

The Okinawa **FLAT BELLY** **TONIC**

10 Minute
Back Pain Fix

Mike Banner



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Contents

Welcome to the Flat Belly Tonic “10 Minute Back Pain Fix Video”	3
Exercise 1	
Quad Stretch & Arm Raise – Right Side	3
Exercise 2	
Quad Stretch & Arm Raise – Left Side	3
Exercise 3	
Kneeling Stretch with Side Bend – Left Side	4
Exercise 4	
Kneeling Stretch with Side Bend – Right Side	4
Exercise 5	
Side Stretches	5
Exercise 6	
Crossover Hamstring Stretches	6
Exercise 7	
Lateral Thoracic Stretch	7
Exercise 8	
Multi Thoracic Stretch	8

Welcome to the Flat Belly Tonic “10 Minute Back Pain Fix Video”

Exercise 1

Quad Stretch & Arm Raise – Right Side

Bend your left leg up and to the back, holding it with your left hand. Raise your right arm upwards. Keep your right arm, neck, back and right leg straight.



You are stretching the thigh quad muscles of your left thigh while flexing your left hamstring. Holding your balance in this position applies pressure to your lower back muscles. You are also providing a slight stretch to your abdominal muscles.

Return to your preliminary position and repeat.

Exercise 2

Quad Stretch & Arm Raise – Left Side

Bend your right leg up and to the back, holding it with your right hand. Raise your left arm upwards.

Return to your preliminary position and repeat.

A front view for a better understanding.



Exercise 3

Kneeling Stretch with Side Bend – Left Side

Take a long step forward with your right leg, bend your right knee to then place your left knee on the ground. Both your right and left knees should be in 90 degree angle positions. Keep your back and neck straight. Place your right hand on your hip.

Raise your left arm and tilt your upper body to your right.

You are now stretching your left back muscles.

Return to your starting position and repeat.

Here is a front view of this exercise.



Exercise 4

Kneeling Stretch with Side Bend – Right Side

Take a long step forward with your left leg, bend your left knee to then place your right knee on the ground. Both your left and right knees should be in 90 degree angle positions. Keep your back and neck straight. Place your left hand on your hip.

Raise your right arm and slightly tilt your upper body to your left.

Return to your starting position and repeat.

And a front view.



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Exercise 5

Side Stretches

While standing up, place your left hand on your hip. Raise your right arm upwards. Bend your upper body to your right.

You are now stretching your right back muscles.



Return to the initial standing position.

Place your right hand on your hip. Raise your right arm upwards. Bend your upper body to your left.



Return your back to the initial position.

Repeat.

Exercise 6

Crossover Hamstring Stretches

While standing up, place your right foot outside of your left foot. Bend forward and stretch your arms down.



You are now stretching your back muscles along with your armpit area muscles.

Return to your initial standing position.

While standing up, place your left foot outside of your right foot. Bend forward and stretch your arms down.



Return to your initial standing position.

Exercise 7

Lateral Thoracic Stretch

While sitting on your knees, stretch forward and place your hands on the ground. Your shoulders, hips and knee joints should be in 90 degree angle positions.



Stretch your left arm towards your right side and place your left arm on the ground. Bend your back and tilt inwards.

You are now stretching your back muscles along with your armpit area muscles.

Return to your initial position.

While sitting on your knees, stretch forward and place your hands on the ground. Your shoulders, hips and knee joints should be in 90 degree angle positions.

Stretch your right arm towards your left side and place your right arm on the ground. Bend your back and tilt inwards.



Exercise 8

Multi Thoracic Stretch

Lay down with the left side of your body on the ground. Hold your head with your left hand while your left shoulder, triceps and elbow are on the ground.



Bend your left leg at your knee joint to stretch your thigh quad muscles – known as the quadriceps femoris group and adductor longis – and flex your left hamstring. Reach back with your right arm and hold your left foot with your right hand.



Then bend your right leg while pulling it slightly up with your left hand. You are now stretching your right buttocks and hip muscles, known as the gluteus maximus and gluteus medius.

Place your head on the ground and then place your shoulders on the ground as much as you can.

You are now stretching your right back muscles, known as latissimus dorsi and external oblique.

Inhale and exhale through your nose in a controlled fashion.

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Here is a rear view of this exercise.



Lay down with the right side of your body on the ground.

Bend your right leg at your knee joint to stretch your thigh quad muscles and flex your right hamstring. Reach back with your left arm and hold your right foot with your left hand.

Then bend your left leg while pulling it slightly up with your right hand.

Place your head on the ground and then place your shoulders on the ground as much as you can.

Inhale and exhale through your nose in a controlled fashion.

A top view for a better perspective.



Finally, relax by laying on your back.