LOW BACK
Low Back, Hips, Hamstrings

Equipment: Ball. Mat.

Time: 1 set: 12 min, 2 sets: 24 min, 3 sets: 36 min

Ball Squats
- Stand with feet hip-width apart
- Lean on ball, placing it at lower back level
- Keep back straight throughout the exercise
- Squat down until thighs almost parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15

Low Back Extension
- Tilt hips forward, keep back straight and chest up (place hands by head)
- Keep knees locked throughout the exercise
- Lean forward until back is parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15

Squats
- Stand with feet hip-width apart
- Keep back straight throughout the exercise
- Squat down until thighs almost parallel to floor
- Stretch

Sets: 1-3 Rep: 10-15

Hip Raises
- Lay flat on the floor. Bend knees
- Keep body straight and supported by arms
- Exhale and lift hips until body is in a straight line
- Stretch

Sets: 1-3 Rep: 10-15

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Low Back Hyper Extensions. (Superman)

- Lay flat on stomach
- Keep body and arms straight
- Exhale and contract Glutes to raise upper and lower body
- Stretch

Sets: 1-3 Rep: 10-15

Plank (Bridge)

- Anchor elbows directly below shoulders
- Anchor toes and lift up until body is straight
- Hold
- Stretch

Sets: 1-3 Rep: 30 seconds - 3 minutes

Ab Roller with Ball

- Place hands firmly on ball
- Keep arms straight throughout exercise
- Keep body straight while carefully moving the ball forward
- Return to starting position
- Stretch

Sets: 1-3 Rep: 10-15

Low Abs Hold

- Place hands under your hips.
- Lift head and keep eyes on the abdominal area
- Raise feet about 12 inches off the floor
- Hold
- Stretch

Sets: 1-3 Rep: 30 seconds - 3 minutes
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