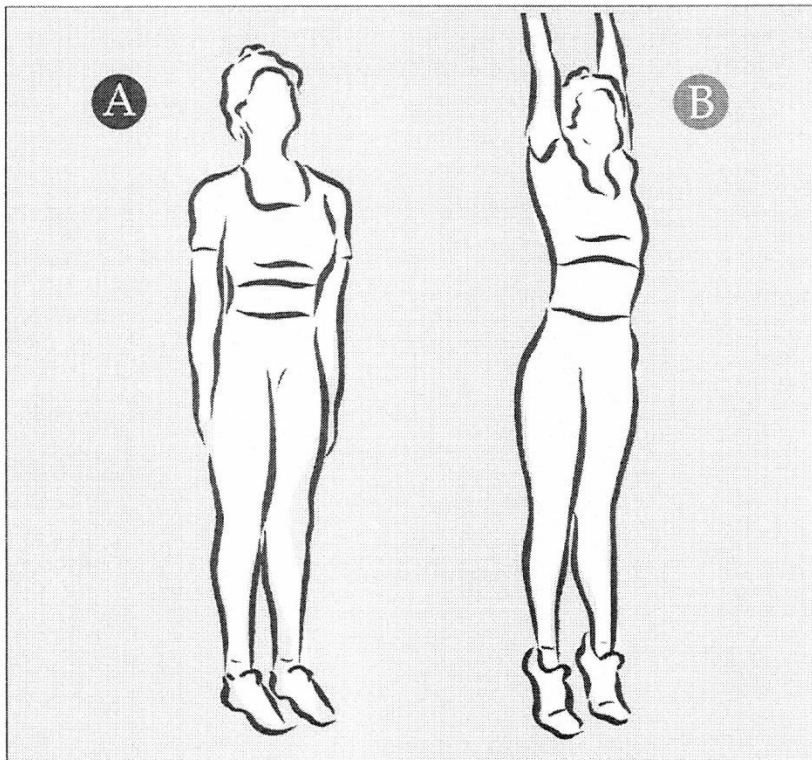


PASSIVE

Full Body Stretch

COMBINATION

EXERCISE
25



STARTING POSITION

Standing or lying.

EXERCISE

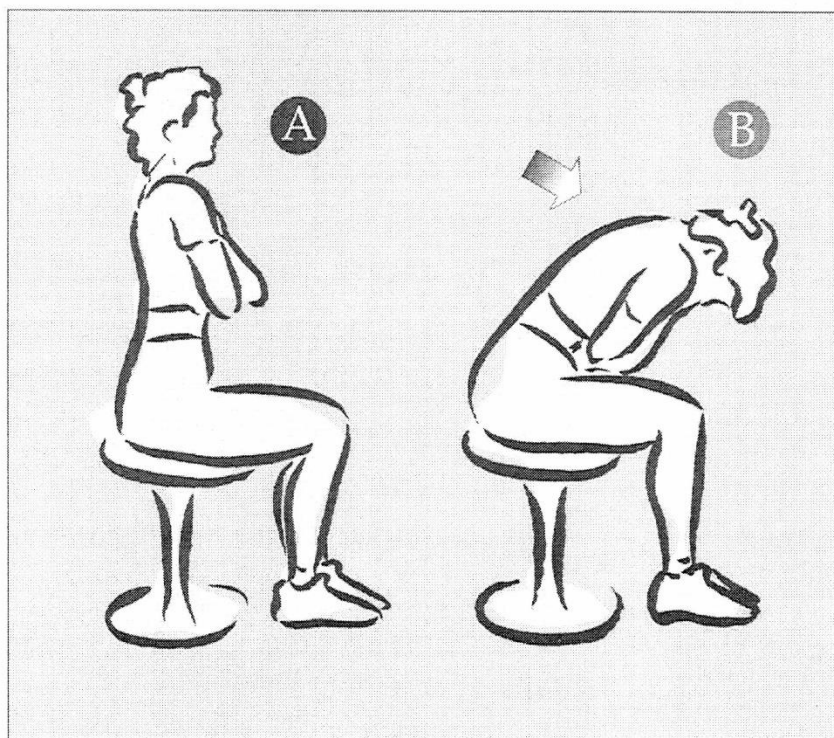
Stretch out as far as possible whilst breathing out.

PASSIVE

Sitting Flexion

COMBINATION

EXERCISE
26



STARTING POSITION

Sit in a chair, with your arms crossed over your chest.

EXERCISE

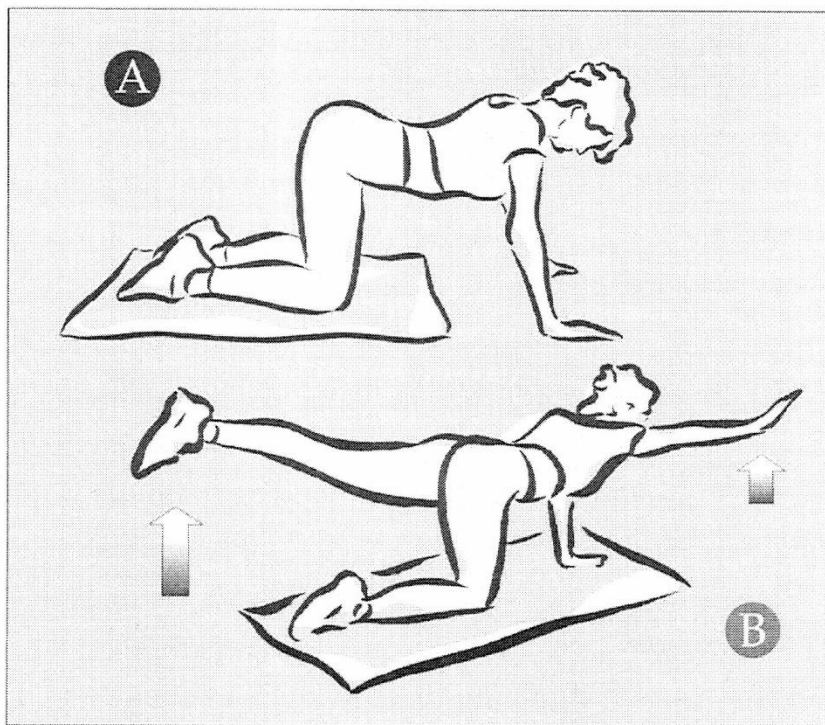
Slowly bend over, curling forwards until you feel the mid back stretch. Return to the starting position.

ACTIVE

Arm/Leg Raise

COMBINATION

EXERCISE
27



STARTING POSITION

On your hands and knees. Hands and knees are shoulder width apart.

EXERCISE

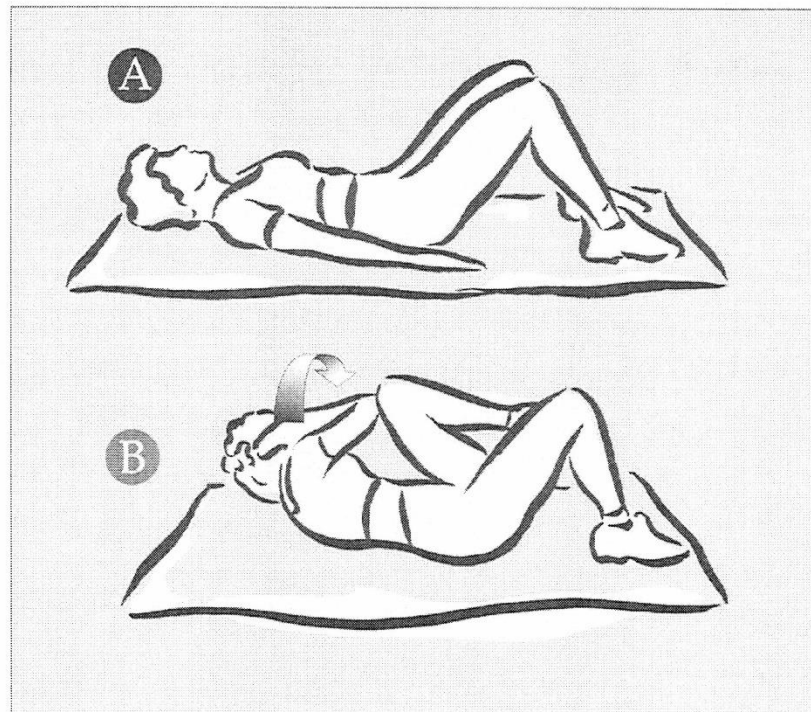
Tighten your stomach muscles. Simultaneously lift one arm and your opposite leg towards the ceiling until they are level with your body. Return to the starting position. Repeat with the opposite sides.

ACTIVE

Oblique Crunch

COMBINATION

EXERCISE
28



STARTING POSITION

Lie on your back, knees bent.

EXERCISE

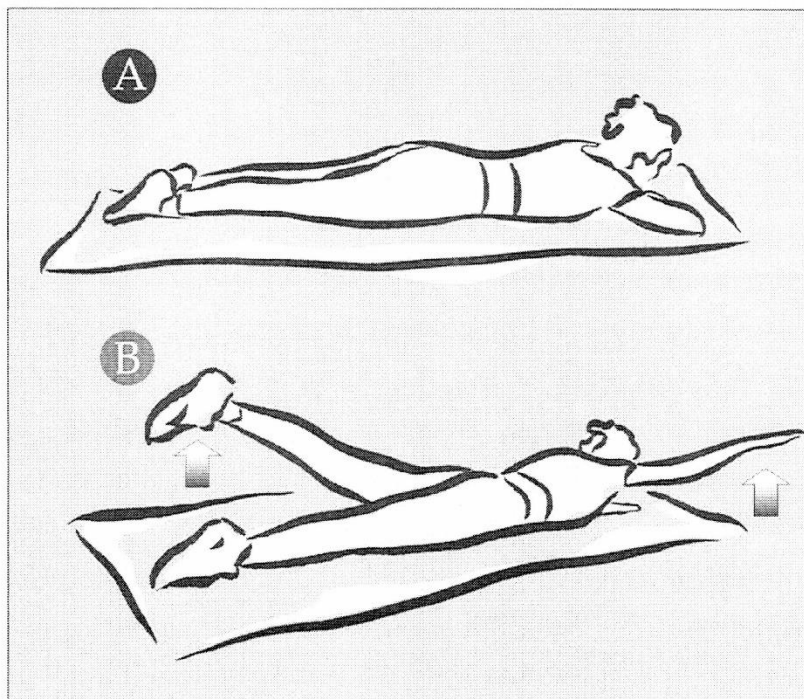
Link your hands together behind your head. Slowly lift your head and shoulder towards your opposite knee.

ACTIVE+

Lying Arm/Leg Raise

COMBINATION

EXERCISE
29



STARTING POSITION

Lie face down.

EXERCISE

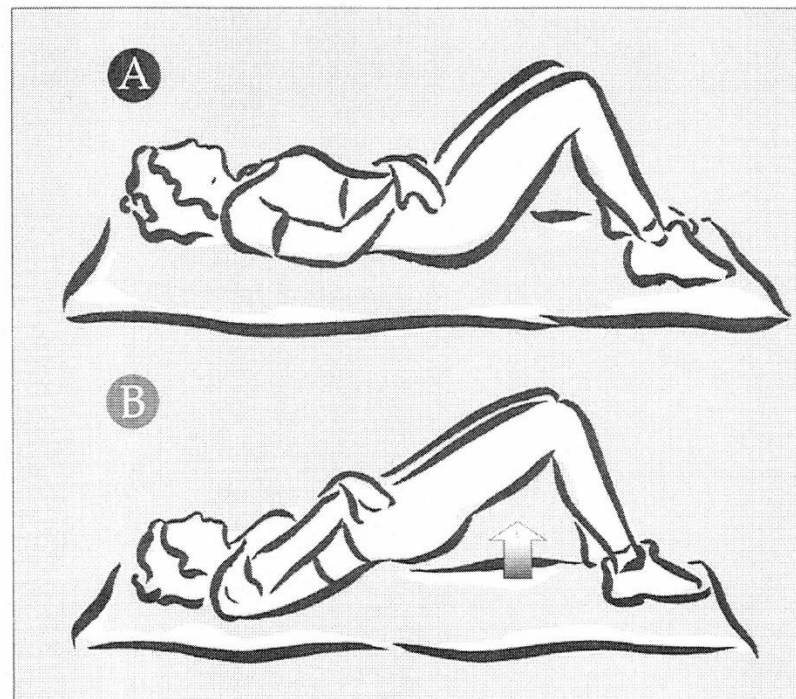
Raise one arm and the opposite leg equal amounts from the floor. Return to the starting position.

ACTIVE+

Hip Raises

COMBINATION

EXERCISE
30



STARTING POSITION

Lie on your back, with your knees bent and arms crossed over your hips.

EXERCISE

Lift your hips towards the ceiling while squeezing your buttocks together.