

## Lower Back Exercises



### CLAMS

Lay on your right side with your feet and hips stacked, your knees bent 90 degrees, and your head resting on your right arm. Place your left hand on your left hip to ensure it doesn't tilt backward. Keeping your abs engaged and your feet together, raise your left knee as far as you can without rotating your hip or lifting your right knee off the floor. Hold for 1 second, squeezing your glutes at the top of the move, before slowly lowering your left knee to the starting position. Continue for a total of 20 reps, and then repeat on the other side.



### PELVIC TILT

Lie with your back on the floor in a neutral position with your legs bent and toes facing forward. Pull your belly button in toward your spine, pushing your pelvis up toward the ceiling. Tighten your gluteus and hip muscles as you tilt your pelvis forward. Hold for 5 seconds. Do 5 sets of 20 repetitions.



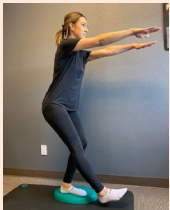
### BIRD-DOG

Kneel with knees hip-width apart and your hands firmly placed on the ground about shoulder-width apart. Practice lifting one hand and the opposite knee just an inch or two off the floor while balancing on the other hand and knee and keeping your weight centered. You should form one straight line from your hand to your foot, keeping hips squared to the ground. Hold for a few seconds then return your hands and knees to the starting position.



### DEAD BUG

To get into the starting position, lift your hands so your elbows are above your shoulders with your fists facing in toward each other. Lift your legs so your knees are directly over your hips. On an exhale, slowly lower your right arm and left leg until they're just above the floor. On an inhale, bring them back to the starting position. Repeat on the opposite side. This is 1 rep. Repeat for 10.



### STEP UP

Step 1: Stand on a low platform (1-1.5 feet high) with your left foot planted on the left side of the platform, so that your right foot is off the platform. Step 2: Begin exercise by holding your arms out in front of you, to help maintain balance, as you lower down into a partial squat. Step 3: Lower down until your right heel touches the floor.