

Total 3

PRONE ON ELBOWS - POE

Lying face down, slowly raise up and prop yourself up on your elbows.

Hold 1 Minute
Complete 3 Sets
Perform 6 Time(s) a Day



PRESS UPS

Lying face down, slowly raise up and arch your back using your arms.

Repeat 10 Times
Hold 4 Seconds
Complete 2 Sets
Perform 6 Time(s) a Day



STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back.

Repeat 10 Times
Hold 4 Seconds
Complete 2 Sets
Perform 6 Time(s) a Day

