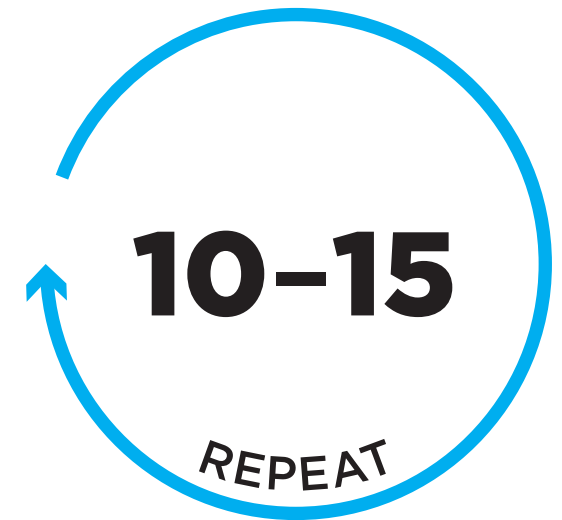


LUMBAR EXTENSION IN STANDING

Rozelle Interchange
WestConnex

JOHN
HOLLAND

CPB
CONTRACTORS



1 Place both hands on lower back.

2 Lean backwards as far as possible.

3 Hold position for one to two seconds.

4 Return to a neutral position.

5 Slowly repeat 10–15 times.

LATERAL FLEXION IN STANDING

Rozelle Interchange
WestConnex

**JOHN
HOLLAND**

CPB
CONTRACTORS



1 Raise right arm above head.

2 Place left hand on the outside of the left thigh.

3 Bend towards your left side.

4 Hold stretch for 30–40 seconds.

5 Repeat stretch on the right side.

SPINAL ROTATION IN STANDING

Rozelle Interchange
WestConnex

JOHN
HOLLAND

CPB
CONTRACTORS



1 Cross arms over chest.

2 Slowly rotate upper body to the left.

3 Return to the neutral position.

4 Repeat rotation to right side.

5 Rotate 10 times on each side.