

BACK SAFETY PARTICIPANT'S GUIDE

INSTRUCTIONS:

- I. Print out this participant's guide for use with the Back Safety video.
- II. Please watch the video. Pause the video when directed.

Match the following exercises to the statements below-(18):

- a. Heel Chord or calf stretch
- b. Hamstring stretch
- c.
- e. Partial sit up
- f. Leg raiser