

EXERCISES FOR A HEALTHY BACK

***NOTE: ALWAYS WARM-UP FOR 5 MINUTES
BEFORE STRETCHING OR EXERCISING***

STRENGTHEN THE LEG MUSCLES.

Leg muscles should do the lifting, not the back!



Squat: works all leg muscles (quads, hams, glutes) except calves



Leg Press-Works all leg muscles except calves



lying hamstring curl (hamstrings)



seated leg extension (front of the thigh = quadriceps)



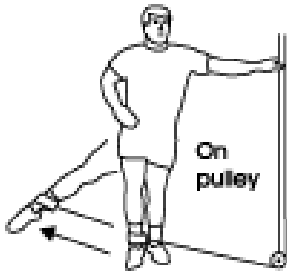
Lunges- Works all leg muscles



seated calve raise

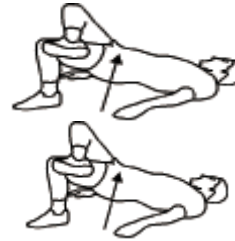


standing calve raise



outer thigh (can be reversed for inner thigh)

Low Back strengthening Exercises



Opposite arm and leg raised up, hold for 20-30 sec each side



Flexibility/Stretches



cat stretch

Low back



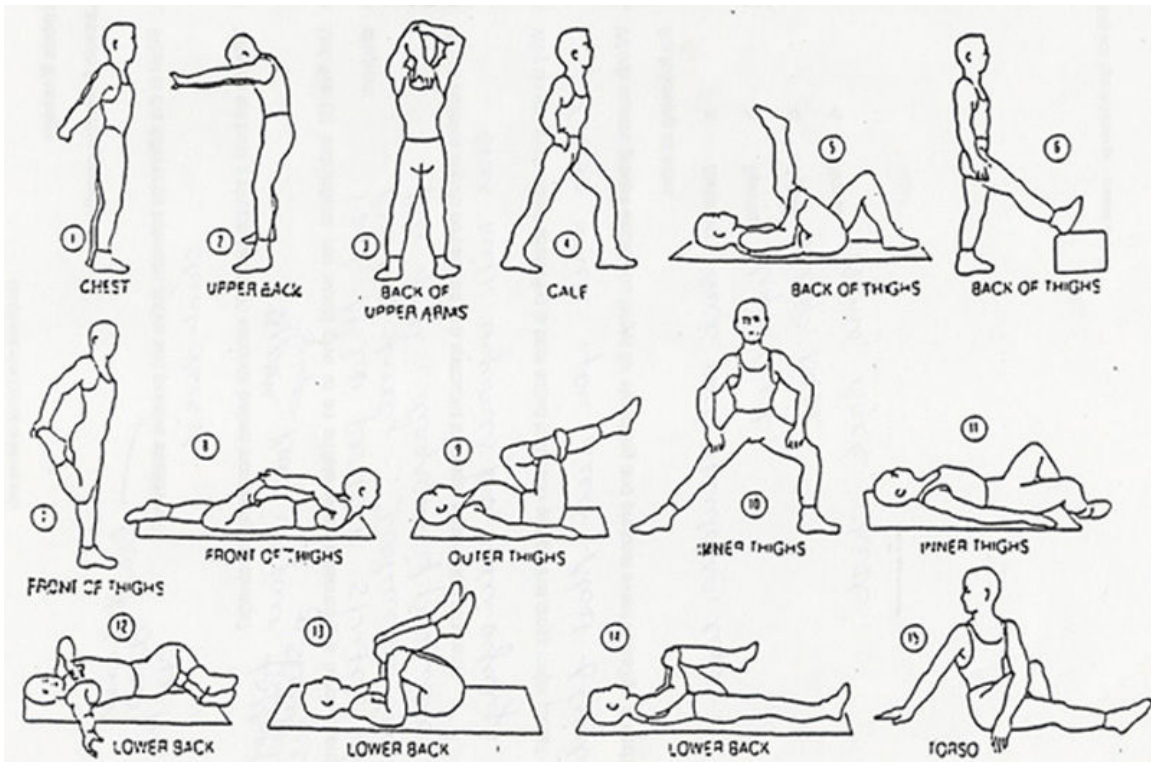
triceps



quads and low back



inner thigh



AB EXERCISES



The crunch (keep elbows back,
eyes and chin to ceiling)



LOWER ABS