

Lumbar Stabilization Program



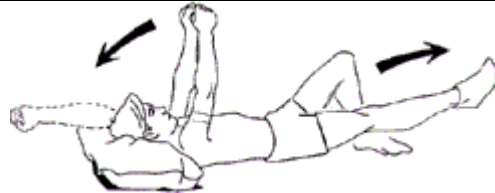
KEEP EACH LEG STRAIGHT AND LIFT THE LEG 6-8 INCHES FROM FLOOR ALONG WITH OPPOSITE ARM.

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



SLOWLY RAISE BUTTOCKS AND LOW BACK FROM FLOOR AT THE SAME TIME KEEPING STOMACH TIGHT.

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



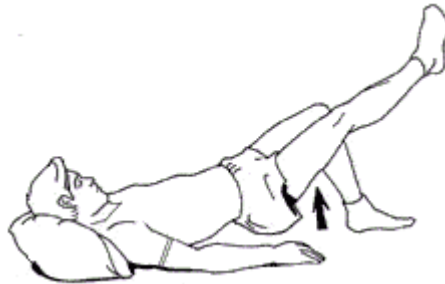
RAISE ONE ARM OVER YOUR HEAD AND STRAIGHTEN THE OPPOSITE LEG AS ILLUSTRATED. CONCENTRATE ON MAINTAINING TIGHT ABDOMINALS AND DO NOT LET THE BACK ARCH OR FLATTEN DURING THE MOVEMENT.

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



LYING ON YOUR BACK AND MAINTAINING A FLAT BACK BEND BOTH HIPS AND KNEES TO NINETY DEGREES. SLOWLY STRAIGHTEN ONE LEG OUT AND BRING IT BACK TO THE STARTING POSITION. REPEAT THE WITH THE OTHER LEG.

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		