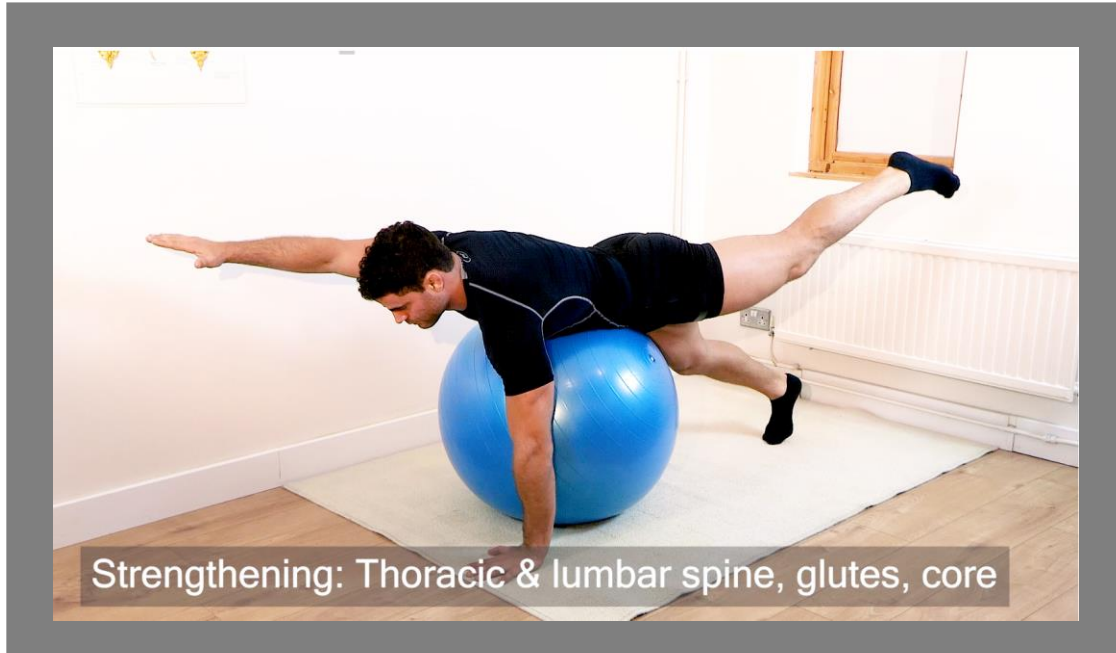


# ALTERNATE SHOULDER & LEG EXTENSIONS

CORE114



AREAS AFFECTED	ADVICE
<p><b>The spine. Glutes. Shoulders &amp; Core</b></p>	<p><b>Lie face down over a large exercise ball. Lift one arm and opposite leg straight and point away. Hold and repeat with other side.</b></p>