repeat.</p>