



Plank

Lie on your stomach with your forearms on the floor and your elbows directly below your shoulders. Tighten your abdominal muscles and lift your hips off the floor. Squeeze your gluteals and lift your knees off the floor. Hold your body straight for 30 seconds, rest 30 seconds. Repeat 5 times.



Wall Slide

Position your back flat against the wall with your feet firmly on the floor 12 inches in front of you. Slide down into a crouch with knees bent to about 90 degrees. Count to 5 and slide back up the wall. Repeat 5 times.

“The Doctor of the Future will give no medicine but will interest his patients in the care of the Human Frame in DIET and in the cause and prevention of Disease.”

Attributed to
Thomas A. Edison

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LUMBAR SPINE EXERCISES

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Angry Cat Stretch

Tuck chin and tighten stomach, arching back. Hold for 20 seconds. Repeat 5 times.



Knee-to-Chest Stretch

With hands around knees, pull both into the chest until a comfortable stretch is felt in the lower back and buttocks. Hold for 20 seconds. Repeat 5 times.



Bird Dog Stretch

Begin on your hands and knees. Tighten your abdominal muscles. An raise one arm straight out to shoulder-height and level your body. Slowly lift and extend the opposite leg straight out from your hip. Hold 15 seconds. Repeat 5 times.



Piriformis Stretch

Cross legs, either side on top. Gently pull knee towards chest, do both sides. Hold for 20 seconds. Repeat 5 times.



Hip Bridge

Lie on your back with your arms at your sides, your knees bent, and your feet flat on the floor. Tighten your abdominal and gluteal muscles and lift your pelvis so that your body is in a straight line from shoulders to your knees. Hold 15 seconds. Repeat 5 times.



Crunch

Lie on your back on the floor with your knees bent and hands at the back of your head with your elbows wide open. Tighten your abdominal muscles and lift your head and shoulder blades off the floor. Do 2 sets of 10.