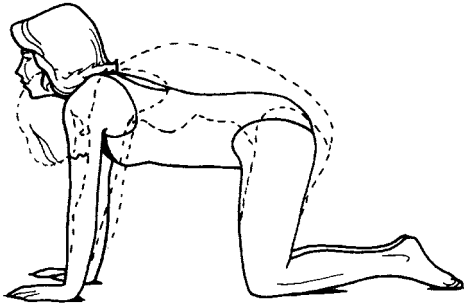


# Back Exercises

## Muscle strengthening low back exercises

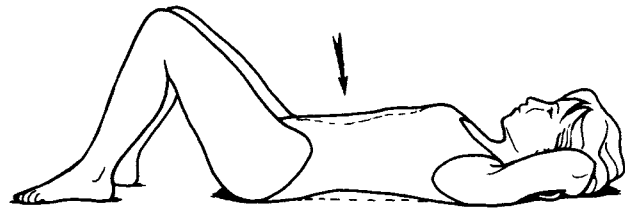
These exercises are to help strengthen your lower back, a reasonable starting point would be to hold these positions for 3 seconds and this could be repeated 5 times.

### Level 1



#### Abdominal muscles

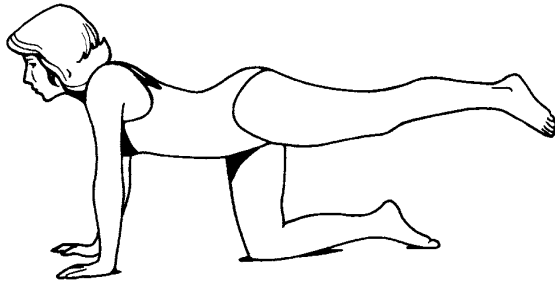
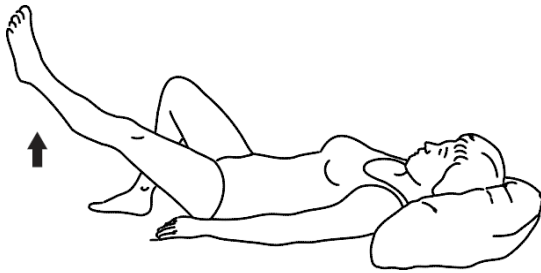
Kneel with the hands on the floor.  
Tuck the chin in and tighten the stomach muscles, while arching the back.



#### Abdominal muscles

Lie on the back with the knees up and the feet flat on the floor. Without holding the breath, draw the navel in toward the spine without moving the pelvis.

## Level 2

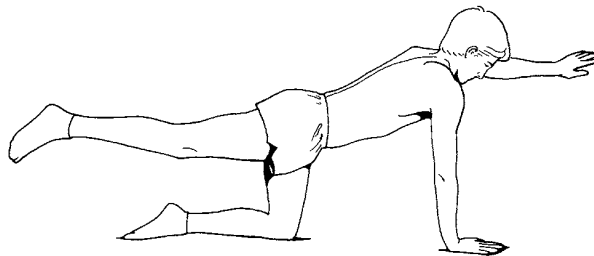
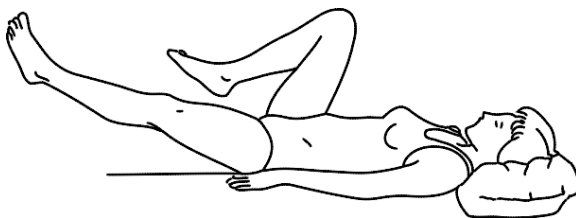


### Abdominal muscles

Lie on the back.

Tighten the stomach muscles and keeping the leg straight, slowly raise it 20 to 30cm from floor.

## Level 3



### Abdominal muscles

Lie on the back with the knees bent and the feet 15 to 20 cm from the floor.

Keeping the stomach muscles tight, slowly straighten one leg.

### Back muscles

Kneel with the hands on the floor.

Raise one leg behind, do not arch the back or neck

### Back muscles

Kneel with the hands on the floor.

Tighten the stomach muscles. Simultaneously raise one leg and the opposite arm.