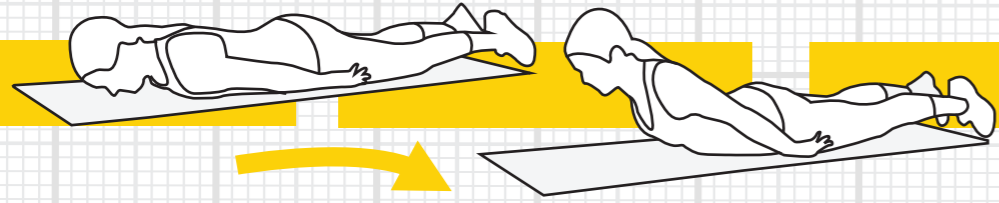
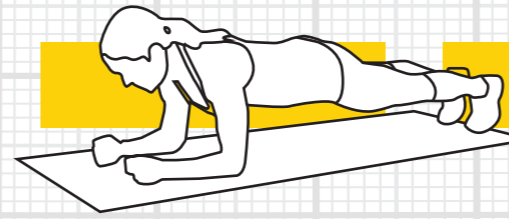


HEALTHY BACK WORKOUT

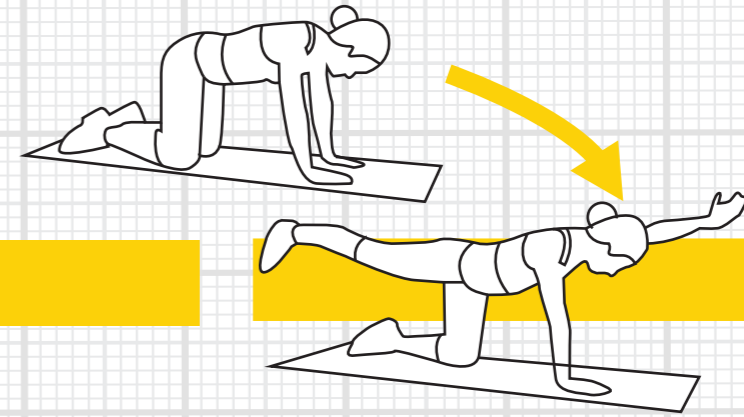
Follow this workout to help keep your back flexible, strong and pain free.



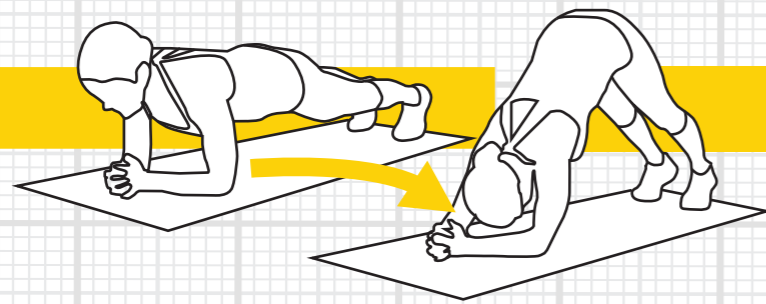
MID-BACK EXTENSION



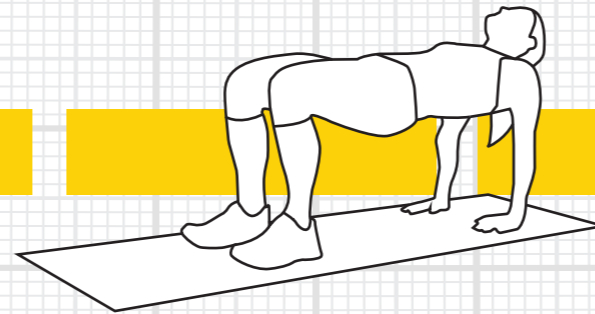
FOREARM PLANK



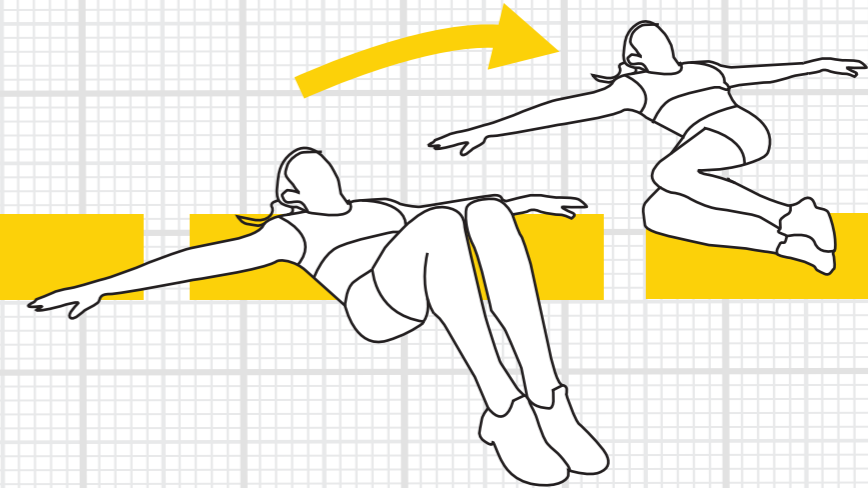
SUPER MAN



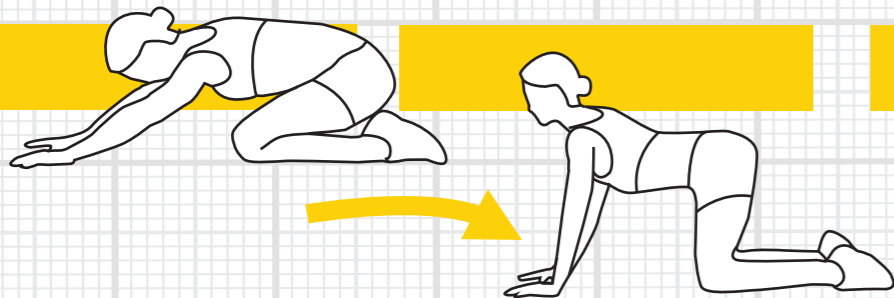
DOLPHIN DIVE



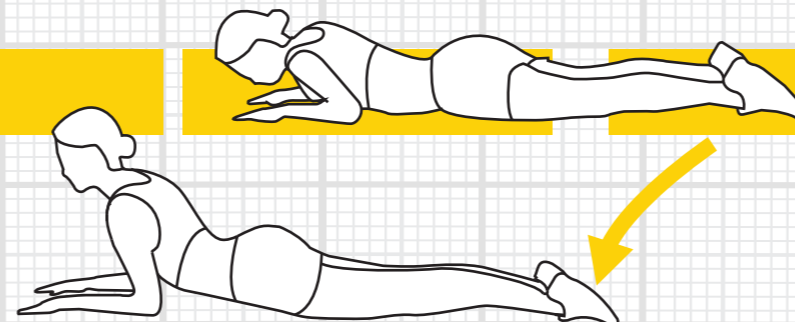
REVERSE TABLETOP PLANK



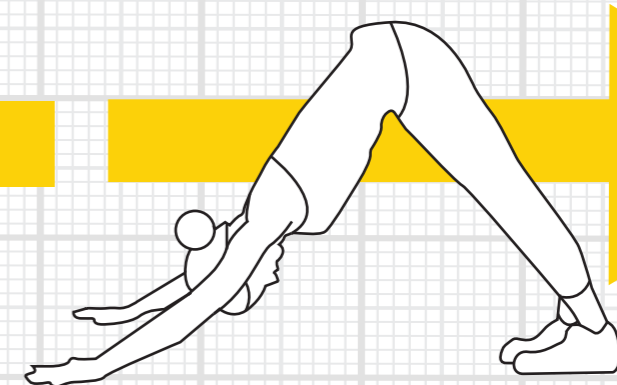
KNEE ROLLS



BOTTOM TO HEELS STRETCH



BACK EXTENSIONS



DOWN DOG