

Back Extension Prone Progression

Single Arm Lifts:

1. Raise one arm, keeping palm faced downward.
2. Alternate arms.

Repeat _____ times.



Single Leg Lifts:

1. Raise one leg, keeping knee straight.
2. Alternate legs.

Repeat _____ times.



Opposite Arm and Leg Lifts:

1. Raise opposite arm and leg with palm facing down and knee straight.
2. Alternate sides.

Repeat _____ times.

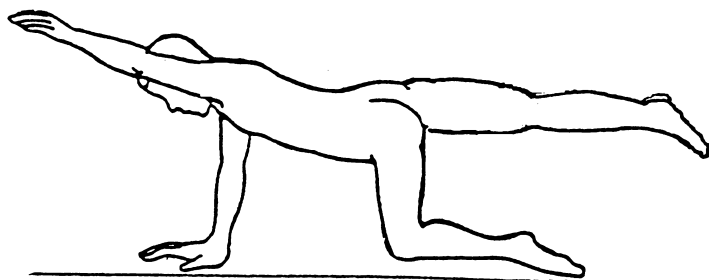


Opposite Arm and Leg Lifts in Kneeling:

1. Raise opposite arm and leg as above, keeping hips and shoulders level.

Hold _____ seconds.

Repeat _____ times.



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.