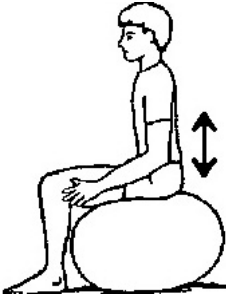
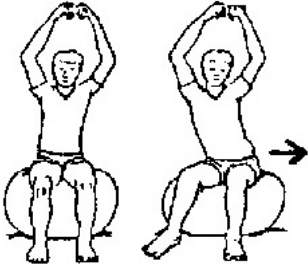
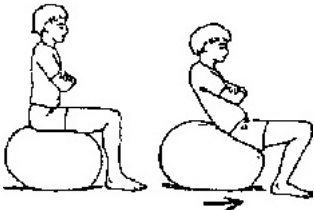
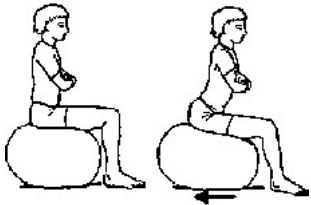
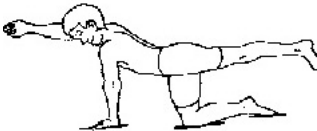
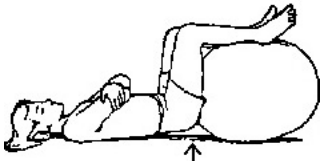
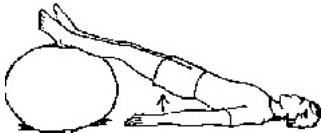
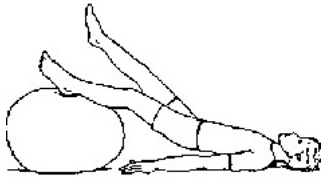


# CORAL CANYON CHIROPRACTIC

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

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

## BEGINNER LOW BACK EXERCISES

<p><b>WARM UP</b> While seated on the ball, tighten your stomach muscles, sit up straight, and begin controlled bouncing.</p>  <p>Perform for 5 minutes, two sessions/day</p>	<p><b>WARM UP</b> While seated on the ball with good posture slowly raise each hip only using your pelvis. Do not move your whole body.</p>  <p>20 times each direction, two sessions/day</p>
<p><b>WARM UP</b> While seated on the ball, slide your pelvis forward without moving your whole body (pelvis only).</p>  <p>20 times forward, two sessions/day</p>	<p><b>WARM UP</b> While seated on the ball, slide your pelvis backward without moving your whole body (pelvis only).</p>  <p>20 times backward, two sessions/day</p>
<p><b>BUG CRAWL</b> While laying on the ball, tighten your stomach muscles; then raise one leg and the opposite arm keeping the trunk rigid.</p>  <p>Hold 5 seconds; Perform 10x (2x/day)</p>	<p><b>BRIDGING (1)</b> Tighten your stomach muscles and lift your buttox off the floor until your body is straight (ball should end up under knees).</p>  <p>Hold 10 seconds; 3 sets of 10 (2x/day)</p>
<p><b>BRIDGING (2)</b> Tighten your stomach muscles and lift your buttox off the floor until your body is straight (ball should end up under feet).</p>  <p>Hold 10 seconds; 3 sets of 10 (2x/day)</p>	<p><b>BRIDGING (3)</b> Tighten your stomach muscles and lift your buttox off the floor until your body is straight, one leg at a time.</p>  <p>Hold 10 seconds; 3 sets of 10 (2x/day)</p>