

Single Leg Bridge



Anchor: None, body weight

Start: Lie on back, one leg bent and foot flat, one leg in the air, arms at the side.

Movement: Using your low back and glutes, lift body up to a straight line.

Tip: Keep lifted leg slightly bent

Bird Dog



Anchor: None, body weight

Start: On hands and knees, hands directly under the shoulders, back flat.

Movement: Straighten opposite leg and arm keeping abs tight and head in line with the spine.

Tip: Keep abs tight for added balance.

Superman

Anchor: None, body weight

Start: Lie on stomach, arms at 90 degree angle and legs straight.

Movement: Using your lower back, lift upper body and legs off the ground and hold for 3 seconds, then lower to start position.

Tip: Be sure to keep your head in line with your spine.

Swimmer

Anchor: None, body weight

Start: Lie on stomach, arms above head and legs straight.

Movement: Using your low back, lift your legs, chest, head and arms off the ground. Alternating the opposite leg and arm, lift and lower each.

Tip: Looking at the ground, keep your head in line with your spine.

Back Extension



Anchor: Door, low

Start: Sitting on your heels, tubing handles to chest while leaning forward over your thighs.

Movement: Using the tension of the tubing and your low back, sit up straight as you keep your hands close to your chest.

Tip: When sitting up, sit tall.

Flutter Kicks on Chair



Anchor: Lying on chair

Start: Lie with your belly across the chair holding onto the legs with your hands.

Movement: Using your low back, flutter your legs gently up and down in opposite directions.

Tip: Keep your head in line with your spine.