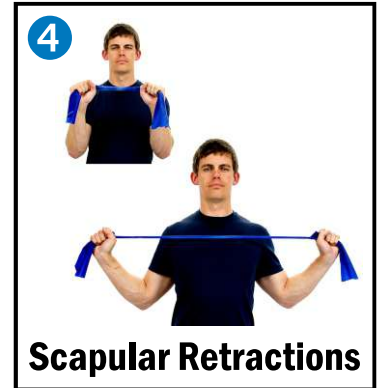
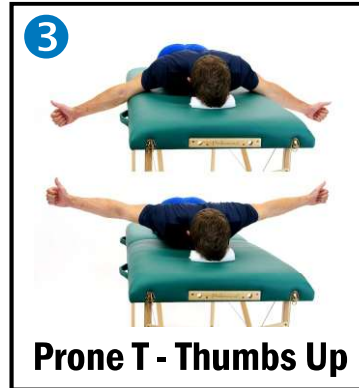


POSTURE CORRECTION PROGRAM Phase 3 of 3: SPINAL STRENGTHENING

Instructions: Perform SLOWLY. Hold position 3-5 seconds. Perform 10-20 reps per side, twice daily.



Purchase for Phase 3



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.