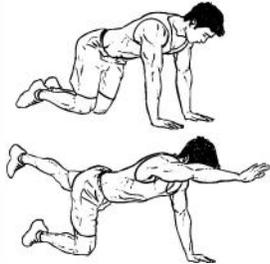


Back Friendly

43 min · Abs, Back, Legs

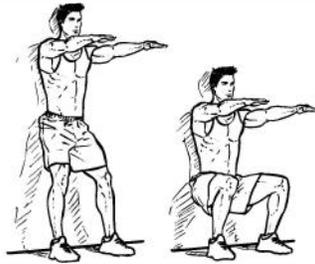
Strong backs start with a good core and activating those glutes. This workout keeps your spine in a neutral position while strengthening those muscles

Bird Dogs



2 sets 10 reps 30 sec rest

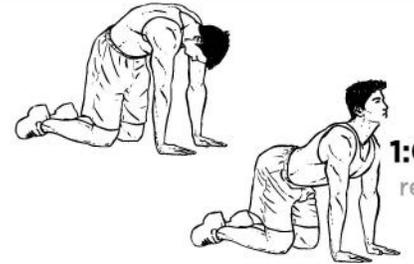
Wall Sits



1:00 rest

3 sets 30 secs 30 sec rest

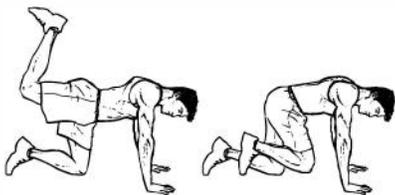
Backward Camel Stretch



1:00 rest

2 sets 60 secs 30 sec rest

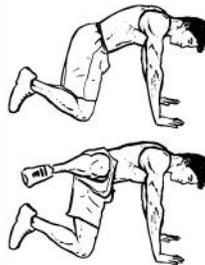
Donkey Kicks



1:00 rest

2 sets 10 reps 30 lbs

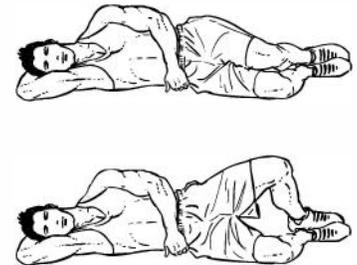
Adductor Knee Raises



1:00 rest

2 sets 10 reps 30 lbs

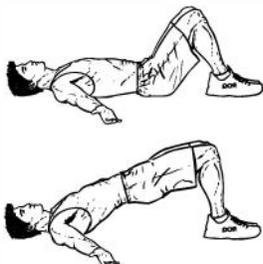
Clamshells



1:00 rest

2 sets 10 reps 30 sec rest

Hip Raises



1:00 rest

2 sets 10 reps 30 lbs

Knee Plank



1:00 rest

3 sets 30 secs 30 lbs

Semi-Supine Laying Down



1:00 rest

1 sets 60 secs

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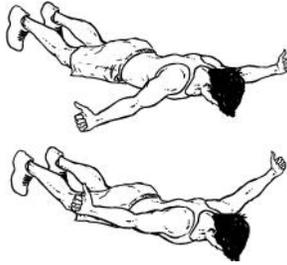
Gluteal Stretch



1:00
rest

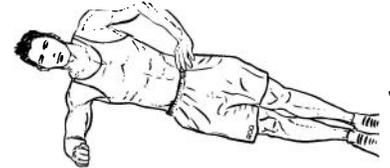
3 sets 45 reps 30 sec rest

Floor T Raises



2 sets 10 reps 30 sec rest

Side Plank

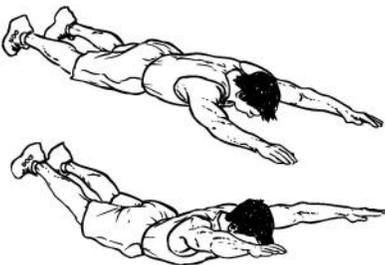


1:00
rest

1:00
rest

2 sets 10 reps 30 sec rest

Supermans



2 sets 10 reps 30 sec rest

Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

Abs, Lower Back

Secondary:

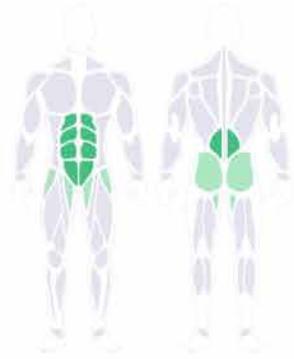
Glutes & Hip Flexors

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.



Wall Sit / Squats / Chair

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

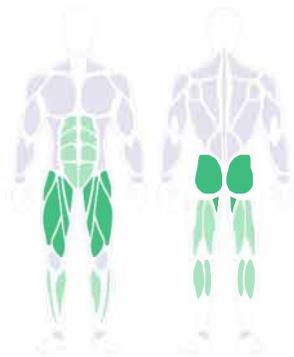
Stand tall against a wall with your head and back touching the wall.

Position your feet so that they are shoulder-width apart and a few inches away from the wall.

Rest your arms at your sides.

Bend your knees and lower into a squat position until your thighs are parallel to the floor and hold the position

Return to starting position by straightening your knees and standing tall again.



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Cat Back / Backward Camel Stretch

Primary muscle group(s):

Lower Back

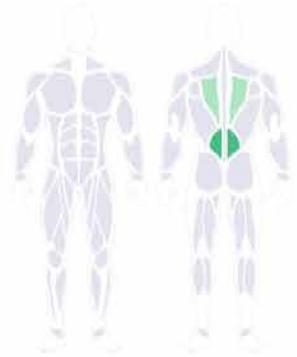
Secondary:

Upper Back & Lower Traps

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and flex your spine.

Hold the stretch and then release to the starting position.



Donkey Kicks

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

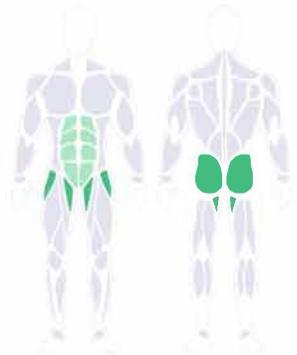
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



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Fire Hydrants / Abductor / Adductor Knee Raises

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

Position yourself on all fours on a mat with your palms flat and shoulder-width apart. Place your knees hip-width apart and bend them at a 90 degree angle.

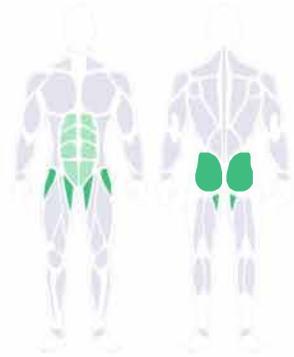
Try to relax your core so that your back and abs are in a natural position.

Maintain this posture as you raise your right knee and bring it as close to your chest as you can.

Now raise your right thigh out to the side, keeping the hips still.

Kick your raised leg straight back slowly until it is in line with your torso.

Reverse the movement to return to the starting position.



Clamshells / Clams

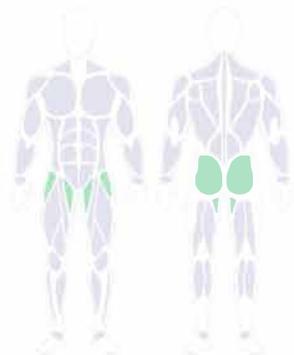
Secondary:

Glutes & Hip Flexors

On a mat or comfortable surface, lie on your left side. Place your left hand behind your head while placing your right hand across your body.

Bend your stacked knees so that your feet are behind you. Begin the movement by lifting the right knee up while keeping the feet together.

Pause at the top of the movement and slowly lower your right knee down to the starting position.



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Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

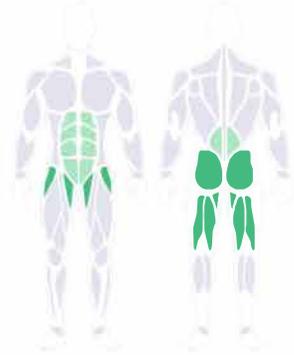
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through you heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Knee Plank

Primary muscle group(s):

Abs, Obliques

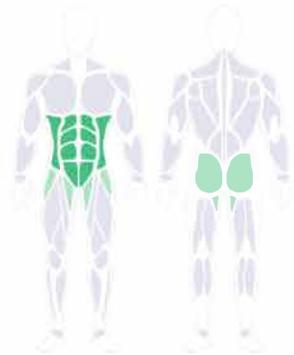
Secondary:

Glutes & Hip Flexors

Lie face down on the ground with your legs together and your arms at your sides. Position your hands beneath your shoulders.

Tighten your core and elevate your upper body off the ground, stabilizing yourself with your forearms. Your feet, shins, and knees will remain on the ground.

Do not allow your hips to drop down. Hold the tension in your core for the prescribed amount of time. Slowly release back to the starting position.



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Semi-Supine Laying Down / Constructive Rest Position

Primary muscle group(s):

Lower Back

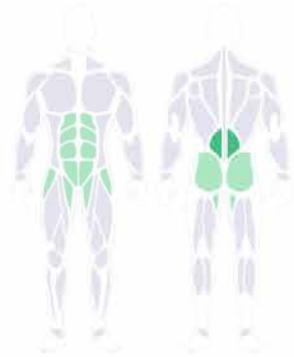
Secondary:

Abs, Glutes & Hip Flexors

Place a towel or yoga pillow on a soft surface like a carpet or yoga mat. Lie on your back positioning your head on the towel or pillow.

Bend your knees and move your feet towards your butt. Make sure your feet are shoulder distance apart with toes facing slightly outward.

Place your hands on your stomach. You should be able to feel your lower back touching the ground. Hold and maintain this position while taking deep breaths for the prescribed amount of time.



Gluteus / Glute / Gluteal Stretch

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Shoulders

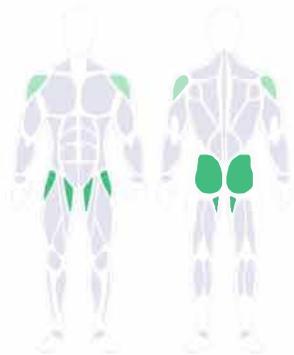
Lie on your back on a mat or soft surface.

Bend your left knee then cross your right leg over so that your right shin is resting on your left knee.

Place your right hand through your legs and your left hand on the outside of your legs. Grab your left shin with both hands.

Remain on the ground and gently pull your left shin towards yourself.

Return to the starting position and repeat on the other side.



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Floor T Raises / Back Flyes

Primary muscle group(s):

Middle Back / Lats, Upper Back & Lower Traps

Secondary:

Shoulders

Lay on a yoga/exercise mat or towel with your arms outstretched, palms down, either side of your body (your body should look like a perfect T from above).

Simultaneously lift both arms off the ground to semi-full flexion and pinch your upper back together; hold for a full second.

Slowly lower both arms back to the ground to complete a full rep.



Side Plank

Primary muscle group(s):

Obliques

Secondary:

Abs

Lie on your side on an exercise mat.

Fully extend your legs with one resting on top of the other.

Fully extend the top arm down the side of your body.

Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.

Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.

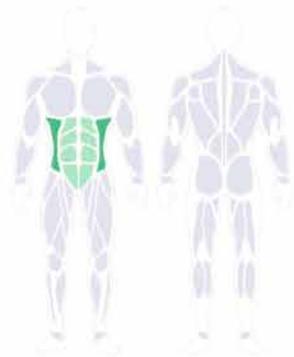
Contract your abdominal muscles and relax your shoulders.

Continue breathing throughout the whole exercise.

Hold this position for as long as you can.

Relax and change sides.

Repeat.



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Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):

Lower Back

Secondary:

Abs

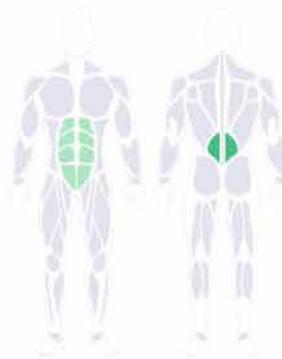
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

⚠ This exercise can be done using one arm and it's opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.



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