

Dr. O's Quick 6 Back Tune Up

These exercises are what I consider to be the essential back exercises for everyone, regardless of your fitness level.

Breathing

- Lie face down with forehead on hands.
- Breathe into the lower back and sides.
- Let the upper back and shoulders relax.
- Perform 20 breaths using your diaphragm.



Half Kneeling Hip Flexor Stretch

- Place one knee on the ground supported by a pillow if needed.
- Tuck the hip under on the 'down knee' side, lengthening through the front of the hip.
- Hold for 60 seconds and avoid arching your back.



The Frog

- Spread your knees wide. Keeping the back in neutral, hinge the hips back towards your heels.
- Take an abdominal breath, then hinge back up to your starting point.
- Repeat 10 times.



The Bridge

- Lie on your back with knees bent, feet shoulder-width apart.
- Set your neck and rib-hip connection.
- Engage your glutes and lift your hips into a straight line from shoulders to knees.
- The torso should move as a solid unit.
- Repeat x 10



X-Lifts

EASY:

- Maintain a neutral back.
- Take the opposite hand and knee 1 inch off the floor and hover.
- Hold for 1-3 breaths.

ADVANCED:

- Maintain a neutral back.
- Extend arm and opposite leg.
- Hold for 1- 3 breaths.
- Challenge control with slow speed.
- Repeat x 5 per side.



The McGill Position Lift

- Lie on your back, hands under your lower back, one leg bent, the other straight.
- Tuck your chin in and lift your head, neck and upper body at the same time, about 2 inches off the floor.
- Hold for a few seconds, repeat 5 times, then switch legs and repeat 5 more.
- Do not lift your head and neck first and curl up like a crunch/sit up.



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