



Strong Lower Back: Workout 1

Anytime Workouts

2 sets
per exercise

10 reps
per set

60 secs
rest between sets

30min



For each exercise, perform 2 sets of 10 repetitions, resting 60 seconds between sets.

Use your own bodyweight as resistance.

Prevent lower back injury, strengthen your core and improve your posture with these lower back specific workouts.

Equipment: Swiss Ball, Bodyweight, Machine

Intensity

Reps: 10

Sets: 2 sets per exercise

Load: BODYWEIGHT

Rest: 60 seconds between sets

For each exercise, perform 2 sets of 10 repetitions, resting 60 seconds between sets.

Use your own bodyweight as resistance.

Back Extension

Lower Back



1 - Lie face down with your chest on the ball, your arms crossed over your upper chest 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 perform each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			



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Quad Superman Lower Back



- Begin on all fours with both knees and hands on the floor.
- 1 - Raise one arm and the opposite leg straight up to shoulder height.
- 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

One Leg Front Bridge Lower Back



- 1 - Support your body on your toes on the floor and your hands on a ball directly under your chest with your arms straight.
- 2 - Raise one leg straight up off the floor about 12 inches, keeping your body in a straight line and your back neutral/flat.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Y Extension Lower Back



- 1 - Lie face down with your chest on the ball, your arms at your sides and your legs straight out behind you.
- 2 - Raise your chest up off the ball, coming to an upright position and bring your arms up and out to form a big Y.
- Be sure not to bounce up and down on the ball as you do each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			



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Extension Lower Back



- 1 - Lay on a back extension machine with thighs on the pads and your upper body bent over at waist, arms across your chest.
- 2 - Raise your upper body to a full upright position.

Equipment Sub: Swiss Ball

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Modified Superman Lower Back



- 1 - Lie face down on the floor with your legs straight and your arms by your sides, palms up.
 - 2 - Raise your upper body, arms and legs all together about 18 inches off floor.
- Hold this position briefly, then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Front Bridge to T Lower Back



- 1 - Support your body off the floor in the top of a push up, resting on your toes and hands with your arms straight.
 - 2 - Raise one hand up toward the ceiling while rotating your body to the same side and look up at your hand.
- Hold, then lower yourself back to the floor and repeat, twisting up to the other side.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			