

Spinal Strengthening Series

This is THE most effective exercise for strengthening your back.

Begin by doing Part 1 for two weeks, then move on to Part 2. Do each part for two weeks before attempting the next. As you progress, you do not need to continue doing the previous parts.

Part 1

Lie flat on the floor with your nose to the ground and your arms forward. Raise your head so you are looking straight ahead. Slowly lower head back to starting position.

You should feel the muscles in your lower back tighten as you raise head.

Part 2

Do the head lift from Part 1. With head up, use your back muscles to lift into a press-up position. Your arms should remain straight, but your hands will slide toward your body as you raise up.

Try to fire your muscles in sequence as you raise up, neck, shoulder blades, low back.

Slowly lower.

Part 3

Same as part 2, but begin with your arms at your sides. Try not to use your legs.

Part 4

Begin with your arms forward. Do a head lift as in Part 1 while at the same time, lift both your arms and legs off the ground.

Frequency: 3 sets, work up to 15 reps, 3 times per day

Tighten stomach and flatten back by rolling pelvis down.

Hold _____ seconds / **Relax**
Repeat _____ times per set
Day _____ sets per session
Do _____ session per day



Pelvic Tilt: Posterior (Kneeling)
With hands lightly on abdomen and low back tighten stomach and flatten back by rolling pelvis down.

Hold _____ seconds /
Relax
Repeat _____ times per set
Day _____ sets per session
Do _____ session per day



Back 58

Pelvic Tilt: Posterior (Standing)
With knees slightly bent tighten stomach and flatten back by rolling pelvis down

Hold _____ seconds /
Relax
Repeat _____ times per set
Day _____ sets per session
Do _____ session per day



Back - 1

On Elbows (Prone)

Rise up on elbows as high as possible keeping hips on floor

Hold _____ seconds / **Relax**
Repeat _____ times per set
Day _____ sets per session
Do _____ session per day



Back 44

Backward Bending (Standing)

Arch backward to make hollow of back deeper.

Hold _____ seconds /
Relax
Repeat _____ times per set
Day _____ sets per session
Do _____ session per day



Back 14

Angry Cat Stretch

Tuck chin and tighten stomach arching back.

Hold _____ seconds / **Relax**
Repeat _____ times per set
Day _____ sets per session
Do _____ session per day

