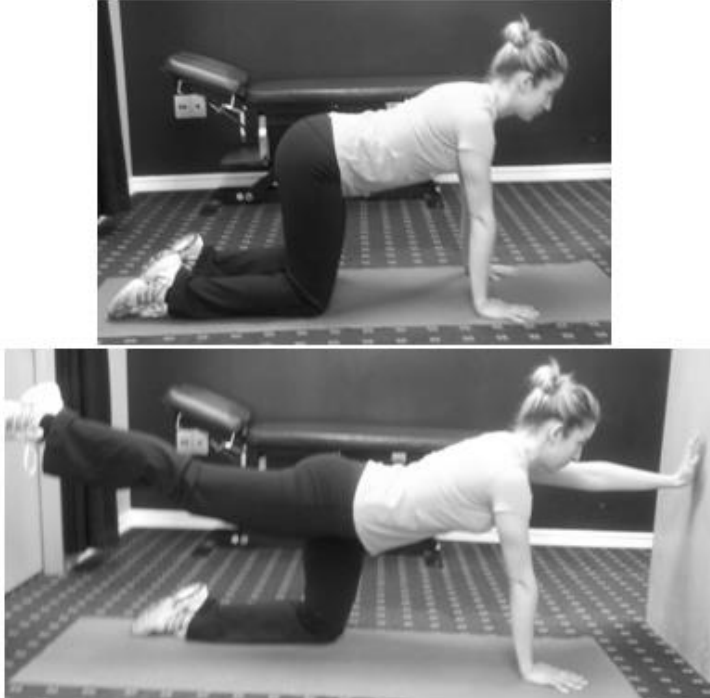


## INTERMEDIATE LOW BACK EXERCISES

Exercise	Description	Sets/Reps
	<p><b>Bird-Dog</b> Begin on your hands and knees, with neutral spine posture. Simultaneously raise your right arm to approximately shoulder height, and your left leg to approximately buttocks height. Hold this posture for 7-8 seconds. Then lower the hand and knee, and “sweep” the floor with them and raise them again for the next repetition. Switch sides as appropriate. The abdominal muscle are braced throughout the entire exercises.</p>	<p>3 sets of 10 reps, hold each rep for 7 seconds</p>

## INTERMEDIATE LOW BACK EXERCISES



### Side-Plank

Lay on your right side. Place your right elbow directly beneath your right shoulder. Lift your hips off the floor until you are supporting your body weight between your elbow and your knees. Your body should form a straight line from your head to your knees. Your top arm can rest on your side. Hold for 30 seconds then repeat on the left side.

3 sets of 30 seconds per side



### Curl-Up

Lay on your back with one knee bent. Place your hands beneath the small of your back to preserve a neutral spine posture. Do not flatten your back into the floor. Slowly lift your head and shoulder blades off the floor, maintaining a straight line between your head and upper back. There should be no movement in your lumbar spine.

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



## INTERMEDIATE LOW BACK EXERCISES



### **The Plank**

Get into pushup 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.

3 sets of 30 seconds