



To strengthen back muscles.

Lay on stomach across exercise ball, legs extended, toes down.

Reach arms straight forward and lift torso by contracting core muscle group.

Keep head up. Do not arch back backwards.

Hold briefly, return to neutral and repeat.

DISCLAIMER: The material provided here is solely for general education and informational purpose. It is neither medical nor healthcare advice for any individual problem. It is also not intended to be used for medical treatment. Always seek the advice of your physician or other qualified healthcare providers regarding your particular situation.