

# WORKOUT LOG

Video Workout - Lower Back Pain Relief

**Focus:** Functional movements to: strengthen core, stabilize trunk and increase lower back flexibility.

**Date:** 4/15/2020  
**Duration:** 45 mins

## Warm Up:

	Exercise	Reps	Rest	Duration	Notes
<b>CW</b>	90 90 Neutral Back	1	0	5	Lie on floor legs resting on chair/bench at 90 degrees. Allow muscles around hips, pelvis, spine to relax.

## Work Out:

	Exercise	Reps	Sets	Duration	Notes
<b>E1</b>	Draw In Maneuvers	5 secs	5		Lie on back knees bent feet flat on floor. Breathe in deeply. While exhaling, draw belly button in to spine, tighten abs, keep hips still.
<b>E2</b>	Partial Crunches	12	2		Lie on back knees bent feet flat on floor. Place hands behind head, elbows open to the sides. Squeeze abs to lift shoulders off floor hold one second. Lower.
<b>E3</b>	Knee to Chest	30 secs ea leg	4		Lie on back knees bent feet flat on the floor. Draw one bent leg to chest, squeeze/hold, press lower back into floor. Lower. Repeat with opposite leg.
<b>E4</b>	Modified Leg Lifts	10s ea leg	2		Lie on back knees bent feet flat on floor. Straighten one leg. Lift straight leg approx 6 inches off floor, hold one sec, lower. Repeat 10x then switch to opposite leg.
<b>E5</b>	Glute Bridge	10 secs	10		Lie on back knees bent feet flat on floor. Press hips up creating straight line with your upper body. Don't over arch. Press through heels. Hold. Lower, repeat.
<b>E6</b>	Superman	2 secs	10		Lie prone on floor. Lift chest and feet off floor at the same time. Keep eye gaze down. Hold 2 secs. Lower. Repeat.
<b>E7</b>	Birdog	2 secs	10		Table top pos, hands beneath shoulders, knees beneath hips. Eye gaze down. Lift one arm straight ahead, opposite leg straight behind. Hold 5 secs. Lower. Repeat opposite side.
<b>E8</b>	Bear Plank	30 secs	2		Table top position, hands beneath shoulder, knees beneath hips. Keeping a flat back, lift knees 2 inches off ground. Hold. Eye gaze down.
<b>E9</b>	Wall Sit	10 secs	6		Stand back to wall 10-12 in away. Lean back until back touching wall. Lower bending knees to 90 degrees. Press lower back into wall. Hold.
<b>S1</b>	Kneeling Lunge	20 secs ea leg	2		Come down to floor on both knees. Step one leg in front creating 90 degrees in both knees. Keep chest up eyes forward. Gently press forward. Repeat on opposite leg.
<b>S2</b>	Press Up Back Extension	10 secs	3		Lie prone. Place hands on floor under shoulders. Press down with hands to lift chest, eye gaze forward. Hold. Place elbows on floor if comfortable. Lower.
<b>S3</b>	Lying Hamstring Stretch	15 secs ea leg	4		Lie on back. Lift one leg straight up. Place strap/towel over raised foot holding end in each hand. Gently pull on strap to stretch hamstring. Keep lower back pressing into floor.

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<b>S4</b>	Lying Tuck	5 secs	5	Lie on back. Draw both legs into chest, wrap with arms, draw head/chest to knees. Lower back pressing into floor. Release. Repeat.
<b>S5</b>	Lying Single Leg Knee to Chest	5 secs	5 ea side	Lie on back. Draw one leg to chest, wrap with arms, gently pull toward chest. Upper body and lower body remain on floor. Hold.
<b>S6</b>	Figure Four	15 secs each leg	2	Lie on back knees bent feet flat. Cross on leg over bent leg resting ankle on quad. Draw both legs toward chest. Uses hands to gently pull toward chest. Repeat opposite side.

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