
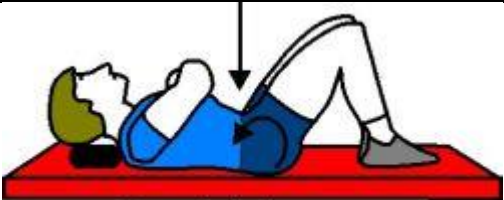
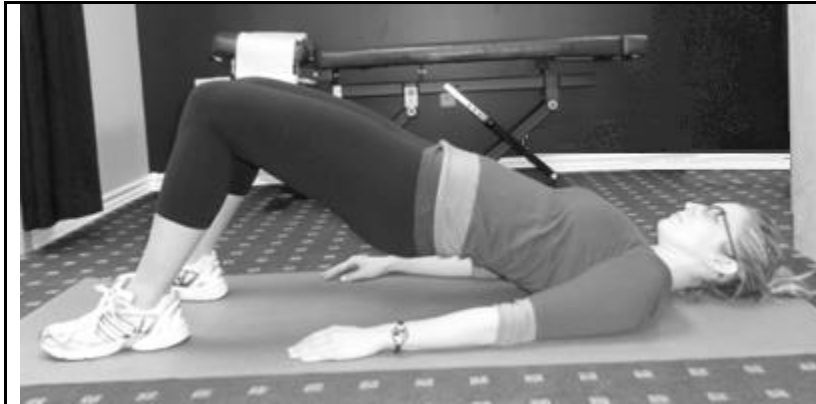


## BEGINNER LOW BACK EXERCISES

Exercise	Description	Sets/Reps
	<p><b>Abdominal bracing/hollowing</b>            Draw your belly button in towards your spine, engaging your abdominal muscles as if you are preparing to be hit in the stomach. Do not “suck in your gut”. Keep your core engaged as you continue breathing.</p>	<p>Perform 10 times per day, daily.            Goal: be able to hold for 10 consecutive breaths</p>
 <p>Back flat</p>	<p><b>Pelvic Tilts</b>            Lay on your back with your knees bent. Place a hand under the small of your back. Slowly tilt your pelvis so you press the small of your back into your hand. Then, slowly tilt your pelvis the opposite way, so you return to the starting point with your low back slightly arched.</p>	<p>3 sets of 20 pelvic tilts</p>



## BEGINNER LOW BACK EXERCISES



### **Pelvic Bridge**

Lay on your back with your knees bent and your feet approximately shoulder width apart. Brace your abdominal muscles and engage your gluteal muscles. Slowly lift your hips off of the ground until your back and thighs form a straight line. Hold this position for 10 seconds, and then slowly return to the starting position.

3 sets of 10  
seconds