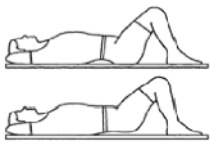
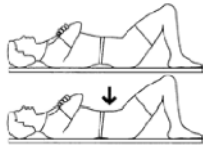


Low back strengthening / Ασκήσεις Ενδυνάμωσης της Οσφυϊκής Μοίρας της Σπονδυλικής Στήλης



*Lie on back, knees bent.
*Tighten back muscles, arching low back off mat.



*Lie on back, knees bent.
*Tighten abdominal muscles and press low back down into mat.



*Lie on back, knees bent, arm at side.
*Lift head and shoulders off floor, toward knees.
*Keep low back in contact with mat.



*Lie on back, knees bent, arm over chest.
*Lift head and shoulders off floor, toward knees.
*Keep low back in contact with mat.



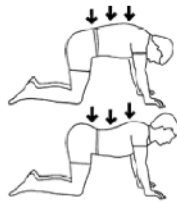
*Lie on back with arms at side.
*Keeping knees straight, tighten abdominal muscles, and lifting feet about 6 inches from mat.



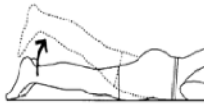
*Start in 4 point kneeling.
*Lift one leg up, keeping knee bent.



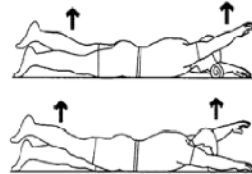
*Start in 4 point kneeling.
*Extend right leg while lifting left arm.
*Reverse position, and repeat.



*Start in 4 point kneeling, back in neutral.
*Round back upward, one segment at a time.
*Reverse back, one segment at a time, keeping neck neutral.



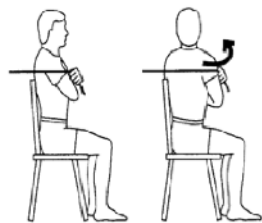
*Lie face down.
*Raise both legs upwards, as shown.



*Lie face down, arms outstretched overhead as shown.
*Raise arm and opposite leg off mat.
*Alternate arm and leg and repeat.



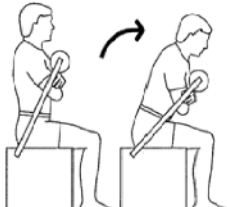
*Lie face down with hips at edge of surface.
*Position lower legs under pads.
*With arms behind back, slowly lower and return back to starting position.



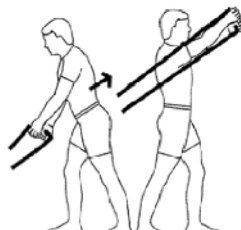
*Attach elastic to secure object, with chair facing opposite way.
*Holding elastic, rotate upper body forward and away from elastic.



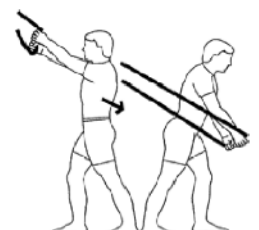
*Lie back on padded bar, arms across chest.
*Push back against bar, straightening trunk.



*Place chest on padded bar, arms across chest.
*Push forward against bar, bending at the waist.



*Secure elastic at floor level.
*With elastic in both hands, bend at hip, keeping back in neutral.
*Pull upward and across as shown.



*Secure elastic above head.
*With elastic in both hands, bend at hip, keeping back neutral.
*Pull downward and across as shown.