



Lumbar Extension

- Lie face down on the floor, but rest on your forearms.
- Arch your spine and look straight ahead.
- Breathe deeply for up to 2 minutes.
- As the spine relaxes, you can increase the extension by putting your hands on the floor and pushing your body further away.



Plank on Elbows and Toes

- Lie face down on the floor, resting on your forearms.
- Push off the floor, raising up onto toes and resting on the elbows.
- Keep your back flat, in a straight line from head to heels.
- Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.
- Hold for 20 to 60 seconds, lower and repeat for 3 reps.



Side Plank

- Lie on your side with your right forearm on the ground or an exercise mat.
- Lift yourself up to form a plank with your forearm underneath the shoulder and your left arm on your side or folded across your chest.
- The neck, spine, and pelvis should be in a straight line.
- Hold for 20 to 60 seconds, lower and repeat for 3 reps on each side.



Bird Dog Extension

- Align knees under hips & hands under shoulders.
- Keep hips flat & square.
- Draw navel into spine then brace core.
- Extend opposing arm & leg; hold and **stabilize your deep core for 1 second** then alternate.
- *Note: Place yoga mat or towel under knees to provide extra padding and comfort.
- *Tip: Leg should be as straight as possible and hips need to be level or flat--not tilted. Return smoothly & slowly with control. Repeat other side. Perform 3 sets of 10 repetitions.

