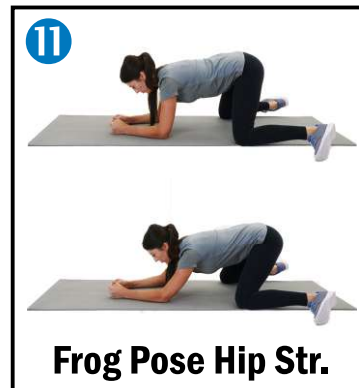
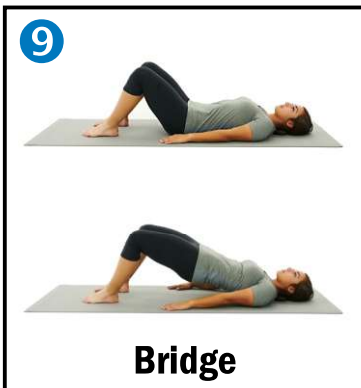
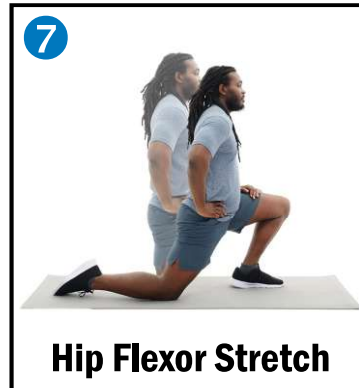


POSTURE CORRECTION PROGRAM

Phase 2 of 3: SPINAL STRETCHING

Instructions: Perform SLOWLY. Hold Stretch 5-10 seconds. Perform 10-20 reps per side, twice daily.



DISCLAIMER:

Please understand that when participating in any exercise or physical activity program there is a possibility of physical injury, and choosing to engage in this exercise or exercise program is done so at your own risk. If the activity seems too rigorous for you, please take a break.