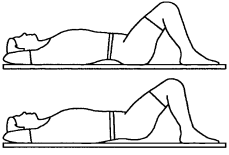
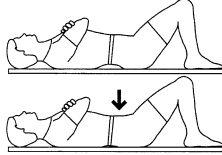


## Low Back Strengthening

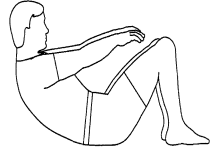
Complete \_\_ sets of \_\_ repetitions \_\_ times a day.



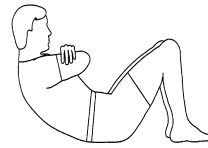
\*Lie on back, knees bent.  
\*Tighten back muscles, arching low back off mat.



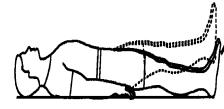
\*Lie on back, knees bent.  
\*Tighten abdominal muscles and press low back down into mat.



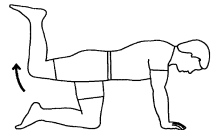
\*Lie on back, knees bent, arm at side.  
\*Lift head and shoulders off floor, toward knees.  
\*Keep low back in contact with mat.



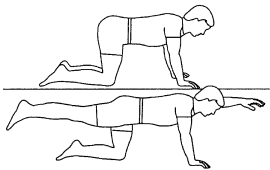
\*Lie on back, knees bent, arm over chest.  
\*Lift head and shoulders off floor, toward knees.  
\*Keep low back in contact with mat.



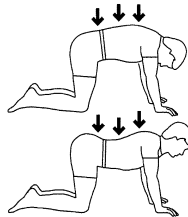
\*Lie on back with arms at side.  
\*Keeping knees straight, tighten abdominal muscles, and lifting feet about 6 inches from mat.



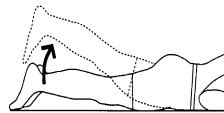
\*Start in 4 point kneeling.  
\*Lift one leg up, keeping knee bent.



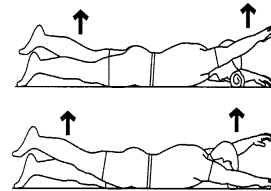
\*Start in 4 point kneeling.  
\*Extend right leg while lifting left arm.  
\*Reverse position, and repeat.



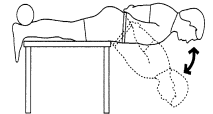
\*Start in 4 point kneeling, back in neutral.  
\*Round back upward, one segment at a time.  
\*Reverse back, one segment at a time, keeping neck neutral.



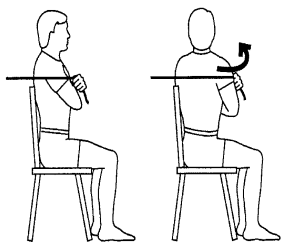
\*Lie face down.  
\*Raise both legs upwards, as shown.



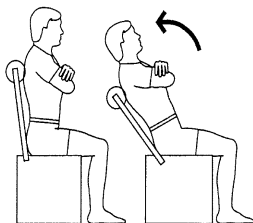
\*Lie face down, arms outstretched overhead as shown.  
\*Raise arm and opposite leg off mat.  
\*Alternate arm and leg and repeat.



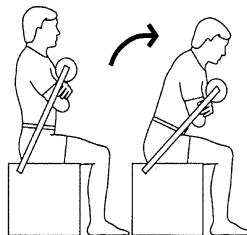
\*Lie face down with hips at edge of surface.  
\*Position lower legs under pads.  
\*With arms behind back, slowly lower and return back to starting position.



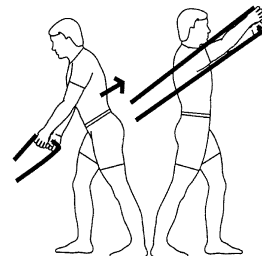
\*Attach elastic to secure object, with chair facing opposite way.  
\*Holding elastic, rotate upper body forward and away from elastic.



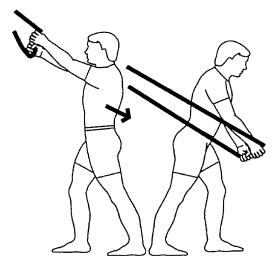
\*Lie back on padded bar, arms across chest.  
\*Push back against bar, straightening trunk.



\*Place chest on padded bar, arms across chest.  
\*Push forward against bar, bending at the waist.



\*Secure elastic at floor level.  
\*With elastic in both hands, bend at hip, keeping back in neutral.  
\*Pull upward and across as shown.



\*Secure elastic above head.  
\*With elastic in both hands, bend at hip, keeping back neutral.  
\*Pull downward and across as shown.