

Low Back Strengthening



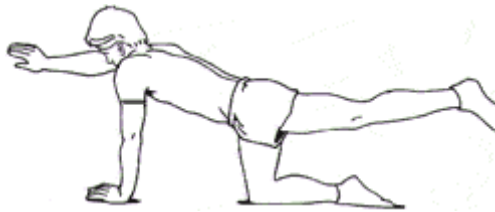
KEEP EACH LEG STRAIGHT AND LIFT THE LEG 6-8 INCHES FROM FLOOR ALONG WITH THE OPPOSITE ARM.

Repeat: 10 times **Sets:** 2
Hold Time: 5 secs **Resistance/Time:** 0
Sessions: 2 /day



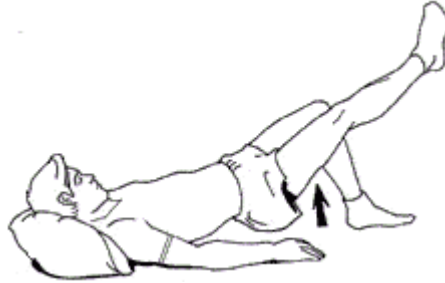
LYING ON YOUR STOMACH WITH A PILLOW UNDER YOUR HIPS LIFT YOUR HEAD TRUNK AND LEGS (KEEPING THEM STRAIGHT) ABOUT 8-10 INCHES OFF THE GROUND.

Repeat: 10 times **Sets:** 2
Hold Time: 5 secs **Resistance/Time:** 0
Sessions: 2 /day



START ON YOUR HANDS AND KNEES KEEPING YOUR BACK FLAT. RAISE THE OPPOSITE ARM AND LEG THEN REPEAT ON THE OTHER SIDE. DO NOT ARCH YOUR NECK OR BACK.

Repeat: 10 times **Sets:** 2
Hold Time: 5 secs **Resistance/Time:** 0
Sessions: 2 /day



SLOWLY RAISE BUTTOCKS FROM FLOOR KEEPING STOMACH TIGHT. WHILE YOUR BOTTOM IS OFF THE FLOOR STRAIGHTEN THE LEG OUT AS ILLUSTRATED AND THEN REPEAT ON THE OTHER SIDE.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		