

Name \_\_\_\_\_

Date \_\_\_\_\_

1. This is Right? ... Special exercises are required to develop a healthy B Curve.

- Yes  
 No

2. The spine is made up of 24 vertebrae.

- Yes  
 No

3. This is Right? ... You should be able to handle shifting situations by yourself.

- Yes  
 No

4. This is Right? ... Lifting an object over your head is the simplest type of lift.

- Yes  
 No

5. This should prevent your back by removing clutter from:

- Yes  
 No