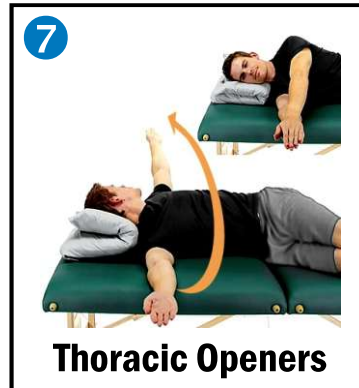
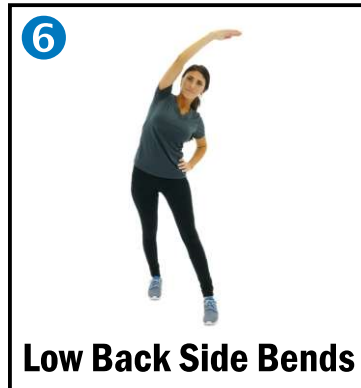
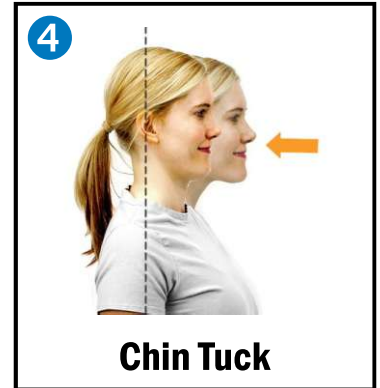
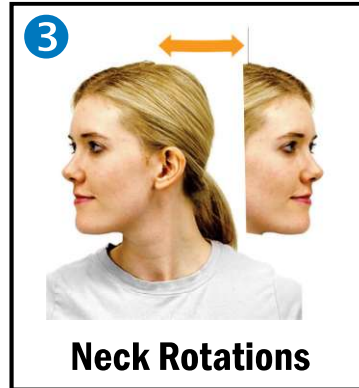


POSTURE CORRECTION PROGRAM

Phase 1 of 3: SPINAL MOBILITY

Instructions: Perform exercises SLOWLY avoiding sharp pain. Perform 10-20 reps per side, twice daily.



Purchase for Phase 2

