

Steps To Implementing Your Program

1. Watch DVDs #1 and #2.
2. Perform your personal posture assessment and take your pictures.
3. Select your unique muscle imbalance, either a posterior or anterior pelvic tilt.
4. Locate the appropriate corrective stretching and exercise routine in your manual.
5. Perform the stretching routine daily, and the exercise program every other day on non-consecutive days. (Monday-Wednesday-Friday, or Tuesday, Thursday, Saturday) for 4 weeks.
6. Next, if you are ready, use the progression routine for your muscle imbalance type for another 4 weeks.
7. Lastly, after following your 8-week program EXACTLY as outlined, send your experience, results, and testimonial to: [Sam@endyourbackpainnow.com!](mailto:Sam@endyourbackpainnow.com)

Commonly Asked Questions:

1. Can I progress the exercises faster than recommend?

You can do so, BUT ONLY after the first 2 weeks. I highly suggest following the program exactly as outlined, however, in some cases, individuals may be ready for the 2nd phase right away. Keep in mind that the End Your Back Pain Now! System was designed for the majority of individuals, whom need to start with phase 1.

2. What if an exercise or stretch causes my back to feel worse?

If ANY exercise or stretch causes your back to feel worse, then stop immediately. Next, check to make sure you are performing the movement EXACTLY as instructed on the DVDs. Then, make sure you are relaxed as you do the motion. Many times, individuals with back pain tend to tense up during movements in fear that their back will hurt more, and have thus learned to “guard”. This can cause discomfort if it happens during movements. Lastly, you may decrease the range of motion or the intensity of the muscle contraction, which usually results in less discomfort. If none of these actions result in relief, then stop the routine and consult with your health care provider.

3. What if I have a specific condition related to my back?

The End Your Back Pain Now! Program was not designed specifically for individuals with conditions such as herniated discs, stenosis, or other degenerative conditions. However, it may be effective at providing relief, but there are subtle differences in technique that may be required in order to provide further effectiveness. I highly suggest you share the information contained in the End Your Back Pain Now! Program with your health care provider in order to make modifications that will work for your specific condition.

Name:

Date:

Time of Day:

Self Assessment Sheet

Front View

Head Tilt:

- Toward Left
- Toward Right
- Balanced

Shoulders:

- Left Elevated
- Right Elevated
- Balanced

Pelvis:

- Left Elevated
- Right Elevated
- Balanced

Feet:

- Left Flat
- Right Flat
- Both Flat
- Balanced

Your Front Picture Here

Back View

Head Tilt:

- Toward Left
- Toward Right
- Balanced

Shoulders:

- Left Elevated
- Right Elevated
- Balanced

Pelvis:

- Left Elevated
- Right Elevated
- Balanced

Feet:

- Left Flat
- Right Flat
- Both Flat
- Balanced

Your Back Picture Here

Right Side

Head Forward Of Line:

- Yes
- Balanced

Shoulder Slouched:

- Yes
- Balanced

Pelvic Tilt:

- Anterior Tilt
- Posterior Tilt
- Neutral

Knees:

- Forward Of Line
- Behind Line

Your Right Side Picture Here

Left Side

Head Forward of Line:

- Yes
- Balanced

Shoulder Slouched:

- Yes
- Balanced

Pelvic Tilt:

- Anterior Tilt
- Posterior Tilt
- Neutral

Knees:

- Forward Of Line
- Behind Line

Your Left Side Picture Here

Name:

Date:

Time of Day:

Self Assessment Sheet

Front View

Head Tilt:

- Toward Left
- Toward Right
- Balanced

Shoulders:

- Left Elevated
- Right Elevated
- Balanced

Pelvis:

- Left Elevated
- Right Elevated
- Balanced

Feet:

- Left Flat
- Right Flat
- Both Flat
- Balanced

Your Front Picture Here

Back View

Head Tilt:

- Toward Left
- Toward Right
- Balanced

Shoulders:

- Left Elevated
- Right Elevated
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Pelvis:

- Left Elevated
- Right Elevated
- Balanced

Feet:

- Left Flat
- Right Flat
- Both Flat
- Balanced

Your Back Picture Here

Right Side

Head Forward Of Line:

- Yes
- Balanced

Shoulder Slouched:

- Yes
- Balanced

Pelvic Tilt:

- Anterior Tilt
- Posterior Tilt
- Neutral

Knees:

- Forward Of Line
- Behind Line

Your Right Side Picture Here

Left Side

Head Forward of Line:

- Yes
- Balanced

Shoulder Slouched:

- Yes
- Balanced

Pelvic Tilt:

- Anterior Tilt
- Posterior Tilt
- Neutral

Knees:

- Forward Of Line
- Behind Line

Your Left Side Picture Here



Anterior Pelvic Tilt

End Your Back Pain Now! Stretching Program; Weeks 1-8

Phase: Flexibility-Stability Phase 1/2
Objective: Correct Muscle Imbalances
Length: 8 Weeks

These Stretches MUST BE DONE IN THIS ORDER!

Order:	Stretch:	Week #	Reps:	Tempo:	Rest:
1	Kneeling Hip Flexor Stretch	1-8	3 each	Hold for 30 seconds	Alternate Sides
2	Standing Psoas Stretch	1-8	3 each	Hold for 30 seconds	Alternate Sides
3	Seated Butterfly Groin Stretch	1-8	3	Hold for 30 seconds	Alternate Sides
4	Standing Calf Stretch	1-8	3 each	Hold for 30 seconds	Alternate Sides
5	Lat Stretch	1-8	3 each	Hold for 30 seconds	Alternate Sides



Kneeling Hip Flexor Stretch

What this stretch is for:

This stretch emphasizes: Psoas, Rectus Femoris, TFL

Key Stretch Points:

1. Perform a Posterior Pelvic Tilt
2. Squeeze your glutes to increase the amount of posterior pelvic tilt and thereby increase the stretch.
3. Hold your pelvis in posterior pelvic tilt, then shift your weight forward to your front leg. This will increase the intensity of the stretch.





Standing Psoas Stretch

What this stretch is for:

This stretch emphasizes: Psoas

Key Stretch Points:

1. Make sure your back leg is behind you far enough.
2. Perform a posterior pelvic tilt
3. Squeeze your glutes to increase the amount of posterior pelvic tilt and thereby increase the stretch.
4. Hold your pelvis in posterior pelvic tilt, then shift your weight forward to your front leg. This will increase the intensity of the stretch.





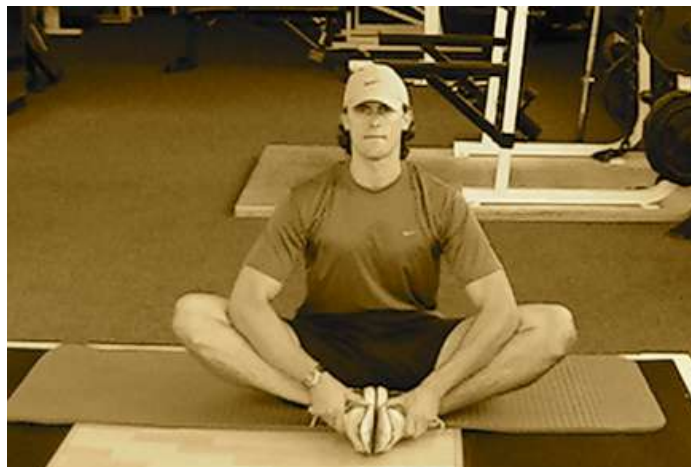
Seated Butterfly Groin Stretch

What this stretch is for:

This stretch emphasizes: Adductors

Key Stretch Points:

1. Be sure to sit upright with a light anterior pelvic tilt.
2. To increase the intensity of the stretch, either bring your feet closer to you, or gently push down on your knees with your hands.





Standing Calf Stretch

What this stretch is for:

This stretch emphasizes: Gastrocnemius and Soleus

Key Stretch Points:

1. Make sure your back leg is far enough behind you.
2. Your foot may be SLIGHTLY turned outward, but not too much.
3. Focus putting the weight on your back leg through your heel.
4. Keep your knee on your back leg straight.
5. To increase the intensity of the stretch, simply shift your weight forward.





Lat Stretch

What this stretch is for:

This stretch emphasizes: Latissimus Dorsi, Teres Major

Key Stretch Points:

1. You may place your arm on a swiss ball, couch, bed or anything that is slightly taller than you when you are in a 4-point position.
2. Be sure to straighten your arm, and turn it so that your palm is facing up toward the sky.
3. If this position is uncomfortable for your shoulder, allow your arm to move away from your head until the discomfort decreases.
4. To intensify the stretch, perform a posterior pelvic tilt.





Posterior Pelvic Tilt

End Your Back Pain Now! Stretching Program; Weeks 1-8

Phase: Flexibility-Stability Phase 1/2
Objective: Correct Muscle Imbalances
Length: 8 Weeks

These Stretches MUST BE DONE IN THIS ORDER!

Order:	Stretch:	Week #	Reps:	Tempo:	Rest:
1	Supine Hamstring Stretch	1-8	3 each	Hold for 30 seconds	Alternate Sides
2	90/90 Hip Stretch	1-8	3 each	Hold for 30 seconds	Alternate Sides
3	Prone Abdominal Stretch	1-8	3	Hold for 30 seconds	Alternate Sides
4	Single Knee to Chest Stretch	1-8	3 each	Hold for 30 seconds	Alternate Sides



Supine Hamstring Stretch

What this stretch is for:

This stretch emphasizes: The Hamstrings.

Key Stretch Points:

1. Wrap both hands around the back of your thigh, just above your knee.
2. Keep your hip at a 90 degree angle, so that your thigh bone is parallel to the ground.
3. Maintain an arch in your lower back by performing a light anterior pelvic tilt.
4. You can increase the intensity of this stretch by gently pulling your toe toward your knee.





90/90 Hip Rotator Stretch

What this stretch is for:

This stretch emphasizes: Piriformis and other deep muscles that laterally rotate the hip.

Key Stretch Points:

1. Keep your front leg bent so that your knee is at a 90 degree angle.
2. Place your hands on the floor, equal distance on each side from your knee.
3. Lift your chest up as far as you can comfortably.
4. Perform a light anterior pelvic tilt.
5. To increase the intensity of the stretch, hold your pelvis in anterior tilt, and shift your weight forward.





Prone Abdominal Stretch

What this stretch is for:

This stretch emphasizes: Abdominal muscles; Rectus abdominus, External/Internal obliques

Key Stretch Points:

1. Keep your legs and glutes completely relaxed.
2. Place your hands on the floor in a position similar to the pushup.
3. Only lift as high as you can keep your ASIS (pelvic bones on the front) on the ground.
4. All the weight must be on your hands, thus allowing all other muscles to relax.
5. Exhale on the way up.





Single Knee To Chest Stretch

What this stretch is for:

This stretch emphasizes: Glutes

Key Stretch Points:

1. To increase the intensity of the stretch, pull slightly toward your midline.





Anterior Pelvic Tilt

End Your Back Pain Now! Exercise Program; Weeks 1-4

Phase: Flexibility-Stability Phase 1
Objective: Correct Muscle Imbalances
Length: 4 Weeks

These Exercises MUST BE DONE IN THIS ORDER!

Order:	Exercise:	Week #	Reps:	Sets:	Tempo:	Rest:
1	Supine Hip Extension	1	10-15	1	Up 3, Hold 3, Down 3	0
		2	15-20	2	Up 3, Hold 3, Down 3	45 sec
		3-4	20-30	3	Up 3, Hold 3, Down 3	45 sec
2	Opposite Arm & Leg Raise	1	10 each	1	Hold for 10/Rest for 10	0
		2	10 each	2	Hold for 15/Rest for 10	45 sec
		3-4	10 each	3	Hold for 20/Rest for 10	45 sec
3	Supine Pelvic Tilt	1	10-12	1	Hold for 10 seconds	0
		2	15-20	2	Hold for 10 seconds	45 sec
		3-4	20-30	3	Hold for 10 seconds	45 sec
4	Prone Isometric Bridge	1	10	1	Hold for 10, Rest for 10	0
		2	10	2	Hold for 10, Rest for 5	45 sec
		3-4	10	2	Hold for 20, Rest for 10	45 sec
5	Prone Extension	1	10	1	Hold for 10, Rest for 10	0
		2	10	2	Hold for 10, Rest for 5	45 sec
		3-4	10	2	Hold for 20, Rest for 10	45 sec
6	Side Plank	1	10	1	Hold for 10, Rest for 10	0
		2	10	2	Hold for 10, Rest for 5	45 sec
		3-4	10	2	Hold for 20, Rest for 10	45 sec



Supine Hip Extension

What this exercise is for:

This exercise emphasizes: Glutes and Hamstrings

Key Exercise Points:

1. Start with your heels about 12 inches from your glutes.
2. Make sure your hips and knees are hip-width apart.
3. Active your glutes FIRST to initiate the movement.
4. Do NOT over-arch your lower back. Stop when your glutes are fully squeezed.
5. Emphasize putting your weight through your heels.





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Opposite Arm/Leg Raise

What this exercise is for:

This exercise strengthens: Glutes, Hamstrings, Lower Back and Shoulder Stabilizers

Key Exercise Points:

1. Keep your knees under your hips and your hands under your shoulders.
2. Maintain a neutral pelvic alignment, and do NOT allow it to alter when lifting your arm and leg.
3. If you need to, reset your pelvic alignment between reps.





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Supine Pelvic Tilt

What this exercise is for:

This exercise emphasizes: Abdominals: Rectus Abdominus, External/Internal Obliques

Key Exercise Points:

1. Place your hand under your back at umbilical level.
2. Maintain light pressure against your hand while performing the exercise.





Prone Isometric Bridge

What this exercise is for:

This exercise emphasizes: Abdominals: Rectus Abdominus, External/Internal Obliques

Key Exercise Points:

1. Keep your elbows directly under your shoulders.
2. Keep your knees behind your hips, not under.
3. Perform a posterior pelvic tilt until your lower back is flat.
4. Hold your pelvis in the same position between reps.





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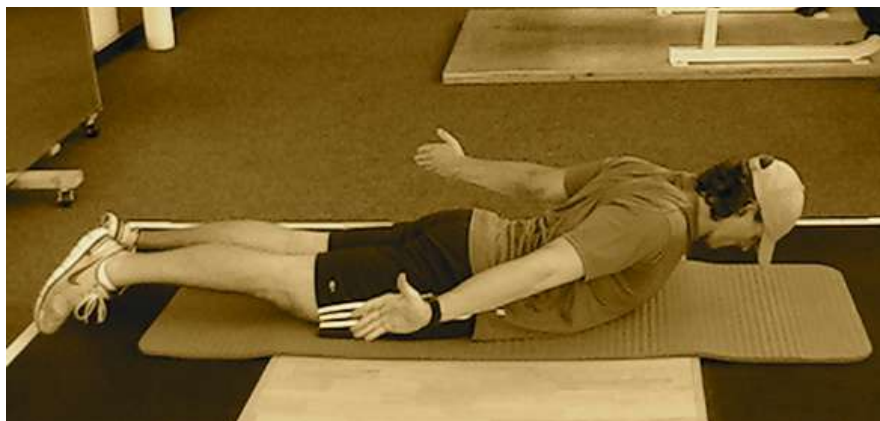
Prone Extension

What this exercise is for:

This exercise emphasizes: Glutes, Hamstrings, Entire Back, and External Shoulder Rotators.

Key Exercise Points:

1. Keep your glutes squeezed.
2. Make sure your arms EXTERNALLY rotate.
3. Focus on bringing your shoulder blades together and down toward your mid-back.
4. Keep your head in alignment with the rest of your body.





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Side Plank

What this exercise is for:

This exercise emphasizes: External/Internal Obliques, Quadratus Lumborum

Key Exercise Points:

1. Keep your elbow under your shoulder and your body in a straight line.
2. Focus on lifting your spine, not just your pelvis.
3. Keep your head in alignment with the rest of your body.





Posterior Pelvic Tilt

End Your Back Pain Now! Exercise Program; Weeks 1-4

Phase: Flexibility-Stability Phase 1
Objective: Correct Muscle Imbalances
Length: 4 Weeks

These Exercises MUST BE DONE IN THIS ORDER!

Order:	Exercise:	Week #	Reps:	Sets:	Tempo:	Rest:
1	Opposite Arm & Leg Raise	1	10 each	1	Hold for 10/Rest for 10	0
		2	10 each	2	Hold for 15/Rest for 10	45 sec
		3-4	10 each	3	Hold for 20/Rest for 10	45 sec
2	Kneeling Back Extension	1	8-15	1 Lower for 3, Hold for 3, Lift for 3	0	
		2	8-15	2 Lower for 3, Hold for 3, Lift for 3	45 sec	
		3-4	8-15	3 Lower for 3, Hold for 3, Lift for 3	45 sec	
3	Seated Hip Flexor Knee Raise	1	10 each	1	Hold for 10 seconds	0
		2	10 each	2	Hold for 10 seconds	45 sec
		3-4	10 each	3	Hold for 10 seconds	45 sec
4	Supine Pelvic Tilt	1	10-12	1	Hold for 10 seconds	0
		2	15-20	2	Hold for 10 seconds	45 sec
		3-4	20-30	3	Hold for 10 seconds	45 sec
5	Prone Extension	1	10	1	Hold for 10, Rest for 10	0
		2	10	2	Hold for 10, Rest for 5	45 sec
		3-4	10	2	Hold for 20, Rest for 10	45 sec
6	Side Plank	1	10	1	Hold for 10, Rest for 10	0

2	10	2	Hold for 10, Rest for 5	45 sec
3-4	10	2	Hold for 20, Rest for 10	45 sec



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Opposite Arm/Leg Raise

What this exercise is for:

This exercise strengthens: Glutes, Hamstrings, Lower Back and Shoulder Stabilizers

Key Exercise Points:

1. Keep your knees under your hips and your hands under your shoulders.
2. Maintain a neutral pelvic alignment, and do NOT allow it to alter when lifting your arm and leg.
3. If you need to, reset your pelvic alignment between reps.





Kneeling Back Extension

What this exercise is for:

This exercise strengthens: Glutes, Hamstrings, Back Extensors

Key Exercise Points:

1. Keep your pelvis in anterior tilt.
2. Focus on keep your chest up.
3. Sit back so that your butt muscles move back toward your heels.





Seated Hip Flexor Knee Raise

What this exercise is for:

This exercise emphasizes: Quadriceps, Psoas

Key Exercise Points:

1. Sit tall in the chair. Be sure to lift your chest up and retract your head.
2. Perform a slight anterior pelvic tilt.
3. Lift one leg straight up about 3-5 inches off the ground, while holding the pelvic position.
4. Return, then alternate legs.





Supine Pelvic Tilt

What this exercise is for:

This exercise emphasizes: Abdominals: Rectus Abdominus, External/Internal Obliques

Key Exercise Points:

1. Place your hand under your back at umbilical level.
2. Maintain light pressure against your hand while performing the exercise.





Prone Extension

What this exercise is for:

This exercise emphasizes: Glutes, Hamstrings, Entire Back, and External Shoulder Rotators.

Key Exercise Points:

1. Keep your glutes squeezed.
2. Make sure your arms EXTERNALLY rotate.
3. Focus on bringing your shoulder blades together and down toward your mid-back.
4. Keep your head in alignment with the rest of your body.





Side Plank

What this exercise is for:

This exercise emphasizes: External/Internal Obliques, Quadratus Lumborum

Key Exercise Points:

1. Keep your elbow under your shoulder and your body in a straight line.
2. Focus on lifting your spine, not just your pelvis.
3. Keep your head in alignment with the rest of your body.





Anterior Pelvic Tilt Progressions!

End Your Back Pain Now! Exercise Program; Weeks 5-8

Phase: Flexibility-Stability Phase 2
Objective: Correct Muscle Imbalances
Length: 4 Weeks

These Exercises MUST BE DONE IN THIS ORDER!

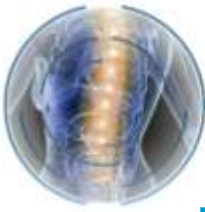
Order:	Exercise:	Week #	Reps:	Sets:	Tempo:	Rest:
1	Supine Hip Extension Progression	1	10	1	Hold for 5 seconds	0
		2	10	2	Hold for 5 seconds	45 sec
		3-4	10	2	Hold for 10 seconds	45 sec
2	Opposite Arm & Leg Raise Horizontal Raise Progression	1	10 each	1	Hold for 10/Rest for 10	0
		2	10 each	2	Hold for 15/Rest for 10	45 sec
		3-4	10 each	2	Hold for 20/Rest for 10	45 sec
3	Supine Pelvic Tilt Progression	1	10-12 ea	1	3 sec lift/3 sec lower	0
		2	10-12 ea	2	3 sec lift/3 sec lower	45 sec
		3-4	10-12 ea	2	3 sec lift/3 sec lower	45 sec
4	Prone Isometric Bridge Progression	1	1	1	Hold for 45 seconds	0
		2	1	2	Hold for 1 minute	60 sec
		3-4	1	2	Hold for 1 minute	60 sec
5	Prone Extension Progression	1	10	1	Hold for 10, Rest for 10	0
		2	10	2	Hold for 10, Rest for 5	45 sec
		3-4	10	2	Hold for 20, Rest for 10	45 sec
6	Side Plank Progression	1	1	1	Hold for 30 seconds	0
		2	1	2	Hold for 45 seconds	45 sec

3-4

1

2

Hold for 1 minute 45 sec



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Supine Hip Extension-Progression

What this exercise is for:

This exercise emphasizes: Glutes and Hamstrings

Key Exercise Points:

1. Lift one leg 1-2 inches off the ground without your pelvis dropping or altering position.
2. Alternate sides.





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Opposite Arm/Leg Raise-Progression

What this exercise is for:

This exercise strengthens: Glutes, Hamstrings, Lower Back and Shoulder Stabilizers

Key Exercise Points:

1. If the shoulder position is uncomfortable, simply move it away from your head until the discomfort reduces.
2. Do NOT alter your pelvic position.
3. Check to make sure you are not leaning your weight too much to one side.





Supine Pelvic Tilt-Progression

What this exercise is for:

This exercise emphasizes: Abdominals: Rectus Abdominus, External/Internal Obliques

Key Exercise Points:

1. Lift and lower your leg **ONLY** as fast as pressure is consistently maintained on your hand.
2. Increase the intensity of this exercise by moving your feet further away from your glutes at the start position.
3. Be sure to keep your knee angle the same as you lift your leg.





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Prone Isometric Bridge-Progression

What this exercise is for:

This exercise emphasizes: Abdominals: Rectus Abdominus, External/Internal Obliques

Key Exercise Points:

1. Increase the time that you perform the exercise!





Prone Extension-Progression

What this exercise is for:

This exercise emphasizes: Glutes, Hamstrings, Entire Back, and External Shoulder Rotators.

Key Exercise Points:

1. Lift your legs off the ground.





Side Plank-Progression

What this exercise is for:

This exercise emphasizes: External/Internal Obliques, Quadratus Lumborum

Key Exercise Points:

1. Increase the time!





Posterior Pelvic Tilt Progressions!

End Your Back Pain Now! Exercise Program; Weeks 5-8

Phase: Flexibility-Stability Phase 1
Objective: Correct Muscle Imbalances
Length: 4 Weeks

These Exercises MUST BE DONE IN THIS ORDER!

Order:	Exercise:	Week #	Reps:	Sets:	Tempo:	Rest:
1	Opposite Arm & Leg Raise	1	10 each	1	Hold for 10/Rest for 10	0
	Horizontal Raise Progression	2	10 each	2	Hold for 15/Rest for 10	45 sec
		3-4	10 each	2	Hold for 20/Rest for 10	45 sec
2	Kneeling Back Extension	1	8-15	1	Lower for 3, Hold for 3, Lift for 3	0
	Progression	2	8-15	2	Lower for 3, Hold for 3, Lift for 3	45 sec
		3-4	8-15	3	Lower for 3, Hold for 3, Lift for 3	45 sec
3	Seated Hip Flexor Knee Raise	1	10 each	1	Hold for 10 seconds	0
	Progression	2	10 each	2	Hold for 10 seconds	45 sec
		3-4	10 each	3	Hold for 10 seconds	45 sec
4	Supine Pelvic Tilt	1	10-12 ea	1	3 sec lift/3 sec lower	0
	Progression	2	10-12 ea	2	3 sec lift/3 sec lower	45 sec
		3-4	10-12 ea	2	3 sec lift/3 sec lower	45 sec
5	Prone Extension	1	10	1	Hold for 10, Rest for 10	0
	Progression	2	10	2	Hold for 10, Rest for 5	45 sec
		3-4	10	2	Hold for 20, Rest for 10	45 sec

6	Side Plank	1	1	1	Hold for 30 seconds	0
	Progression	2	1	2	Hold for 45 seconds	45 sec
		3-4	1	2	Hold for 1 minute	45 sec



Opposite Arm/Leg Raise-Progression

What this exercise is for:

This exercise strengthens: Glutes, Hamstrings, Lower Back and Shoulder Stabilizers

Key Exercise Points:

1. If the shoulder position is uncomfortable, simply move it away from your head until the discomfort reduces.
2. Do NOT alter your pelvic position.
3. Check to make sure you are not leaning your weight too much to one side.





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Kneeling Back Extension-Progression

What this exercise is for:

This exercise strengthens: Glutes, Hamstrings, Back Extensors

Key Exercise Points:

1. Place your arms across your chest to increase resistance.





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Seated Hip Flexor Knee Raise- Progression

What this exercise is for:

This exercise emphasizes: Quadriceps, Psoas

Key Exercise Points:

1. Straighten your knee little by little to progressively increase the resistance.





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Supine Pelvic Tilt-Progression

What this exercise is for:

This exercise emphasizes: Abdominals: Rectus Abdominus, External/Internal Obliques

Key Exercise Points:

1. Lift and lower your leg **ONLY** as fast as pressure is consistently maintained on your hand.
2. Increase the intensity of this exercise by moving your feet further away from your glutes at the start position.
3. Be sure to keep your knee angle the same as you lift your leg.





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Prone Extension-Progression

What this exercise is for:

This exercise emphasizes: Glutes, Hamstrings, Entire Back, and External Shoulder Rotators.

Key Exercise Points:

1. Lift your legs off the ground.





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Side Plank-Progression

What this exercise is for:

This exercise emphasizes: External/Internal Obliques, Quadratus Lumborum

Key Exercise Points:

1. Increase the time!

