Prevent and Eliminate back pain and feel great in minutes with 8 easy to follow exercises.
Exercise 1

Knee Pull

Starting Position: Lay supine, knees bent with feet flat on the floor (approximately 1 foot from buttocks)

- Using your right leg, pull your knee to your chest. Then slowly kick your leg back out parallel to the floor, straightening your leg fully without allowing it to touch the floor, but bringing it as close to the mat as you can.

- Do this for 3 sets of 8

- In each set, pull your knee to your chest as far as you can so you can feel your abs working. It is not uncommon to feel a pinch when bringing your knee toward your chest. If you feel a pinch, do not pull your knee into the pinch. Reduce your range of motion so you start the kick out just before the pinch.

- Repeat the above movements using the left leg.
Exercise 2

Knee Side Push Out

Starting Position: Lay supine, knees bent with feet flat on the floor (approximately 1 foot from buttocks)

- Using your right leg, drop your right knee out to your right side, as close as you can to the floor, feeling a stretch on the inner thigh and an activation of the right glute (buttock)
- Bring the right knee back up to the starting position
- Repeat to 3 sets of 8
- Repeat the above movements using the left leg

Exercise 3

Single Frog Leg

Starting Position: Lay supine, knees bent with feet flat on the floor (approximately 1 foot from buttocks)

- Attach the first 2 movements
- Do a Knee Pull (Movement 1) into a Knee Side Push Out (Movement 2)
- Pull knee to the chest and drop the knee as far as you can to the side
- Then kick the leg out and rotate
- Repeat to 3 sets of 8
- Repeat the above movements using the left leg
Exercise 4

**Double Frog Legs**

Starting Position: Lay supine, knees bent with feet flat on the floor (approximately 1 foot from buttocks)
- Do the same movements as Single Frog Legs with both legs
- Repeat to 3 sets of 8

Exercise 5

**Chrysalis**

Starting Position:
Bottom of feet together, knees bent and slightly down. Hold your toes with your hands
- Tuck your chin and pull your forehead toward your toes
- Feel your groin, but put emphasis on your lower back (focus on the lower back)
- Stay in this position for a count of 8 after you have felt your lower back
- Repeat to 3 sets of 8
**Seated Jack Knife**

Starting Position:
In a sitting position, put your feet together and ankles together.

*Straighten your knees and keep them locked*
- Tuck your chin and pull your forehead toward your knees
- Feel the low back
- Stay in this position for a count of 8 after you have felt your lower back
- Repeat to 3 sets of 8

**Bio Crunch**

Starting Position: Lay flat on the floor, with your arms bent and your fingers touching your ears
- Keeping the left arm in the starting position, bring the right elbow toward the left knee (and the left knee toward the right elbow)
- Return to starting position.
- Repeat for 3 sets of 8
- Repeat the above movements using the left arm and right leg
Exercise 8

Seated Hold & Release

Starting Position: Seated in a sturdy chair or on exercise machine (make sure that your feet can be flat on the floor), hold on to the chair underneath the seat, keeping your back straight
• Pull up with your hands while pushing down with your buttocks
• While doing this, feel your lower back, then squeeze your abs
• Hold for a count of 8
• Repeat to 3 sets of 8
Contact: phones, web...