

back exercises

HELPS REDUCE LOWER BACK PAIN,
TENSION, STIFFNESS AND SORENESS

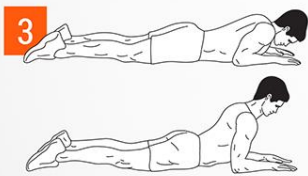
neilarey.com



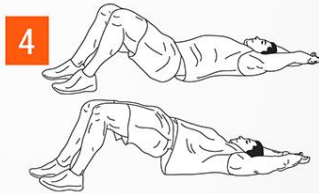
1
10 bottom to heels stretch



2
10 opposite arm / leg raises



3
10 back extensions



4
10 bridges



5
10 knee rolls



NHS choices more info: goo.gl/CeM6Tu

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#1. Supermans



#2. Bird Dog



#3. SB back extensions



#4. SB reverse extensions



#5. SB Bird Dog



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