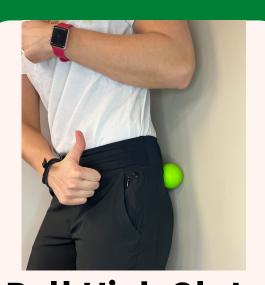
# INTEGRATE INSTITUTE LOW BACK EXERCISES I: NOBILITY PHASE



Find a lacrosse-type ball, lean against ball on wall just below your hip bone, roll right to left for 30 sec-1 minute.

Roll High Glute

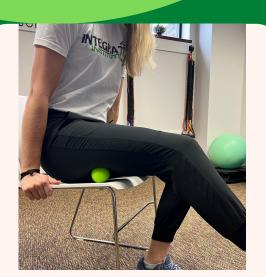


**Warrior Stretch** 

Find a pillow for your knee, put ball of foot on wall (toes down), lunge forward with other leg, Stretch quad, stay upright 1 min.



Lay on 2 balls on either side of your low back, above your hip bone/below your ribcage. Bring knee to chest 2-3 mins.



**QL Mobility** 

When seated, place a ball under leg & roll through hamstrings on the inner & outer parts. Find tender areas.

#### **Roll Hamstrings**



## INTEGRATE INSTITUTE LOW BACK EXERCISES II: STRENGTH PHASE



Lay down, breathe into belly, on breath out- flatten back & brace your outer core muscles. Squeeze ribcage down! 10 rep

#### Diaphragm Breathe & Brace



Pallof Press

Use band, stand perpendicular to wall, press band from belly bracing your core. Keep hips tucked under. Do 15 reps.



Stand 1 foot from wall, hinge forward until your butt hits wall. Feel your hamstrings

### lengthen & keep back flat! 8 reps then rest. Feel the Burn!



Find a weight, hinge forward, stay braced- from hinge position, go into a squat & come back up. Repeat 6 times.

#### Hinge to Squat

