

Notes :

1 Seated lumbar stretch



Sets: 2 Hold: 30 seconds

Sit at the edge of a chair and bend forward at the hips towards the floor to stretch the lower back. Hold the position for the recommended time.



2 IT band stretch



Sets: 2 Hold: 30 seconds

While standing on the involved leg, cross your opposite leg behind your support leg. Then push the hips out to the side and raise your arm overhead until a stretch is felt on the outside of the hip.



3 Repeated lumbar extension



Sets: 2 Reps: 10

Stand with your chin tucked in and place your hands on your buttocks. Bend your back backwards, arching the lower back and keep your chin tucked in (look forward). Return to the starting position and repeat.



4 DB stiff-legged deadlift



Sets: 2 Reps: 10

Standing up straight, hold the weights along the front of your thighs. Keeping a slight bend in your knees so they are not locked out, bend forward rounding your back to lower the weights towards the floor. The slight bend in your knees should remain unchanged. Then stand all the way back up.



5 QL strengthening



Sets: 2 Reps: 10

Stand and hold a weight in your opposite hand. Slowly bend towards the side without the weight and hold for a few seconds.

Return to the starting position and repeat.



6 Lunge with UB rotation (shoulder level)



Sets: 2 Reps: 10

Stand with your feet hip-width apart and hold a stick or a ball in your hands.

Step forward and load your body weight on the front leg. Both knees are slightly bent, front foot flat on the floor and back leg on the toes. Your arms should be stretched in front of you at shoulder height.

As your step forward, rotate the trunk and arm over the front leg.

Hold the position for 2 to 3 seconds and come back to initial position.

Repeat the exercise.

Switch legs.



7 The good morning



Sets: 2 Reps: 10

Start with your feet shoulder-width apart and arms across your chest.

Push your glutes behind you, hinging at the hips and keeping your chest up and your back straight.

Your knees should be slightly bent and your weight should be fully on your heels.

Keep your spine extended and your chest held up high. Then pull yourself quickly back up using your glutes and hamstrings.

Contract your glutes all the way up to the top of the movement.



8 Back extension w/ arm/leg lift

Sets: 2 Reps: 10

Lie on your stomach with your hands by your sides.
Place your arms by your ears.



Tuck your chin in, and lift your head and shoulders, as well as both arms and legs up off the bed.

Lower your head, shoulders, arms and legs back down to the bed.



9 1 arm dumbbell row

Sets: 2 Reps: 10

Support yourself on a bench, bed or chair(s) as shown. Squeeze the shoulder blade and pull the weight toward the side of your body, next to your stomach.

You should focus on the shoulder blade muscles pulling the arm up.

Let the forearm hang free and lead with the upper arm and elbow.

Be sure to have the hips parallel to the ground at all times by flexing or moving the support leg accordingly.



10 DB biceps curl (standing)

Sets: 2 Reps: 10

Keep your palms facing forward and curl the dumbbells up at the same time.

Do not swing your arms. Keep your shoulders and shoulder blades in the neutral position.

Extend your elbows completely in the bottom position.

