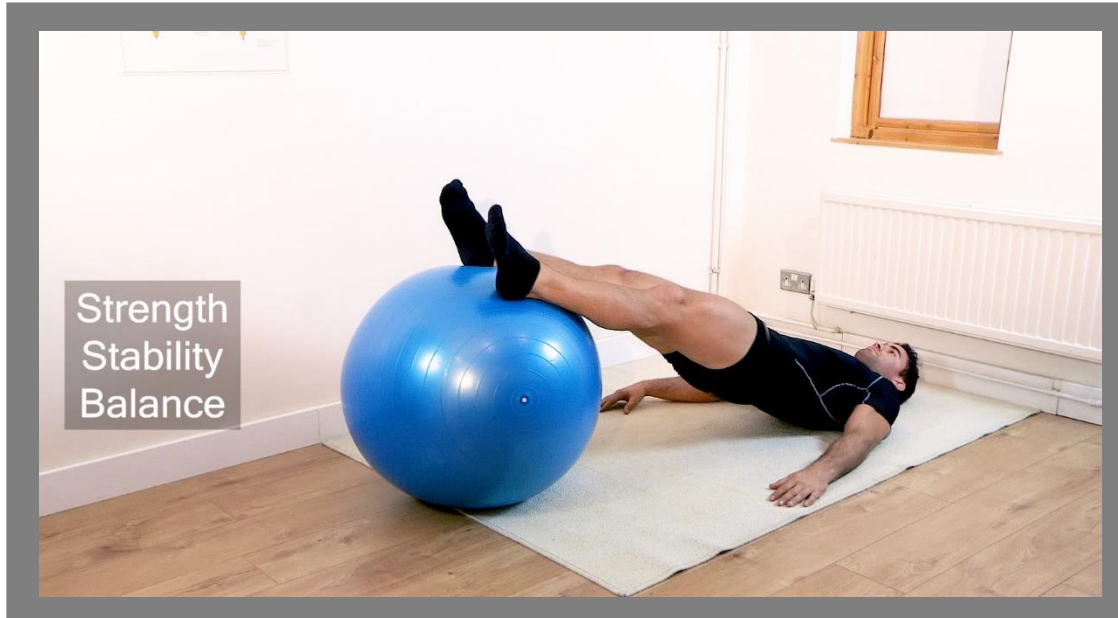


CORE STABILITY AND SPINE STRENGTHENING

CORE122



AREAS AFFECTED	ADVICE
Spinal muscles Glutes Legs and Core	Lie on a mat face up. Place a large exercise ball under your feet. Attempt to raise your body by pushing down onto the ball. Roll back & forth.