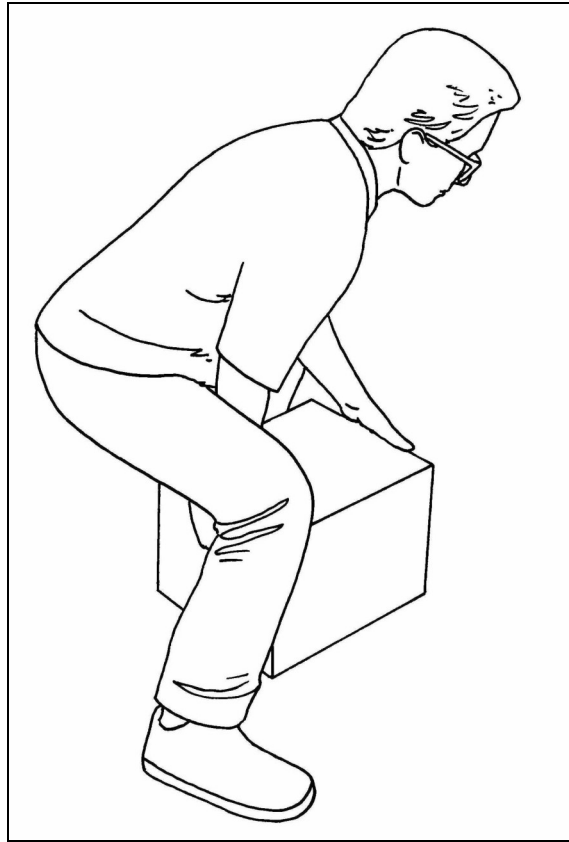
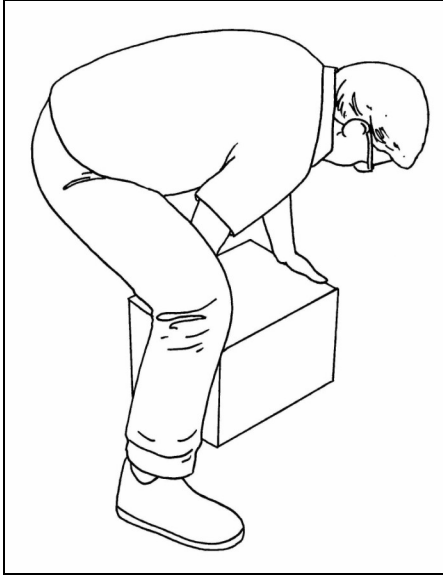


## ***TROUBLE SHOOTING GUIDE***



**...DOES NOT RAISE THE HEAD AND CHEST TO PUT THE BACK IN NEUTRAL**

One of the hardest things to get a student to do is to lift their head and chest to put the back in neutral. Most of the time this is because they lack so much body flexibility that they just can't do it. These folks desperately need to begin stretching their muscles. The other reason is that they have never tried to put the back in neutral and simply have to get used to it. Do this by having them assume a wide stance with knees bent to 100 degrees. Then bridge both hands to the thighs as they rotate forward at the hips so that their back is now nearly horizontal. Then they should deliberately lift their head and chest to get the feel of putting the back in neutral.