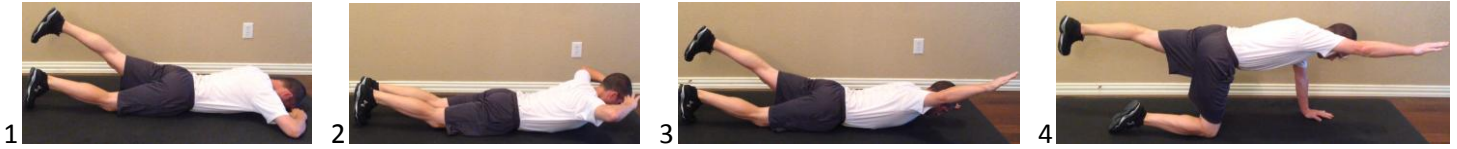
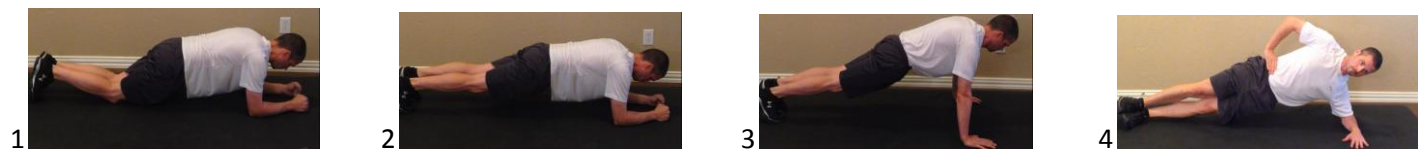


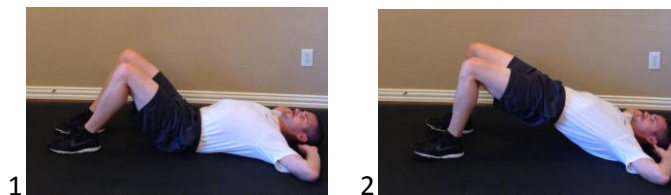
Back Strengthening - Basic



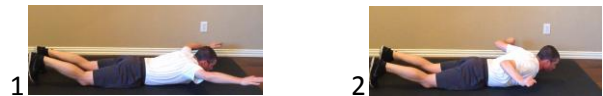
Extension Progression Perform 10 repetitions per set of each exercise and 3 sets. 1. Leg Extensions - Lying face down, raise the leg up, focusing on the hip and lower back muscles. Raise leg only 12-18 inches, keeping the knee straight. 2. Back Extension – Place hands beside head. Bring chest up off the floor, pausing at the top. 3. Back and Leg Together – Laying flat, arms above the head, raise one leg and the opposite arm up off the floor, pausing at the top. Alternate arms/legs with each repetition. 4. Quadriped. Starting on hands and knees, raise 1 leg and the opposite arm off the floor until parallel with the floor. Alternate arms/legs with each repetition.



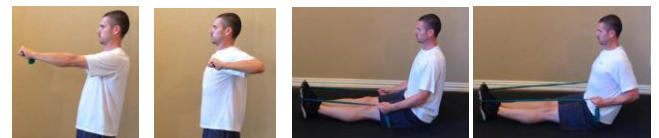
Planks – Begin with the Assisted Plank(1). Forearms and knees are on the floor. Engage the lower abdominals and buttocks, trying to maintain a straight line from the shoulders to the knees. Hold the position up to 30 seconds. When comfortable with this, move to the Low and High plank. In the Low Plank(2), the toes and forearms are on the floor. Engage the core and try to maintain a straight line from the shoulders to the feet. In the High Plank(3), the toes and hands are on the floor. The hands should be directly below the shoulders. In the Side Plank(4), lie on your side and raise the hip up off of the floor, maintaining a straight line from head to feet. In the Side Plank, focus on the oblique muscle closest to the floor. An alternative is to stagger the feet so both are in contact with the floor.



Bridges – Lie on your back with knees up and feet flat as in figure 1. Lift hips off the floor, pressing pelvis up to the ceiling. Focus on using the buttock muscles to lift the pelvis and also pull in the lower abdominals as in the pelvic tilt exercise.



Mid/Upper Back – Lie face down and place arms above head. Bring chest and arms up off floor(1). Pull elbows down trying to bring them together behind the back(2).



Theraband Rows – Hold band with arms parallel to floor. Pull in, keeping forearms parallel to each other. Squeeze shoulder blades together.

Low Row – while sitting, hold theraband while hooked under feet. Pull back, squeezing shoulder blades together.