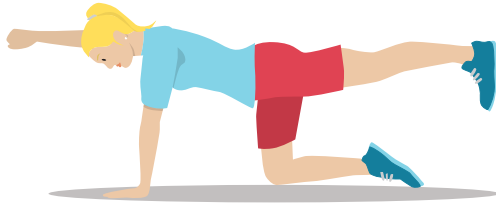


# STRENGTH EXERCISES

## FOR A HEALTHY BACK

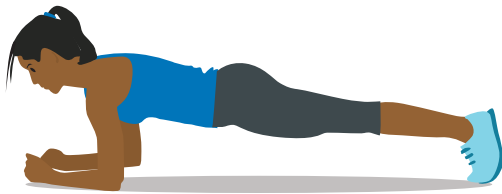
Strengthen your lower back and core with these exercises.



### BIRD DOG

**2 x 10 seconds each side**

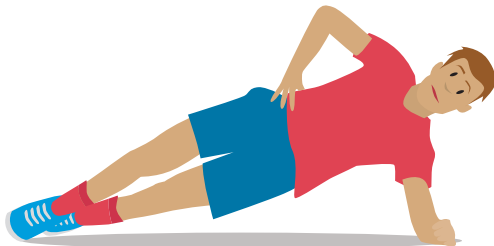
- Start with hands and knees on the floor, shoulder width apart. Hands under shoulders and knees under hips.
- Lift hand and foot, extend arm and opposite leg.
- Engage core muscles (tighten abdominal muscles as if bracing for impact).
- Keep shoulders & hips flat.
- Point nose to floor.
- Breathe slowly. Hold 10 seconds, then repeat.
- Lower the leg and hand. Repeat.



### PLANK

**2 x 10 seconds**

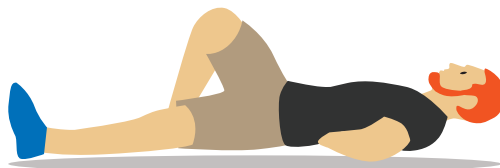
- Keep back and neck neutral.
- Elbows directly under shoulders.
- Squeeze your glutes and tighten your abdominals.
- Create a straight, strong line from head to toes.
- Breathe slowly, hold 10 seconds.



### SIDE PLANK

**2 x 10 seconds per side**

- Roll to side and onto your elbow.
- Legs out with top foot ahead of bottom foot.
- Engage core muscles, lift pelvis, maintaining a neutral spine and breathe, holding for 10 seconds.
- Keep knees on ground to make it easier if necessary.



### MODIFIED CRUNCH

**2 x 10 seconds**

- Bend one knee, other leg straight out.
- Place hands, palms down, under arch of low back.
- Lift elbows slightly off the ground.
- Engage core.
- Roll shoulder blades 1" off the floor.
- Imagine you are gently holding an apple under your chin to keep neck neutral. Breathe!

Reference: Dr. Stuart McGill, University of Waterloo.



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