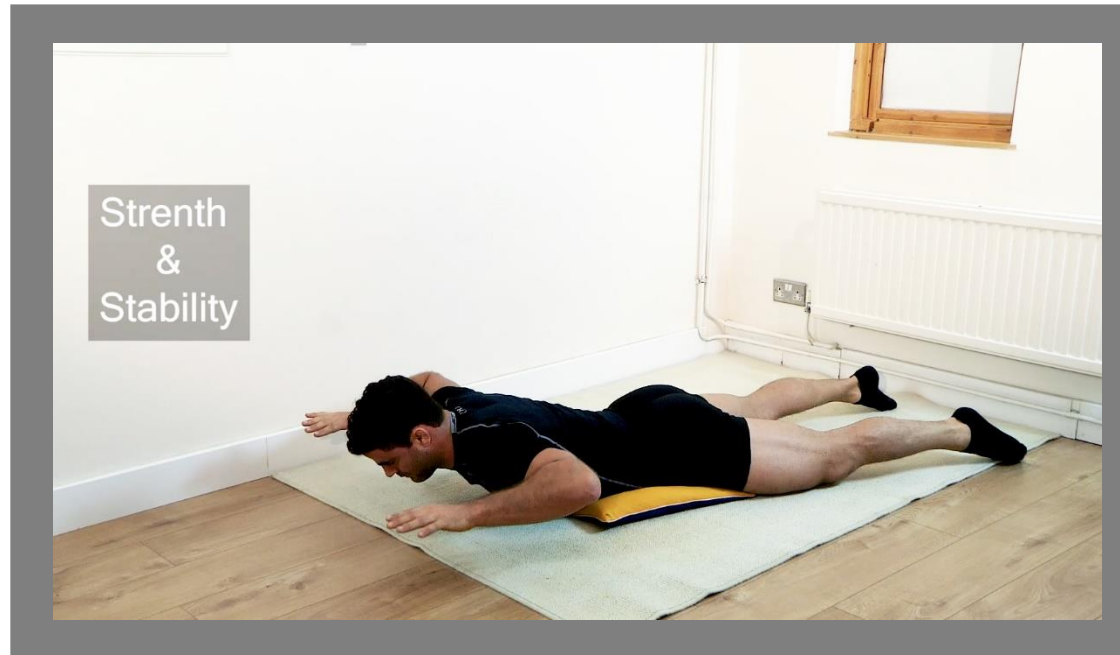


SPINAL EXTENSIONS

LUMB103



AREAS AFFECTED	ADVICE
Spinal muscles, Lumbar, Thoracic & Cervical, The Rhomboids, The Scapulae	Lie face down. Bend your shoulders and elbows by your sides. Raise your upper body off the floor. Hold and rest. Then raise your legs and hold, rest, and repeat.