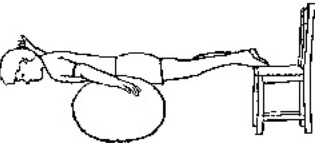
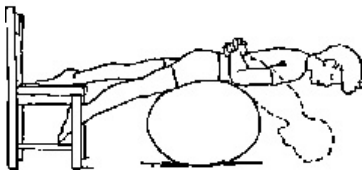
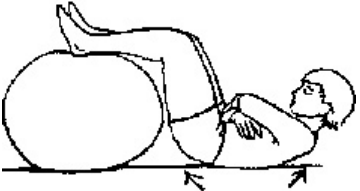
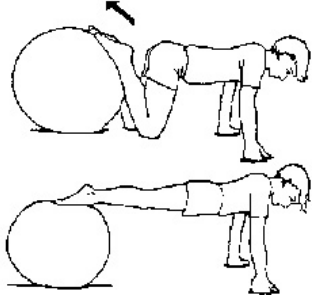
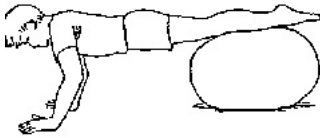

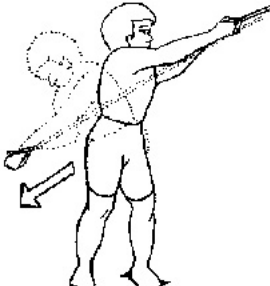
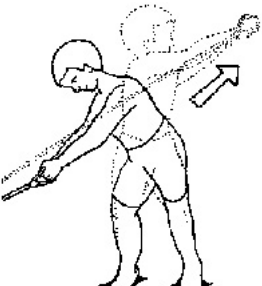


CORAL CANYON CHIROPRACTIC

2250 Coral Canyon Blvd, Suite 202; Washington, UT 84780

1141 W. State St, Suite 12; Hurricane, UT 84737

ADVANCED LOW BACK EXERCISES

<p>PRONE - NO HANDS Lying over the ball, raise hands and balance in this position. Challenge your balance by rolling slightly from side to side.</p>  <p>Hold for 30 seconds; 10 reps (2x/day)</p>	<p>BACK EXTENSIONS Lying over the ball with feet hooked on a stable surface, raise your head and trunk to a neutral position.</p>  <p>Hold for 5 seconds; 3 sets of 10 (2x/day)</p>
<p>ABDOMINAL CURL With ball under legs as shown, tighten your stomach and slowly raise your shoulders off the floor.</p>  <p>3 sets of 25 (2x/day)</p>	<p>KNEEL EXTENSIONS Begin on hands and knees as shown, then slowly extend your knees controlling the roll of the ball.</p>  <p>Hold 10 seconds; 3 sets of 10 (2x/day)</p>
<p>PUSHUP PLUS(1) With ball under legs as shown, slowly lower your face to the floor by bending your elbows. Do not let the ball roll.</p>  <p>3 sets of 20 (2x/day)</p>	<p>PUSHUP PLUS(2) Holding the ball between your hands as shown, lower your chest toward the ball. Do not let the ball roll.</p>  <p>3 sets of 20 (2x/day)</p>
<p>OBLIQUE ROTATE (1) Position your feet shoulder-width apart and knees slightly bent. Pull tubing with both hands in a diagonal direction (Downward).</p>  <p>3 sets of 25 (2x/day)</p>	<p>OBLIQUE ROTATE (2) Position your feet shoulder-width apart and knees slightly bent. Pull tubing with both hands in a diagonal direction (Upward).</p>  <p>3 sets of 25 (2x/day)</p>