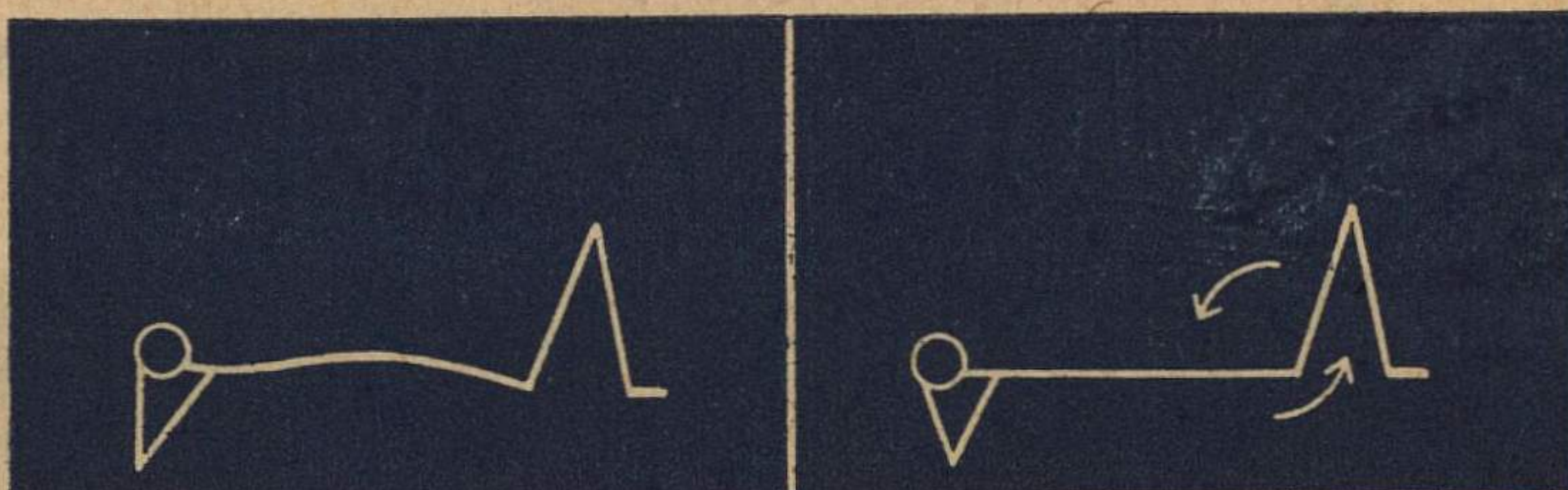
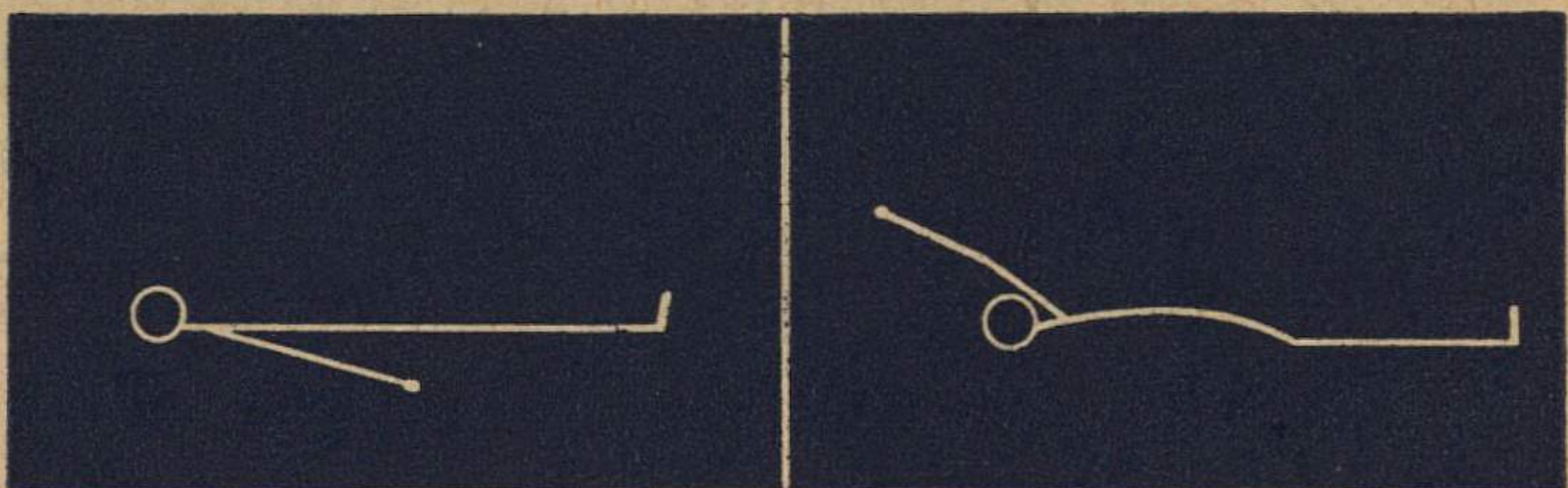


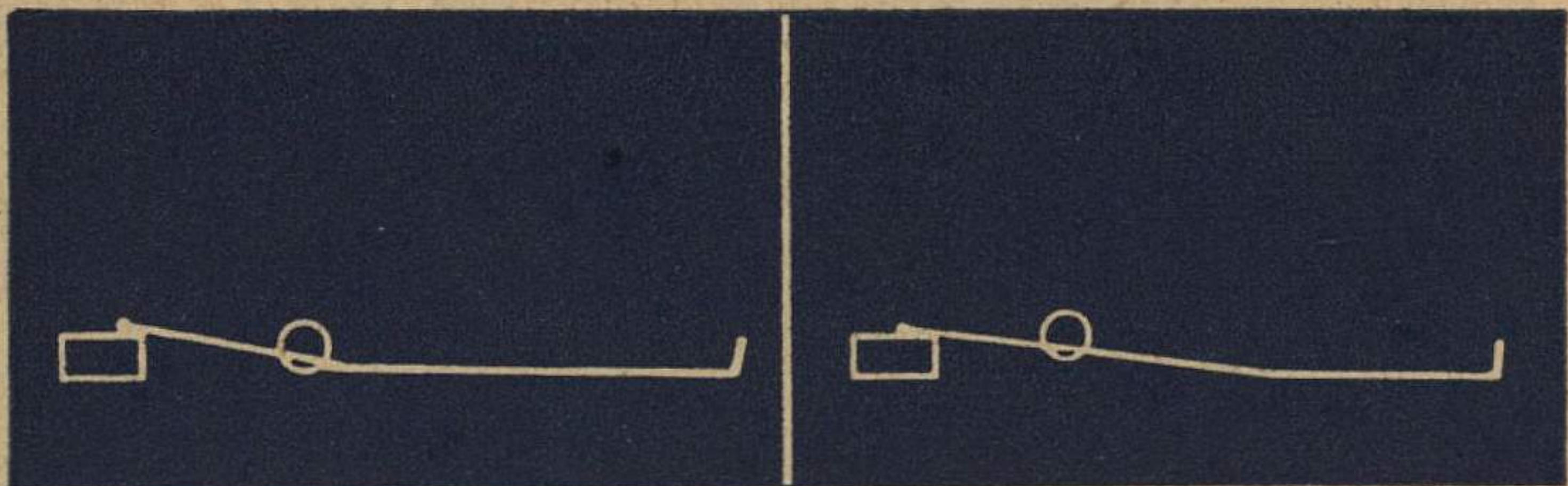
**1** Lie on back, small pillow under shoulder blades, knees bent. Extend arms back of head; hold position five minutes.



**2** Lie on back, hands under head, knees bent. Rotate hips with arrows, flattening lower back, and pulling abdomen in and up. Relax and repeat.



**3** Lie flat on back, arms at sides. Raise trunk by pressing head down and arching back from head to hips, swinging arms over head; return arms and repeat.



**4** Lie flat on back, arms over head, wrists resting on books or other support. Press down with hands, lifting head and trunk as far as possible. Relax and repeat.