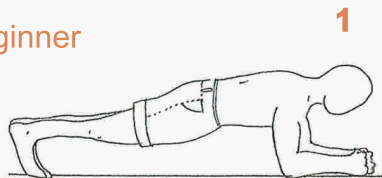


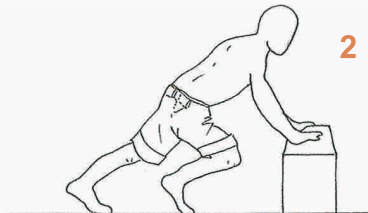
Muscle Strengthening Exercises (for the back)

If any of these exercises cause pain or make you feel unwell, stop and seek professional advice. These exercises are intended as part of your personalised self care regime. Please consult your practitioner before trying these stretches

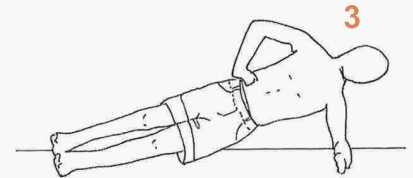
Beginner



1

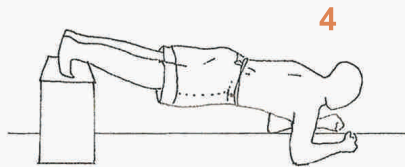


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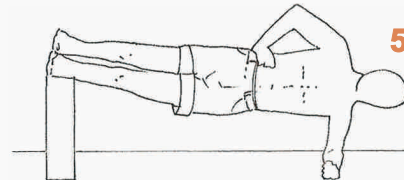


3

Intermediate

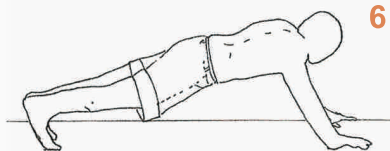


4

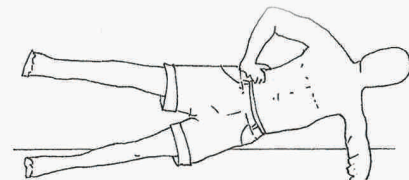


5

Advanced



6



7

1 Plank on elbows. Take up the press-up position resting on your forearms. Feet together. Brace your abdominal muscles. Hold 30 seconds. Rest. repeat one more time.

2 Mountain Climber. Lean against the edge of the bath or settee. Brace your abdominal muscles. Lift your knee to your chest, under control, pause. Return the leg. Repeat on each leg, alternately for 30 seconds.

3 Side Plank. Lie on your side, resting on your forearm. Lift the hips up. Brace your abdominal and your back muscles. Hold for 30 seconds. Repeat on the other side.

4 Elevated Plank. as per 1 above, but with feet on a bench or low settee. Brace your abdominal muscles. Hold 30 seconds. Rest. repeat one more time.

5 Side Plank with Elevated Feet. as per 3 above, but with both feet on bench or low settee. Brace your abdominal and your back muscles. Hold for 30 seconds. Repeat on the other side.

6 Extended Plank. as per 1 above, but elbows straight and hand 15 cm in front of you. This makes you carry more of your body weight. Brace your abdominal muscles. Hold 30 seconds. Rest. repeat one more time.

7 Single Side Leg Plank. as per 3 above, but raise the top leg fully straightened for 30 seconds. Do twice each side.