

## 5 Minute Core Back Sequence

Excerpted partially from the Back Relief Book by Health For Life



Roll Thoracic Spine



Roll Piriformis



Hip Extension



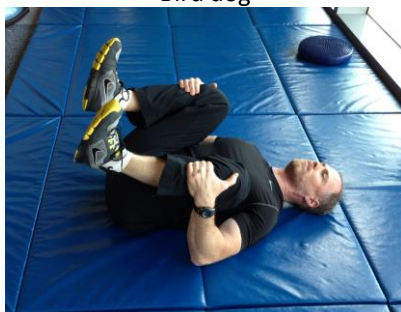
Roll Iliopsoas



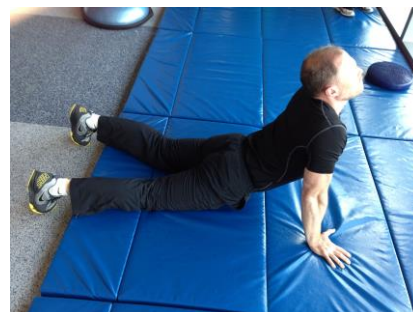
Bird dog



Cats and Camel



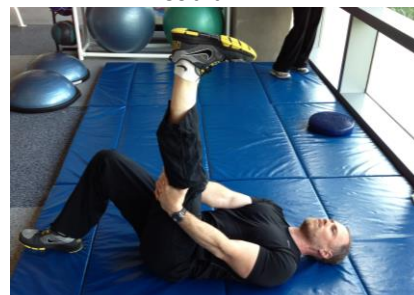
Knees to Chest Stretch



Cobra



Letter T Stretch



Hamstring Stretch

- Do this routine daily--the earlier, the better.  $\geq 10$  reps on exercises. Hold for 5 breaths or 30 seconds on the stretches.