Back Exercises

Here are some easy exercises for keeping your back in good shape and preventing pain. Practice them regularly, you will you soon appreciate their benefits.

Starting position: With both knees bent, and both feet flat on the floor, lie on your back. Squeeze your lower spine against the floor. Keep legs bent. Hold position for **5** seconds, and repeat **10** times.

Starting position: With both knees bent, and both feet flat on the floor, lie on your back. Bring right knee to your chest and hold position for **10** seconds. Then lower right foot back and repeat with left leg. Repeat **5** times on each side. When more trained, bring one leg after the other to your chest and hold position. Repeat **5** times.

Starting position: Prone on your stomach, put weight on elbows and forearms. Push hips down so that belly is on the floor. Then relax your lower spine for **3-5** minutes.

When more trained, stretch arms to raise upper body from prone position. Starting position: Prone on your stomach, put your hands on the floor at the same distance as your shoulders. Push your arms away from the floor to raise body, without lifting belly off the floor. Hold position for **5** seconds and repeat **10** times.

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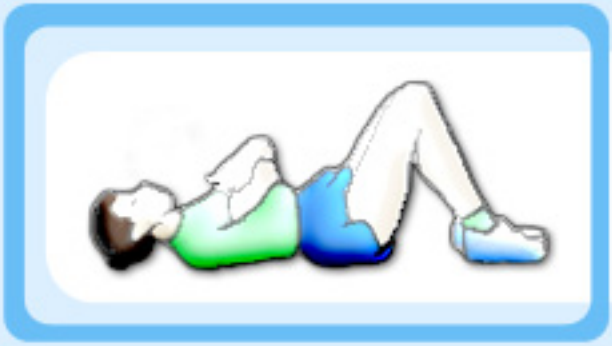
Starting position: With a straight lower back, prone on hands and knees, extend right arm to ear level without turning body and hold position for **5** seconds. Lower right arm and repeat with left arm. Repeat exercise **10** times on both sides.

Starting position: With a straight lower back, prone on hands and knees, lift right leg and stretch out behind you without turning body. Hold position for **5** seconds. Lower right leg and repeat with left leg. Repeat exercise **10** times on both sides.

Starting position: With a straight lower back, prone on hands and knees, lift right arm to ear level and stretch out opposite leg behind you. Do not turn body. Hold both arm and leg parallel to the floor for **5** seconds. Lower both and repeat with opposite arm and leg for **10** times each.

Starting position: With both knees bent, and both feet flat on the floor, lie on your back. Lift hips and lower back from the floor. Hold position for **5** seconds, keeping lower back straight. Relax and repeat **10** times.



Starting position: With both knees bent, and both feet flat on the floor, lie on your back. Lift head and shoulders slowly towards knees. Hold position for **1-2** seconds, release and then repeat from **10** to **20** times.

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Starting position: With both knees bent, and both feet flat on the floor, lie on your back. Lift and stretch right leg and put a towel or a belt around the foot. Pull foot towards you until hamstrings extend, then hold position for **30** seconds. Release and repeat with left leg

Starting position: Holding a chair in front of you, kneel with left foot in front of you. Move weight slowly forward, holding back straight. Lift stomach muscles and push your left hip down towards the ground. Hold position for **30** seconds, then release and repeat with right leg.