

6 exercises to help mobility, increase flexibility and strengthen your lower back



Partial crunch

- Lie flat on the floor with your knees bent
- Put your hands behind your neck and raise your shoulders off the floor
- Lower shoulders back down to the floor



Press-up back extension

- Lie flat on your front with legs straight behind you
- Place your forearms on the floor
- Lift your upper back off the floor pressing your hips into the mat
- Hold for 30 seconds
- Lower back down to the floor



Bird dog

- Get on your hands and knees with your hands directly underneath your shoulders and knees under your hips
- Raise opposite arm and leg while keeping your body in a straight line
- Return back to the starting position, and do this on the opposite side

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Ham-string stretch

- Lie flat on the floor with your knees bent
- Place a towel or exercise band behind your knee or calf, wherever you feel the best stretch
- Pull leg towards your chest
- Hold this stretch for 30 seconds
- Lower leg back down to the floor
- Switch legs and do the opposite side



Wall sits

- Stand back against the wall
- Bend down into a seated position and hold for 30 seconds



Knees to chest

- Lie flat on the floor with your knees bent
- Bring one knee to your chest while keeping the other foot flat on the floor
- Lower leg back down to the floor in the starting position
- Switch legs and do the opposite side