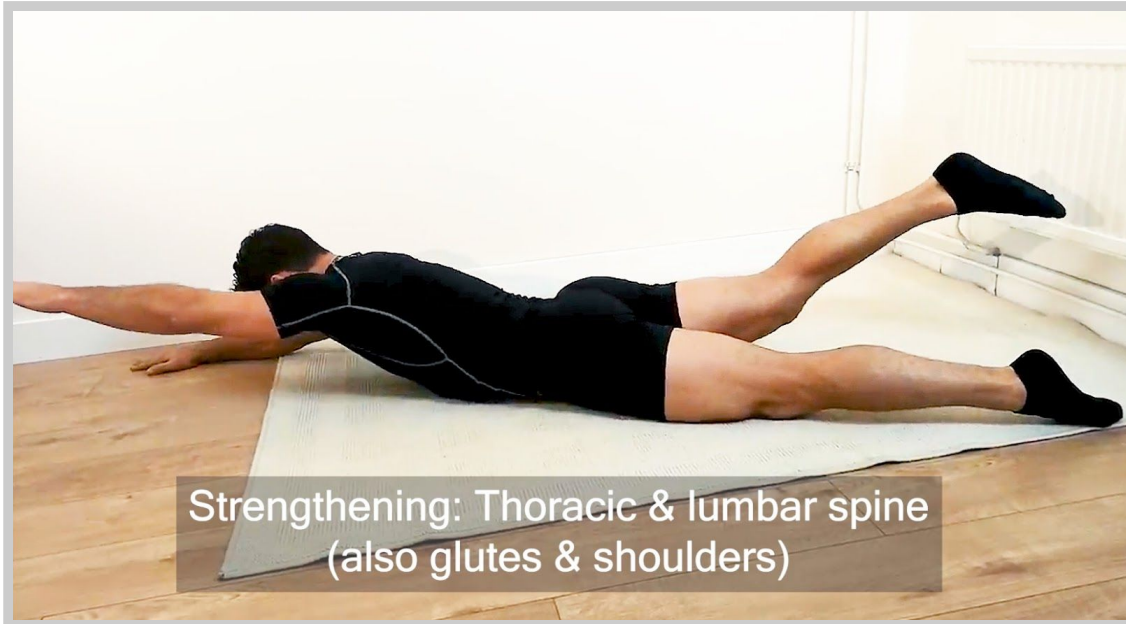


STRENGTHENING OF THE SPINE

THOR99



Strengthening: Thoracic & lumbar spine
(also glutes & shoulders)

AREAS AFFECTED

The muscles of the thoracic spine and lumbar spine

ADVICE

Lie flat on your front with arms stretched up and over your head. Raise one arm and opposite leg off the floor. Hold for a few seconds, rest and repeat on the other side.