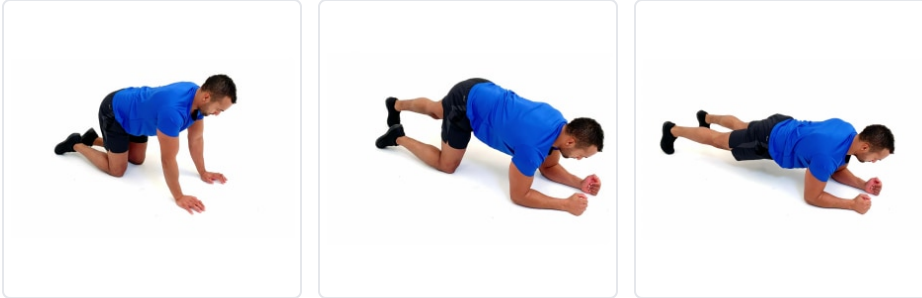


Lower Back Stability / Core Strength Exercises

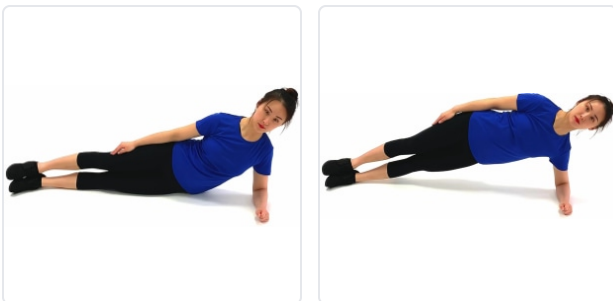
Front Plank



Description

- Lie on your front resting up on your elbows
- Lift your whole body off the floor except for your forearms and toes
- Hold the body up straight then lower to the floor

Side Plank



Description

- Lie on your side with your legs straight and rest on your elbow
- Lift your hips and body clear of the floor keeping your body straight
- Lower the hips to the floor

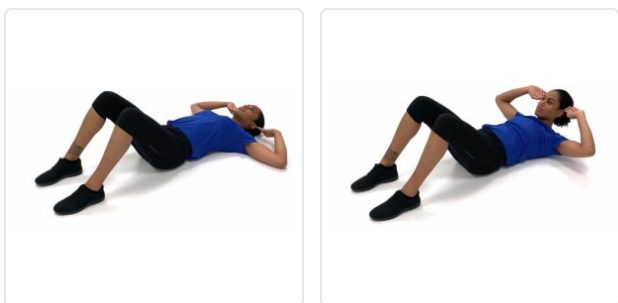
Reverse Plank



Description

- Lie face up resting up on your elbows
- Lift your hips off the floor to straighten your body
- Hold for the prescribed time then lower to the floor

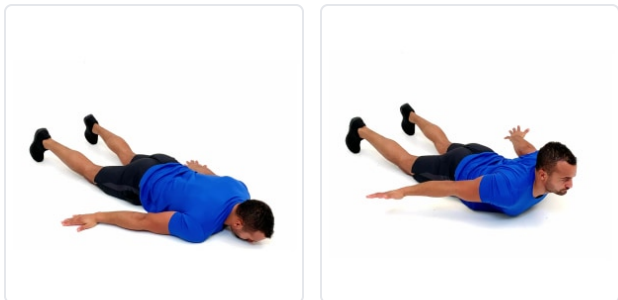
Abdominal Crunch



Description

- Lie on your back with your feet flat on the floor and your arms across your chest
- Lift your head and shoulders off the floor
- Lower down to the floor

Back extension



Description

- Lie on your front with arms by your side
- Ensure the neck is retracted, while maintaining a deep neck flexion
- Raise the head and chest off the floor
- Hold for the prescribed time then relax down to the floor