

BEGINNERS BACK CARE

Description

Start by doing 5 reps of each exercise once a day aiming to increase your reps by 1 rep every second day until you are comfortably doing 10 reps of each exercise.

As your muscles strengthen and your flexibility improves increase your program to 2 sets of 10 reps even if you have to do them at different times of the day.

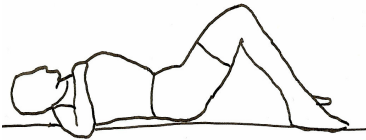
For best results do the exercise first thing in the morning and last thing at night and combine with some simple stretches during the day at work.

Tips

These exercises should be done every day and preferably before eating.

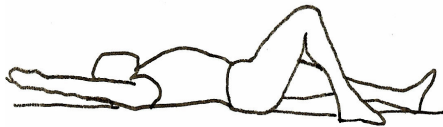
During all the shown exercises remember to :

- make all movements slow and controlled
- brace your abdominals during each exercise
- when lying on the floor maintain an arched lower back
- breathe deeply through each exercise
- do not overstrain any of the movements
- feel the stretch but not the pain
- focus on maintaining good posture throughout the exercise
- stop if you feel something does not feel right, seek medical attention



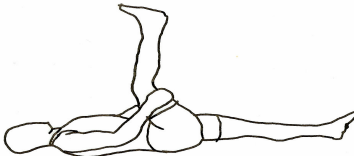
Back Press

Lie on the floor with your legs straight and your arms by your side. Press your lower back to the floor for 20 seconds, then release and repeat 10 times.



Opposite Arm and Leg Stretch

Lie on the floor with your knees up and your arms by your side. Push your lower back to the floor and lift one arm over your head, at the same time slide your opposite leg away from you down to the floor.



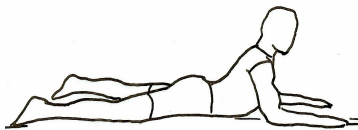
Hamstring Stretch

Lie on your back, legs straight and arms by your side. Lift one leg with knee bent and pull your leg towards your chest, with your hands holding your thigh still. Slowly lift your foot, you should feel a gentle stretch behind your knee. Hold for 5 seconds, and then lower your foot. Repeat using your other leg.



Hip Stretch

Kneel on one knee, with your other leg out in front at a 90 degree angle. Keeping your back straight and your abdominals tight lean forward and feel for the stretch in your hip and hold for 20 seconds. Then repeat using your other leg.



Lower Back Arch

Lie face down resting on your forearms. Slowly push your head and shoulders up away from the floor. Hold for 10 seconds. You should breathe out at full stretch before returning to the start position.



Reverse Curl

Lie on your back, arms by your side and your knees bent with your feet on a raised block/bench. Tense your abdominal muscles. Lift one foot 10cm off the block/bench then the other foot. Then lower your first foot then your other foot.



Hand Knee Push

Lie on your back with your arms by your side and your knees bent. Raise your hand to your knee. Then push your hand upwards and towards you with your knee. Hold for 10 seconds then lower. Then repeat using your other arm and leg.



Arm Leg Lift

Lie face down with your arms by your side. Tighten your abdominals to hold your spine still. Slowly lift one arm straight with your palm facing up, then lower and repeat with your opposite arm. Then lift one leg 5cm off the floor then lower and repeat using your other leg.