

## Advanced Lumbo-Dorsal Fulcrum Exercises

USING THE LD FULCRUM AND 2" LIFTER, PERFORM 6 WARM-UP EXERCISES, ONE EACH OF LD 1-6 AND CD 1-6 PRIOR TO PERFORMING EXERCISES. START WITH 5 REPETITIONS AND INCREASE TO TEN WITHIN THREE DAYS.

### ◆ EXERCISE SEVEN (LD7)

1. LD Fulcrum and 2" Lifter placed below the rib cage.
2. Arms at sides or extended out for stability.
3. Bend knees and lift legs off floor.
4. Bring knees to chest.
5. DO NOT use arms to pull legs up. Hold for count of five, lower the legs and repeat.



### ◆ EXERCISE EIGHT (LD8)

1. LD Fulcrum and 2" Lifter placed at last rib.
2. Arms across chest (as shown).
3. Rotate the head to right.
4. Rotate knees to left.
5. Lift upper body 6" off the floor and with smooth, fluid motion, move back and forth without stopping.



### ◆ EXERCISE NINE (LD9)

1. LD fulcrum and 2" Lifter moved up toward mid back.
2. Arms across chest as shown.
3. Lift upper body 6" off floor.
4. Rotate head to the right.
5. Rotate knees to the left.
6. With smooth, fluid motion, move left then right without stopping.
7. Move the fulcrum up the spine 2" and repeat. Remove lifter.
8. Keep moving fulcrum up in 2" increments and performing exercise fluid motions until fulcrum is near top of shoulder blades.

