



# Osteopathic Life Clinic

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Provided by : Sample User

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1. Lie on belly with arms at sides
2. Raise head and shoulders upward
3. Keep chest resting on floor
4. Hold 3-5 seconds, 6 reps



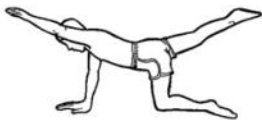
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1. Lie on belly with forehead resting on floor or small towel roll
2. Raise head, shoulders, chest, belly and hands off floor as shown
3. Hold 3-5 seconds
4. 8 repetitions.



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1. Assume hands and knees position
2. Keeping back level, raise one arm and opposite leg as shown
3. Hold 3-5 seconds, repeat with opposite arm and leg
4. 6 repetitions.



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