

INTEGRATE INSTITUTE

LOW BACK EXERCISES I: MOBILITY PHASE



Roll High Glute

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



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.



QL Mobility

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.



Roll Hamstrings

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



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LOW BACK EXERCISES II: STRENGTH PHASE



**Diaphragm
Breathe & Brace**

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



Pallof Press

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



Wall Hinge

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!



Hinge to Squat

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

