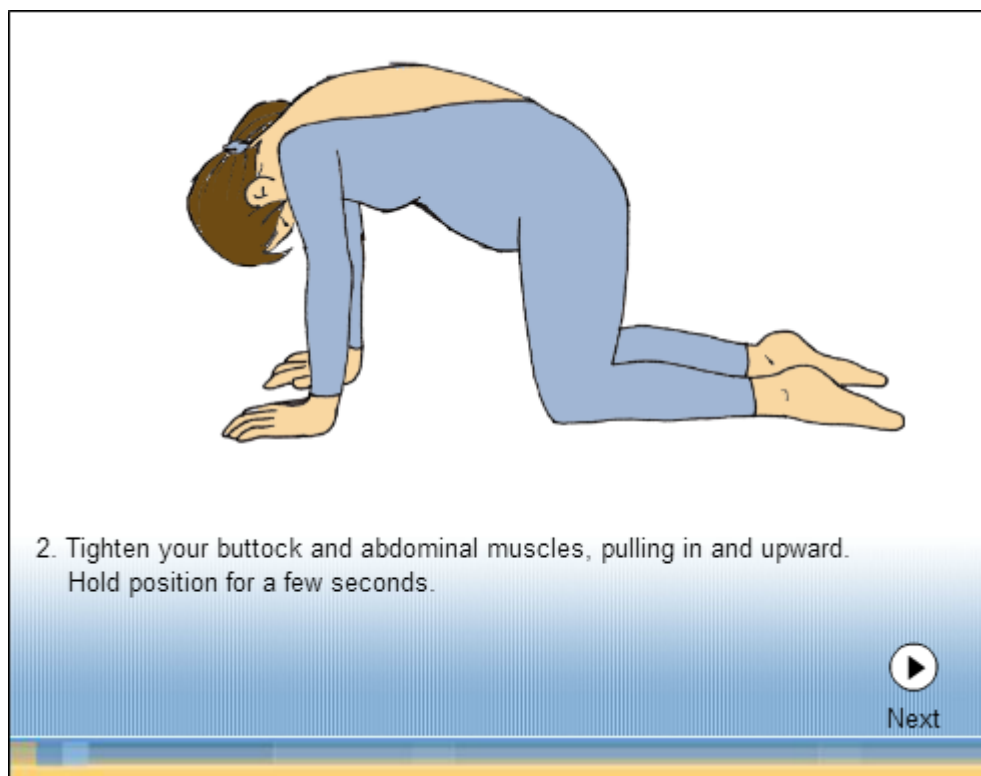
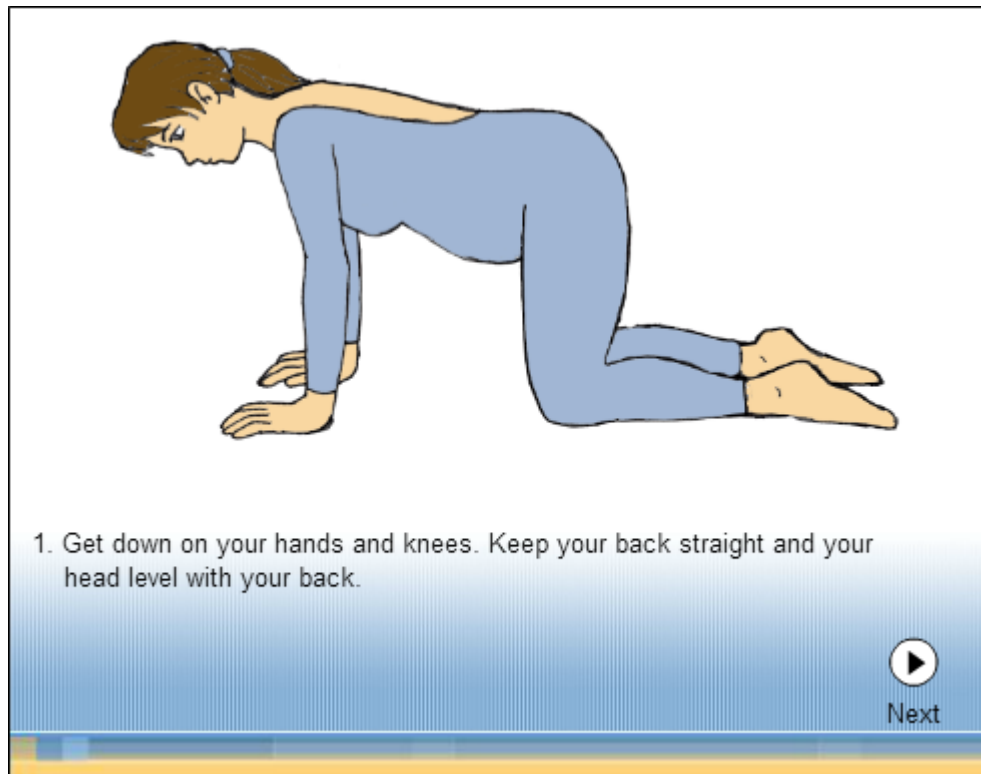
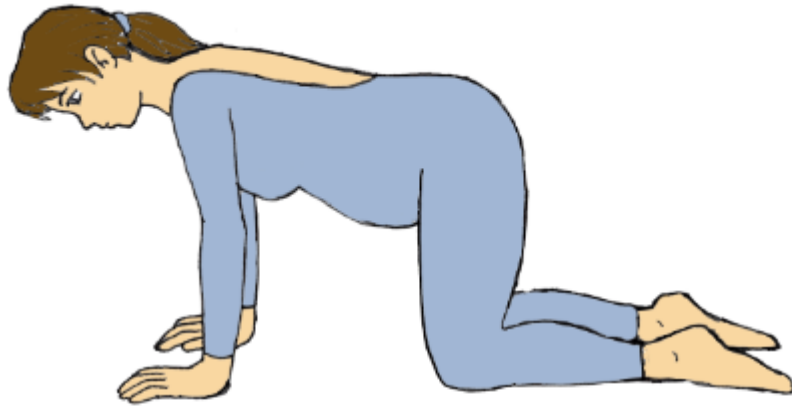


4. Pelvic Rock

MODULE 6

This exercise helps to relieve lower back pain. This is how the pelvic rock exercise is done.



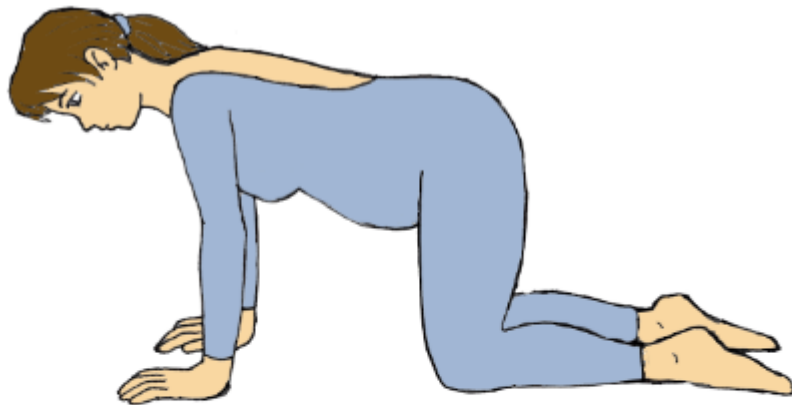


3. Return to original position.
It is important to keep your back straight, not arched.



Next

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4. Repeat a few times.



Restart

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