

Back Exercises



Bridging

- Start by lying flat on your back on a mat or a plinth with your arms resting by your side.
- Bend your knees up to 90 degrees, with your feet slightly apart and flat on the floor.
- Squeeze your hamstrings, glutes and core, and then slowly lift your hips up towards the ceiling.
- Then slowly take your hips downwards and repeat.



Knee hugs

- Start by lying flat on your back on a mat or a plinth.
- Then slowly take your knees in towards your chest, wrap your arms over the front of your knees and pull your knees in closer.
- Hold this position for 15-30 seconds, release and repeat.



Knee rolls



- Start by lying flat on your back on a mat or a plinth.
- You can have your arms positioned either by your body or directly out to the sides.
- Bend both your knees up to 90 degrees with your feet flat on the floor.
- Then slowly drop your knees down to one side, keeping your shoulders flat and pause for a few seconds.
- Take your knees back upwards and repeat to the other side.

Glute clam



- Start by lying flat on one side.
- Place your hand underneath your head for support and bend your knees up to 90 degrees keeping your feet on top of each other.
- You can use your opposite arm to hold the plinth or rest beside you.
- Squeeze your core and slowly lift your top knee towards the ceiling whilst keeping your feet together.
- Try to keep your torso straight and still.
- Then slowly lower your knee down and repeat. Remember to change sides.



Wall press

- Stand tall facing the wall and place your hands out in front of your body at shoulder height onto the wall.
- Then slowly bend your elbows outwards and lean your body in towards the wall whilst keeping your back straight.
- Then slowly push your body away and repeat.



Hip abductions

- Stand tall and hold onto something for support if needed.
- Whilst keeping your torso upright, take one leg directly out to the side, keeping your foot straight forwards.
- Then bring your leg directly back into your body and repeat.
- Do not twist your foot out to the side or lean over.



Wall squats (can be done without ball)

- Place the gym ball onto the wall and rest the ball onto your lower back.
- Lean into the ball and bring your feet out forwards hip width apart.
- Then slowly bend your knees down, aiming for 90 degrees, whilst keeping your torso upright.
- Keep your knees in line with your toes and feet flat on the floor.
- Then squeeze your glutes and return to standing and repeat.



Supermans

- Start on all fours on a mat or a plinth.
- Whilst squeezing your glutes and core muscles, slowly take one arm out directly in front and take out the opposite leg directly backwards.
- Try to keep your back in a straight line and do not twist your hips.
- Bring both your arm and leg back in to all fours and repeat with the opposite arm and leg.



Back extensions

- Start by lying flat on your stomach on a mat or on a plinth.
- Place your arms either beside your body or bent up beside your head.
- Squeeze your lower back muscles, slowly raise up your torso from the ground whilst keeping your feet on the floor.
- Hold this position for a second whilst keep your neck in a neutral position.
- Then slowly take your torso down to the floor and repeat.



Sit to stand

- Start sitting down on the chair, with your feet hip width apart and knees out.
- Lean slightly forwards, squeeze your leg muscles and without using your hands stand up straight.
- Bend your knees, make sure they do not come inwards and sit back down, and then repeat.



Step ups

- Standing in front of the step, step onto the step with one foot, bring your other leg through and upwards.
- Hold the position and then step back down with the same leg.
- Change to the opposite leg and repeat.



Wood chop

- Choose one appropriate weight and hold with both hands.
- Stand tall with feet shoulder width apart.
- Start with the weight at one hip and then take the weight up in a diagonal line to the opposite corner.
- Take the weight directly down to the same hip and repeat.
- Make sure to change sides.