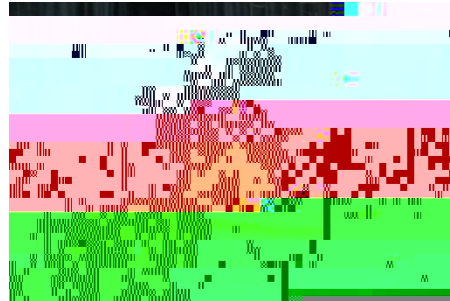
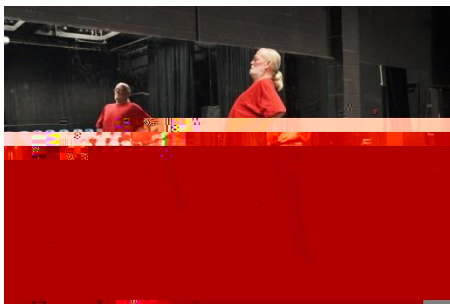
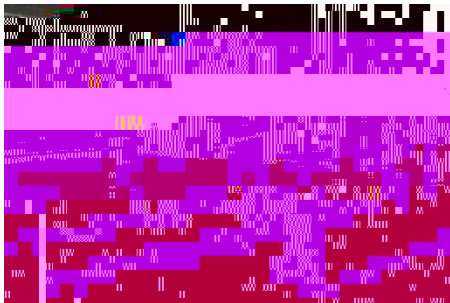


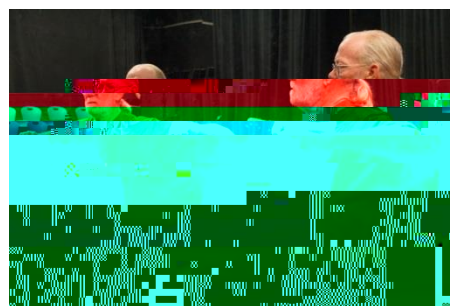
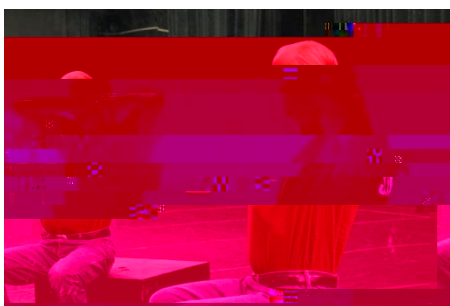
Basic Core Exercises



Neck glide to center and balance the head position. Inhale as you glide the chin back. Exhale as you relax.



Spinal traction and extension to balance the lower back. Move up first, then slightly back without moving the hips forward. Inhale as you stretch up and back. Exhale as you relax.



Chest expansion arms up and chest expansion arms lower. Inhale as you stretch back. Exhale as you relax.

