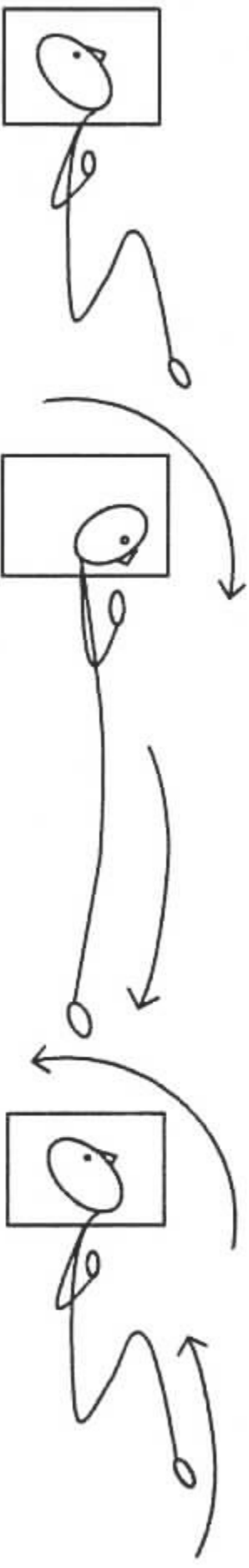


PUSH & PULL



Lie on side, on floor with head on pillow that is the width of shoulder so head stays in mid line. With hands together and head extended back, bring knees up to chest.

Slowly extend legs down and back while bringing head to chest.

Return knees to chest while moving head back. Repeat on opposite side.

Do once on each side