

1a.



Cat-Camel

1a. Begin on hands and knees with spine in neutral (i.e. maintain slight lumbar curve and neck aligned with spine).

1b. Arch back curling tailbone toward the ceiling, increasing lumbar curve and extending neck.

1c. Curve back, tucking chin and tailbone, and extending through upper back.

Hold ____ seconds in each position. Repeat ____ times.

1b.



Prone Press-ups

2a. Lie face down with palms flat on floor, elbows in close to sides.

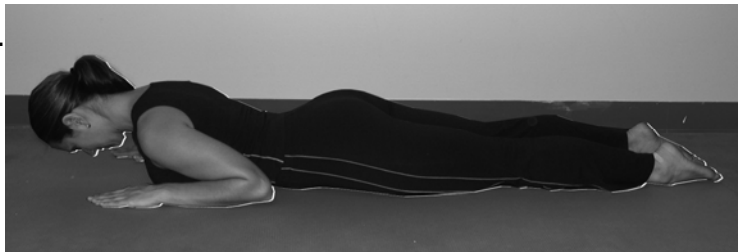
2b. Press with hands to lift chest, keeping hip bones in contact with floor.

Hold ____ seconds. Slowly lower to start position. Repeat ____ times.

1c.



2a.



2b.



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