

Repeat Lumbar Extension

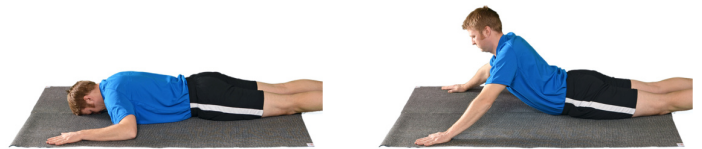
Sets: 1-3 | Reps: 8-15 | Hold: 5 sec | Tempo: relaxed

Preparation:

- Lie flat on stomach
- Hands above head
- Relax back muscles

Execution:

- Perform a sloppy push-up
- Be sure to keep your back muscles relaxed!
- Only go until the front of your hip lifts off the ground



Lumbar Segmental Side Flexion

Sets: 1-3 | Reps: 8-15 | Hold: 5 sec | Tempo: relaxed

Preparation:

- Stand with good posture.
- Find a neutral spine.

Execution:

- Bend to the side in a very controlled manner.
- Think about moving joint by joint.
- Do not push into pain.
- Return to the start position.



Start position



Bend to the side



Thinking about moving joint by joint

Superman | Arm+Leg Lift

Sets: 1-3 | Reps: 8-15 | Hold: 5 sec | Tempo: relaxed

Preparation:

- Lay on your stomach
- Arms above head

Execution:

- Lift your arms off the floor slightly



On stomach, arms above head



Lift arms

Child's Pose

Sets: 1-3 | Reps: 8-15 | Hold: 5 sec | Tempo: relaxed

Preparation:

- Kneel on the floor, buttocks over heels.

Execution:

- Stretch arms forward far as you can.
- Let head and trunk sag to the floor and hang heavy.
- Keep buttocks over heels.
- Relax.



Start



*Buttocks over heels,
stretch arms*

Pelvic Tilts

Sets: 1-3 | Reps: 8-15 | Hold: 5 sec | Tempo: relaxed

Preparation:

- Lie on your back with your arms across your chest
- Bend knees up so that your feet are flat

Execution:

- Rotate your hips by slightly lifting your lower back off the floor
- Rotate your hips by gently pushing your lower back into the floor



*Rotate your hips by
slightly lifting your lower
back off the floor*



*Rotate your hips by
gently pushing your lower
back into the floor*

Trunk Rotation

Sets: 1-3 | Reps: 8-15 | Hold: 5 sec | Tempo: relaxed

Preparation:

- Sit on a ball with good posture
- Arms crossed on chest

Execution:

- Twist to look behind you
- Now twist the other way



*Sit on a ball with good
posture*



Twist to look behind you



Now twist the other way

Trunk Rotation

Sets: 1-3 | Reps: 8-15 | Hold: 5 sec | Tempo: relaxed

Preparation:

- Stand near a support, in case you need it

Execution:

- Twist to look behind you
- Now twist the other way



Stand near a support



Twist to look behind you



Twist the other way

Neutral Spine Placement

Sets: 1-3 | Reps: 8-15 | Hold: 5 sec | Tempo: relaxed

Preparation:

- Assume a position on all fours.
- Hips and knees at 90 degrees.

Execution:

- Flatten your back like a scared cat.
- Now arch your back like a banana.
- Now find the position in between these two extremes.
- Engage your deep core.
- This is a neutral spine.



Flatten back like a scared cat



Arch back like a banana



*Find the spot between -
This is a neutral spine*