

# HEALTHY BACK

Do these exercises each day to achieve a healthy back.

## 1 Plank

Get into plank position with forearms on the floor, shoulder width apart. Keep back straight and core tight. Hold for 20-30 seconds.



## 2 Hip Lift

Lay on back, lift your hips, keep your back straight, hold for 5 to 10 seconds and repeat 5-15 times.



## 3 Curl-up

Lay on back with knees bent, rest hands behind head (don't pull) Pull belly button into spine and lift or curl up the torso and return to starting position. Repeat 5-15 times.



## 4 Extension

Lay on belly, elbows shoulder width apart, lift torso off the floor, hold 5-10 seconds then return torso to the floor. Repeat 5-15 times.



## 5 Bird Dog

Start on hands and knees, tighten your abdominal muscles, keeping your spine and neck in a neutral position; (look at floor). Slowly extend your left leg behind you while reaching your right arm forward, switch sides. Repeat 5-10 times each side.



## 6 Hamstring and Hip Stretches

Hamstring Stretch-place 1 foot on chair lean torso towards thigh hold stretch for 20 to 30 seconds, switch legs and repeat. Hip Stretch-sit in chair cross one leg over thigh, lean forward and hold that stretch for 20 to 30 seconds switch and repeat on the other side.



Trainer Tip: If you are a beginner, start slowly and increase repetitions as you become stronger.