

# Lower Back Exercises



**Prone Press-Ups**  
2 Sets of 10  
2 Per day  
(morning and evening)

THE BACK 3  
to do after exercise or in the evening



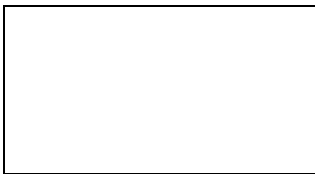
**Knee to Chest**  
3 Sets  
1 Per day   
Hold 30 Sec



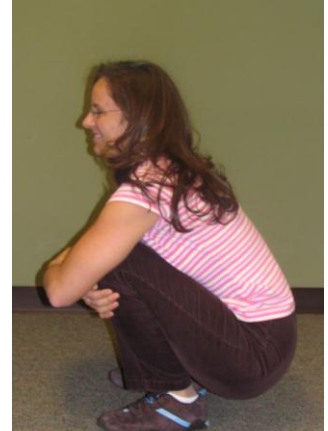
**Hamstring Stretch**  
3 Sets  
1 Per day   
Hold 30 Sec



**Piriformis Stretch**  
3 Sets  
1 Per day   
Hold 30 Sec



**Stair Calf Stretch**  
\_\_\_\_ Sets  
\_\_\_\_ Per day  
\_\_\_\_ Hold 15 Sec



**Calf Stretch**  
\_\_\_\_ Sets  
\_\_\_\_ Per day  
\_\_\_\_ Hold 15 Sec



**Quad Stretch**  
\_\_\_\_ Sets  
\_\_\_\_ Per day  
\_\_\_\_ Hold 15 Sec



**Quad Stretch**  
\_\_\_\_ Sets  
\_\_\_\_ Per day  
\_\_\_\_ Hold 15 Sec



**Runners Stretch**  
\_\_\_\_ Sets  
\_\_\_\_ Per day  
\_\_\_\_ Hold 15 Sec

**Quad Stretch**