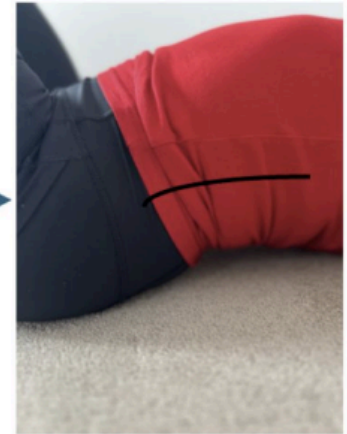
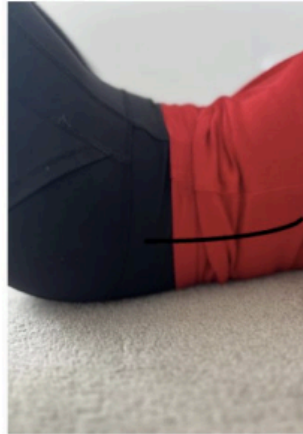


Lower Back
Complete Every Day

Pelvic Tilt

Laying on your back. Arms relaxed by your side. Tuck tailbone under and “flatten” your lower back into the ground. Then move your tailbone in the opposite direction by “arching” your lower back and sticking your bottom into the ground. Maintain relaxed breathing pattern.

Repeat 10 times in each direction.

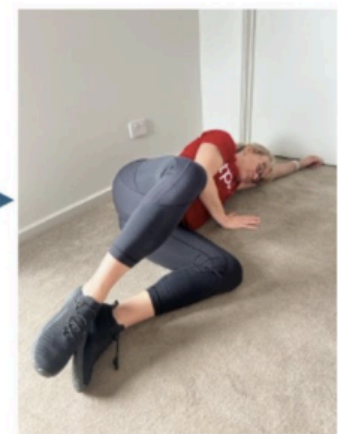


Clam

Lay on the floor or bed, on your side. Shoulders, hips, knees and ankles stacked.

Keeping your feet together, lift your top knee up without letting your hips move. Slowly lower your knee back down.

Repeat 10 times , repeat on the other side

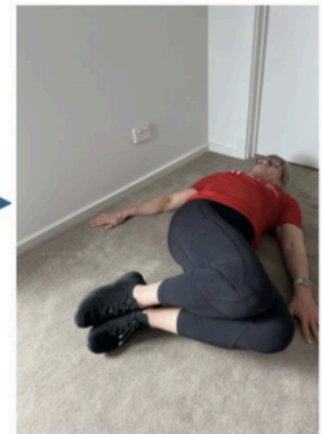


Knee Rocking

Laying on your back. Arms relaxed by your side. Knees bent. Feet and knees together.

Slowly rock your knees towards the ground, moving side to side.

Repeat 10 times in each direction.



Lower Back
Complete Every Day

Bottom Lift

Lay on the floor or bed, on your back with knees bent and feet towards your bottom.

Lift your bottom off the bed. Hold for 2 seconds and slowly bring your bottom back down.

Repeat 10 times



Seated Rolldowns

Sit with feet on floor, hands on knees

Lean forwards, slide hands down legs

Hold at bottom for 3 seconds

Slowly come back up

Repeat 5 times

