



Improving Lower Back Pain

Anytime Workouts

3 sets
per exercise

10 reps
per set

60 seconds
rest between sets



Here Is Your Workout

For each exercise, perform 3 sets of 10 reps, resting 60 seconds between sets

Stretches and core exercises

Equipment: Bodyweight, Swiss Ball, Foam Roller

Back Stretch



- 1 - Lie on your back with your feet up and your knees bent at 90 degrees holding behind your knees.
- 2 - Gently pull your knees to your chest, allowing your lower back to round slightly.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Back Stretch



- 1 - Start on all fours on the floor with your back slightly rounded.
- 2 - Arch your back, pulling your abdominals up and in, raising your shoulders and lowering your head.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Alternating Bridge

Lower Back



- Support your body off the floor, resting on your toes and forearms.

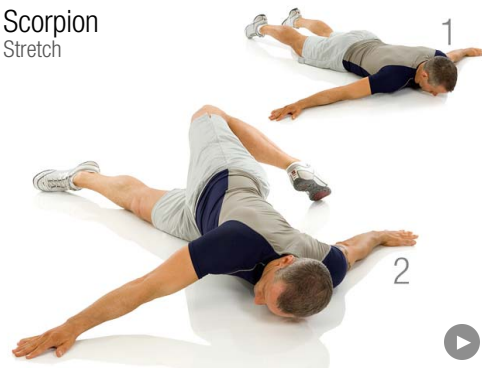
- 1 - Raise one arm and the opposite leg straight up about 18 inches off the floor.
- 2 - Hold briefly, then lower yourself back to the floor and repeat with the other arm and opposite leg.

- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Scorpion

Stretch



- 1 - Lie face down with your arms out to the sides.
 - 2 - Raise one foot, bending at the knee and roll over to one side, bringing your foot towards your opposite hand.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Standing Bird Dog

Legs



- 1 - Stand upright with your arms by your sides.
 - 2 - Lower your torso down toward floor, bending at the waist and raise one arm up in front and the opposite leg straight up behind.
 - 3 - Return upright and repeat with the other arm and leg.
- Make a straight line from the raised hand to your raised foot.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



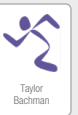
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Back Extension

Lower Back



- 1 - Lie face down with your chest on the ball, your hands at the sides of your head and your legs straight out behind.
 - 2 - Raise your chest up off the ball coming to an upright position.
- Do not to bounce up and down on the ball as you do each repetition.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Back Stretch



- Lie face down on a ball with your hands and feet on the floor and your head and shoulders hanging forward over the ball.
- 1 - Arch your back over the ball, lengthening your spine.

#	REPS	WEIGHT	TIME	NOTES
1			15.0	
2			15.0	

Upper Back Stretch

Stretch



- Kneel on the floor, placing your hands on top of ball in front.
- 1 - Extend your arms out in front and lower your head toward the floor, lengthening your spine.

#	REPS	WEIGHT	TIME	NOTES
1			15.0	
2			15.0	

Lower Back

Myofascial



- 1 - Lie on a roller in your mid-back with hands on the floor behind, your feet flat and knees bent.
 - 2 - Push away, rolling down from your mid-back to your buttocks, straightening your legs.
- Then pull back rolling up from your buttocks to your mid-back.

#	REPS	WEIGHT	TIME	NOTES
1			90.0	
2			90.0	