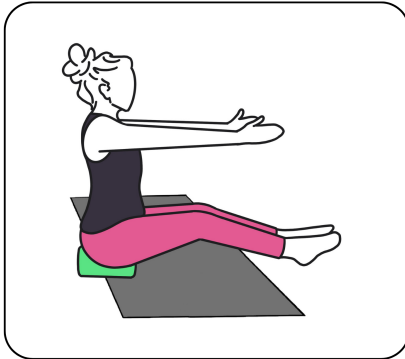
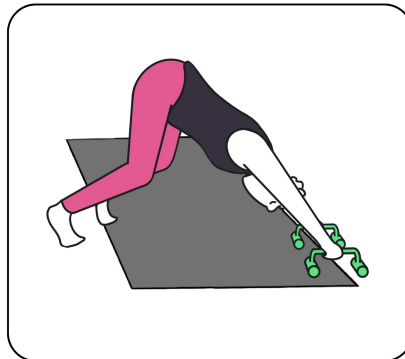


TOOLS FOR BACK



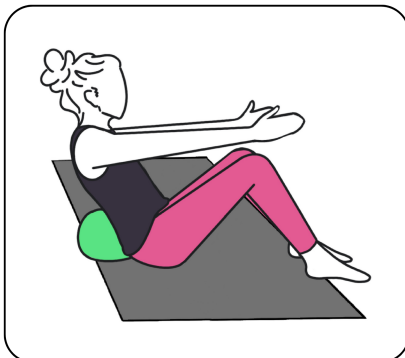
Y/block

A simple option for tight backs and hamstrings and the added option of bent knees can really help with the posture.



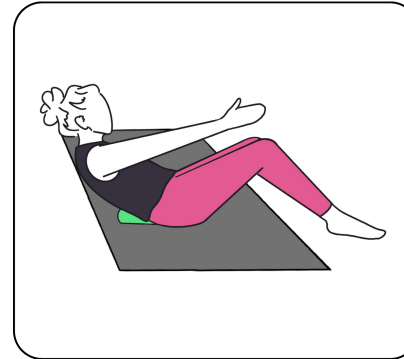
Grab the grips

This can really help with tight backs and shoulders. The option of bent knees can allow you to work on good form with the spine.



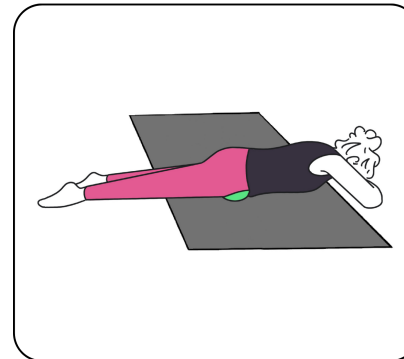
Ball support

Some support on the lower back can really help those who struggle with core exercises.



Deflated ball

Pop the deflated ball under the middle of your lumbar spine, this can help those who struggle with roll ups. Particularly if they are lordotic.



Deflated ball

By placing the deflated ball in front of the pelvis, leg lifts will be easier with less pressure on the lower back..

Quick note

Make certain that the ball is totally deflated otherwise it won't work well as an aid.