

Dynamic

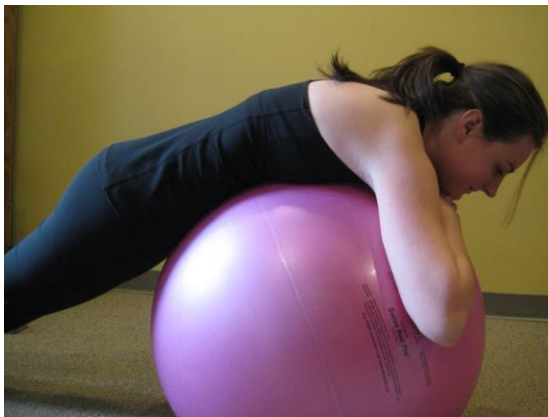
CHIROPRACTIC CLINIC

Better Health in Motion

Ball Extension Exercise

Instructions: Duration 1 Minute. Begin by laying on the ball, arms crossed beneath your chin. Lift your chest off the ball until horizontal, no further. You should feel the activity in the center of your back. Hold the position for three seconds, then slowly control your motion back down to the ball. For added difficulty, extend the arms. Do three sets of ten every other day.

Repeat a minimum of 3 times, up to 10 times, every day.



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