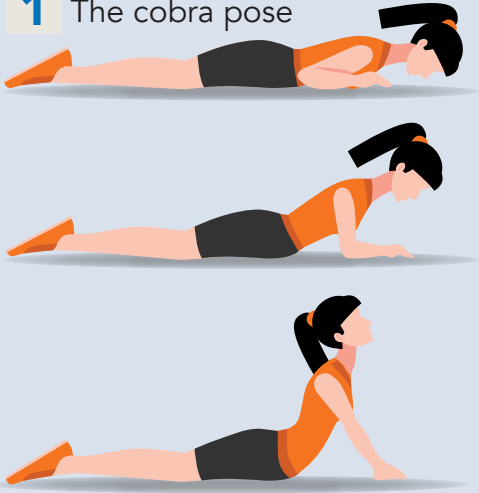


Back Exercises to Protect your Neck and Spine

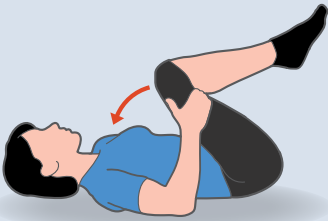
1 The cobra pose



2 Cat and camel pose



3 Knees-to-chest



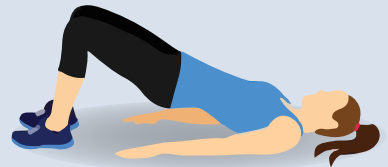
4 Ankle over knee



5 Superman pose



6 The bridge



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