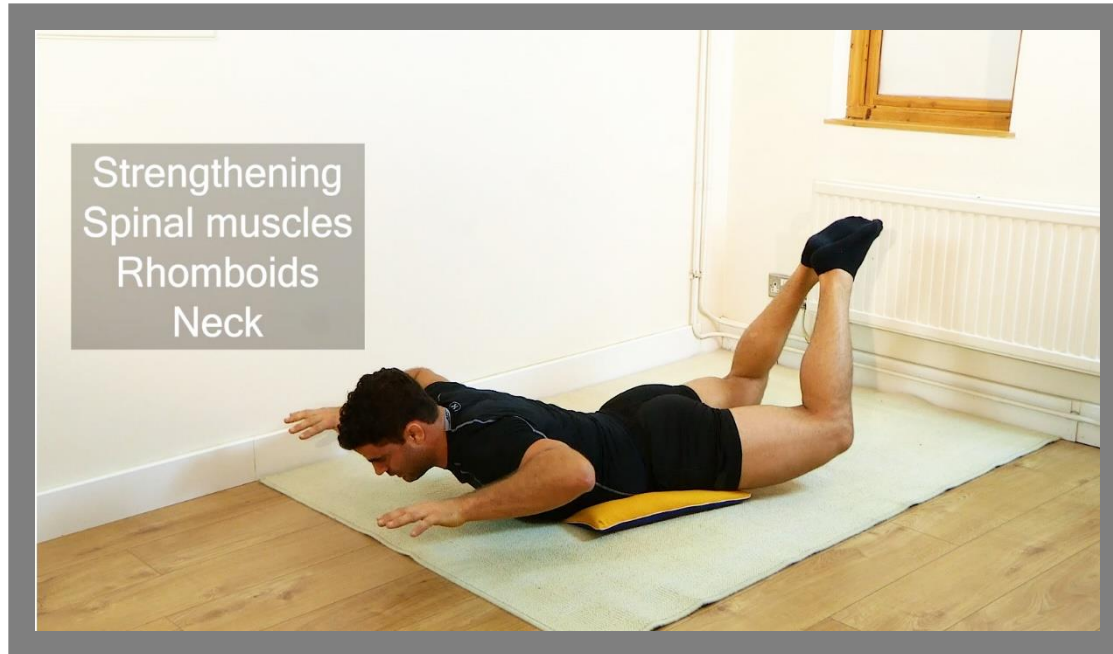


# SPINAL EXTENSIONS

CORE100



AREAS AFFECTED	ADVICE
<p><b>Spinal muscles, Lumbar, Thoracic &amp; Cervical, The Rhomboids, The Scapulae</b></p>	<p><b>Lie face down. Bend your shoulders and elbows by your sides. Raise your upper body off the floor. Hold. The raise your legs off the floor. Hold. The try both together.</b></p>