








Lower Back Series Program: Foundational (Back 1)

<p>Mobility</p> <p>Purpose: increase awareness of segmental spine movements and pelvic tilts</p> <p>Key Points: focus on moving spine in a smooth joint by joint motion</p>	 <p>Straight leg, pelvic tilts and hula hoop rotations</p>	 <p>Legs crossed, arms high, rotate to knee to ground</p>	 <p>Cat to cow spinal flex and extend</p>
<p>Strength</p> <p>Purpose: focused trunk stability with movement transitions for better back awareness and protection from disc injuries</p> <p>Key Points: support head to prevent neck strain</p> <p>3 sets x 10 reps</p>	 <p>Superman, side to side tilt using trunk to move board</p>	 <p>Leg march left and right, press hands into ground</p>	 <p>360 board circles walking feet clockwise and counterclockwise</p>
<p>Endurance</p> <p>Purpose: increase lower back stamina in common fatigue positions that can cause low back pain or repetitive motion injury</p> <p>Key Points: maintain neutral head position for added strength</p> <p>4 reps x 15 second holds</p>	 <p>Quadrupedal hands and knees on board, straight spine, pad under knees if needed</p>	 <p>Superman alternating opposite hand and foot lift</p>	 <p>Tall sitting posture and spine control of board</p>
<p>Recovery</p> <p>Purpose: release hip muscles around pelvis that lead to back pain and excessive back sway</p> <p>Key Points: incorporate breathing for deeper release</p>	 <p>Glute Rolling</p>	 <p>Hip Flexors</p>	 <p>Lat</p>

Lower Back Series Program: Advanced (Back 2)

<p>Mobility</p> <p>Purpose: increase lower back mobility while horizontal to gravity and spine unsupported</p> <p>Key Points: focus on side bending trunk and rib mobility</p>	 <p>Pelvic tilt, shift, rotations like a hula hoop</p>	 <p>Childs pose with board rotations or side swings</p>	 <p>Side bend with back on board</p>
<p>Strength</p> <p>Purpose: strength from all planes of motion to simulate 3 dimensional sport and daily living activities, lifting weights, boxes, groceries or back packs</p> <p>Key Points: add slight ab contraction to brace spine</p> <p>3 sets x 10 reps</p>	 <p>1 foot dead lift, straight leg, reach for outside of foot</p>	 <p>Reverse push up, side to side board motion</p>	 <p>Kneel on board, tall posture, lean back, pad under knees if needed</p>
<p>Endurance</p> <p>Purpose: anti-rotation of spine to prevent extra motion and instability when bending over or setting heavy objects down</p> <p>Key Points: maintain level hips and neutral head</p> <p>4 reps x 15 second holds</p>	 <p>1 foot standing reach, hold weight in front of body</p>	 <p>Quadruped, thread foot under body and hold</p>	 <p>Surf stance, side bend and weight hold</p>
<p>Recovery</p> <p>Purpose: release hip muscles around pelvis that lead to back pain and excessive back sway</p> <p>Key Points: incorporate hip and thigh motions for deeper release</p>	 <p>Glute Rolling</p>	 <p>Hip Flexors</p>	 <p>Lat</p>