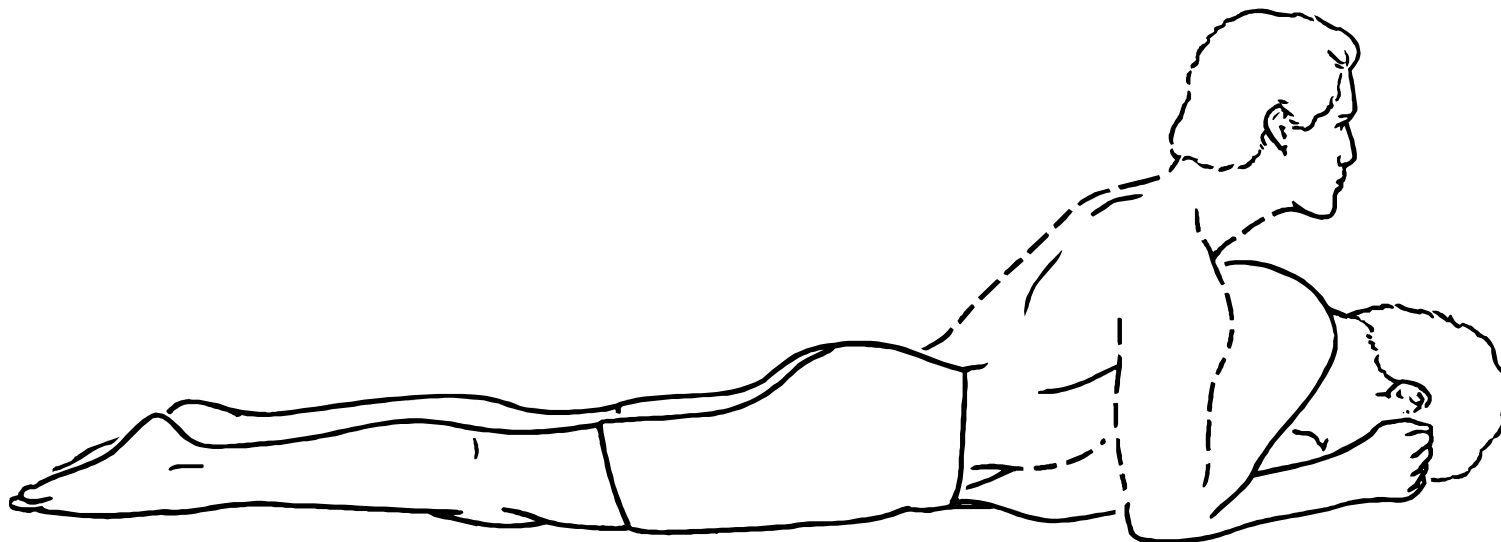


## BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor.  
Hold 5-10 seconds.

Repeat 5-10 times per set. Do 1-2 sets per session.  
Do 2-3 sessions per day.