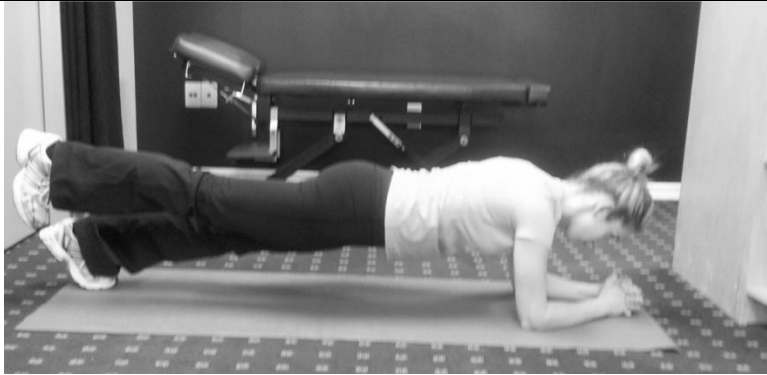


ADVANCED LOW BACK EXERCISES

Exercise	Description	Sets/Reps
	<p>The Advanced Plank Get into push-up position on the floor. Bend your elbows 90 degrees and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet. Engage the muscles between your shoulder blades, your core muscles, your quads, and your gluts. Don't forget to continue breathing. Lift your left foot approximately 2 inches off the floor. Hold for 10 seconds then return foot to the floor. Alternate right and left.</p>	<p>3 sets of 1 minute</p>

ADVANCED LOW BACK EXERCISES



Pelvic Bridge with Stability Ball

Lay on your back with your feet resting on a stability ball. Brace your abdominal muscles and engage your gluteal muscles.

Slowly lift your hips off of the ground until you form a straight line from your feet to your back. Roll the stability ball in towards your butt and then back out in a slow controlled manner. Repeat 10 times and then slowly lower your pelvis back down to the floor.

3 sets of 10
reps

ADVANCED LOW BACK EXERCISES



Dead Bug

Lay on your back with your hands and legs pointed straight up in the air. Slowly lower your right arm and your left leg until they are approximately 2 inches off the ground. Hold here for 7 seconds then slowly return to the starting position. Then lower your left arm and right leg in the same manner. This is one rep.

3 sets of 10
reps, hold
each rep
for 7
seconds

