Back Exercises

BACK - 22 Pelvic Tilt
Flatten back by tightening stomach muscles and buttocks.

BACK - 27 Curl-Up: Phase 3
Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders from surface.

BACK - 28 Diagonal Curl-Up: Phase 3
Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders while rotating to each side.

TRUNK STABILITY - 8 Heel Walk (Hook-Lying)
Tighten stomach and slowly walk feet forward in short steps until legs are nearly straight, or until back begins to arch.

TRUNK STABILITY - 9 Bridging
Slowly raise buttocks from floor, keeping stomach tight.

TRUNK STABILITY - 13 Bridging: with Straight Leg Raise
With legs bent, lift buttocks _____ inches from floor. Then slowly extend each knee, keeping stomach tight.

TRUNK STABILITY - 15 Advanced Straight Leg Raise
With knees bent and feet _____ inches from floor, slowly straighten each leg, keeping stomach tight.

TRUNK STABILITY - 18 Opposite Arm / Leg Lift (Prone)
Abdomen and head supported, _____ knee locked, raise leg and opposite arm _____ inches from floor.

TRUNK STABILITY - 20 Upper / Lower Extremity Extension (All-Fours)
Tighten stomach and raise _____ leg and opposite arm. Keep trunk rigid. Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

BACK - 65 Knee Raise (Hook-Lying)
With knees bent, brace upper body, tighten stomach, and raise hips and knees.

BACK - 66 Leg Raise (Pike-Lying)
With knees straight, brace upper body, tighten stomach, and raise hips and feet.

BACK - 44 Backward Bend (Standing)
Arch backward to make hollow of back deeper. Hold _____ seconds.