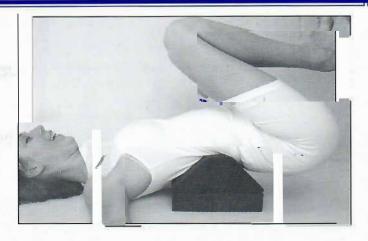
Advanced Lumbo-Dorsal Fulcrum Exercises

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.

