

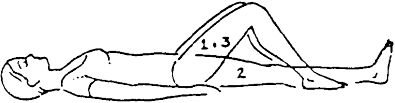

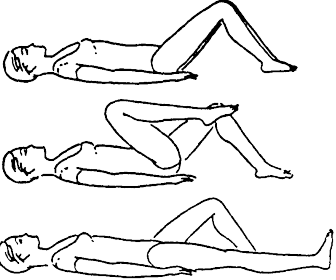
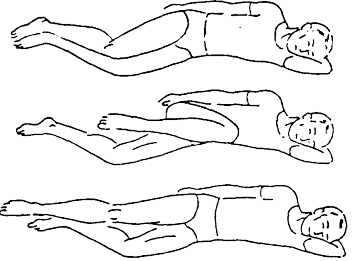



Kraus Back Exercise Program – Level 1

	<p>1. Diaphragmatic Breathing Inhale through your nose (belly gets round). Exhale slowly through your mouth.</p>
	<p>2. Shoulder Shrugs Pull your shoulders up toward your ears. Inhale to your belly, then exhale as you let go.</p>
	<p>3. Leg Slides Slide your leg all the way down. Relax and let it go, while breathing in and out. Slide it back to the basic position. Repeat with the opposite leg.</p>
	<p>4. Head Rotations Drop your head to the right side as you exhale, return back to neutral as you inhale and let go. Then drop the head to the left side and back to center.</p>
	<p>5. Single Knee Toward Chest Begin in the basic position. Bring one knee to the chest as far as you can comfortably while exhaling. Lower the foot to the floor then slide your leg down and let it go. Breathe in and out. Slide the leg back to the basic position. Repeat with the opposite leg.</p>
	<p>6. Side Lying Knee Toward Chest Lie on your side in the fetal position. Bring your upper leg toward your chest, letting the knee drop toward the floor like dead weight. Breathe in and out. Then slide the leg down in line with your trunk, extending the knee. Bring the leg back to starting position and let it go. Do this 3 times, then roll onto your other side and repeat with opposite leg.</p>
	<p>7. Buttocks Squeeze Turn onto your stomach and place a pillow under your belly. Tighten your seat muscles and hold for 2 seconds. Relax and let go. Breathe in and out.</p>

Perform 3-4 repetitions of each exercise, twice a day.
Avoid any movements or positions that cause pain or discomfort.

For audio recording, please visit us at: www.BetterMovement.com/Audio