
Pine Belt Chiropractic, Inc.
MyBackHurts.NET

Spine Strengthening Exercises



1. Glide 1+ Minute



Childs Pose 1 Minute



2. Back Extension 30+ Times



Childs Pose 1 Minute



3. Crunch 30+ Times



Bridge 30+ Times



4. Body Squats 25+ Times



Sit and Stretch