

BACK TO BASICS

Exercises for Lower Back Injury Prevention

STABILIZING:

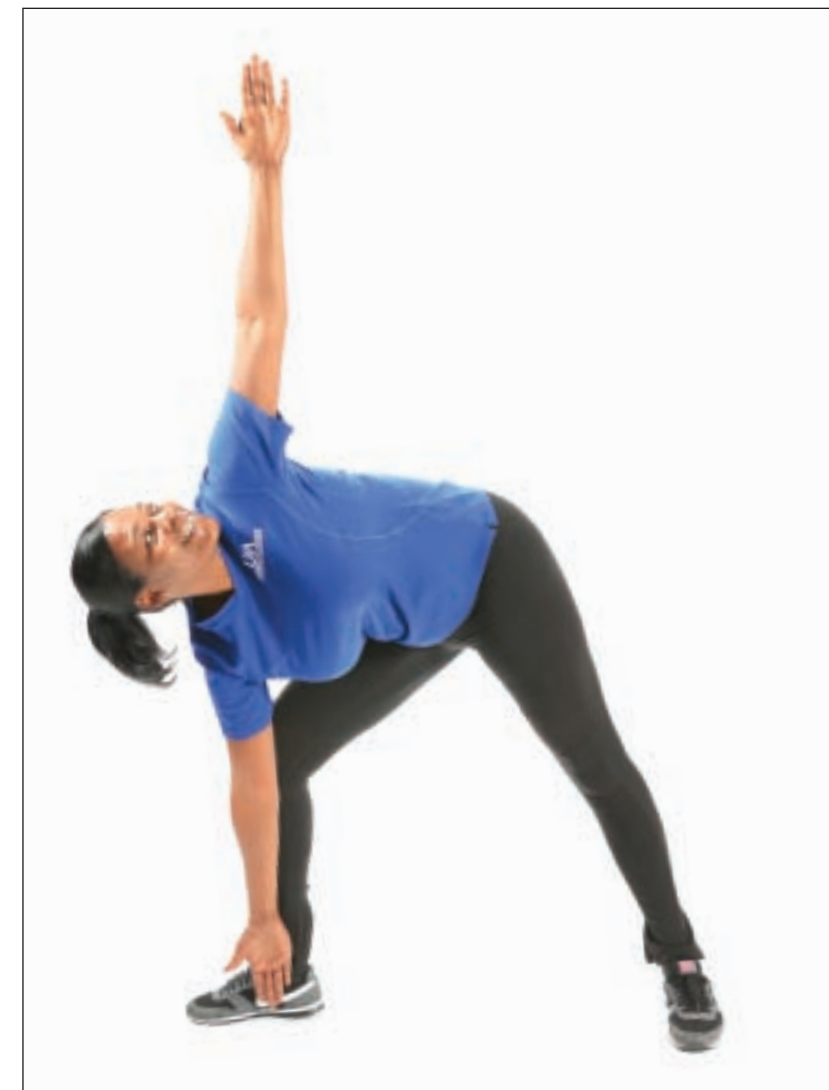
Hip Extension



Chair Pose



Triangle Pose



Pyramid



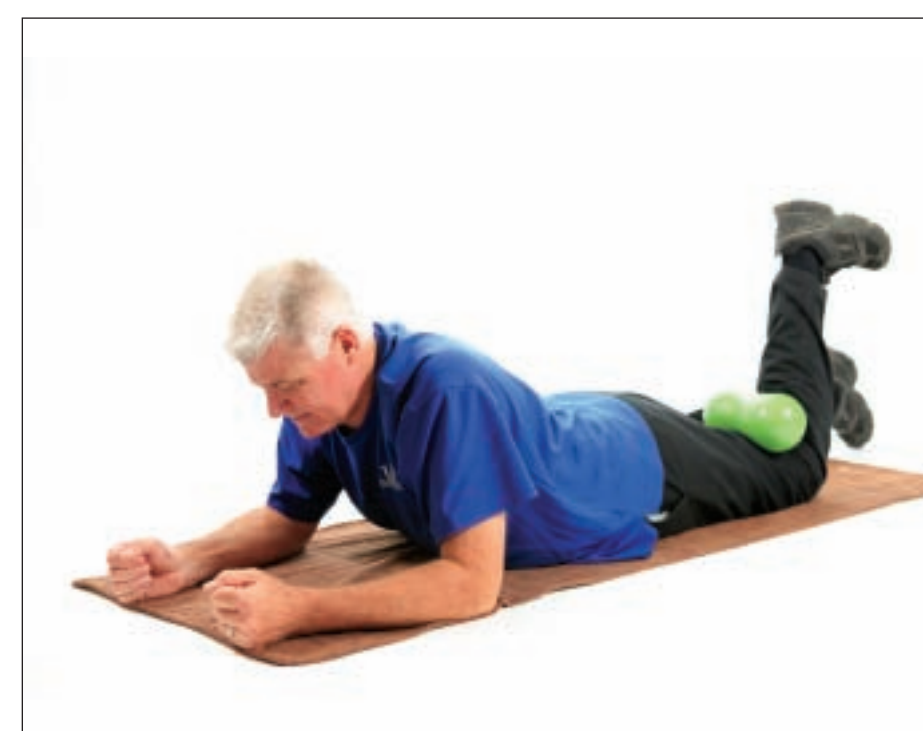
Bird Dog



Downward Dog



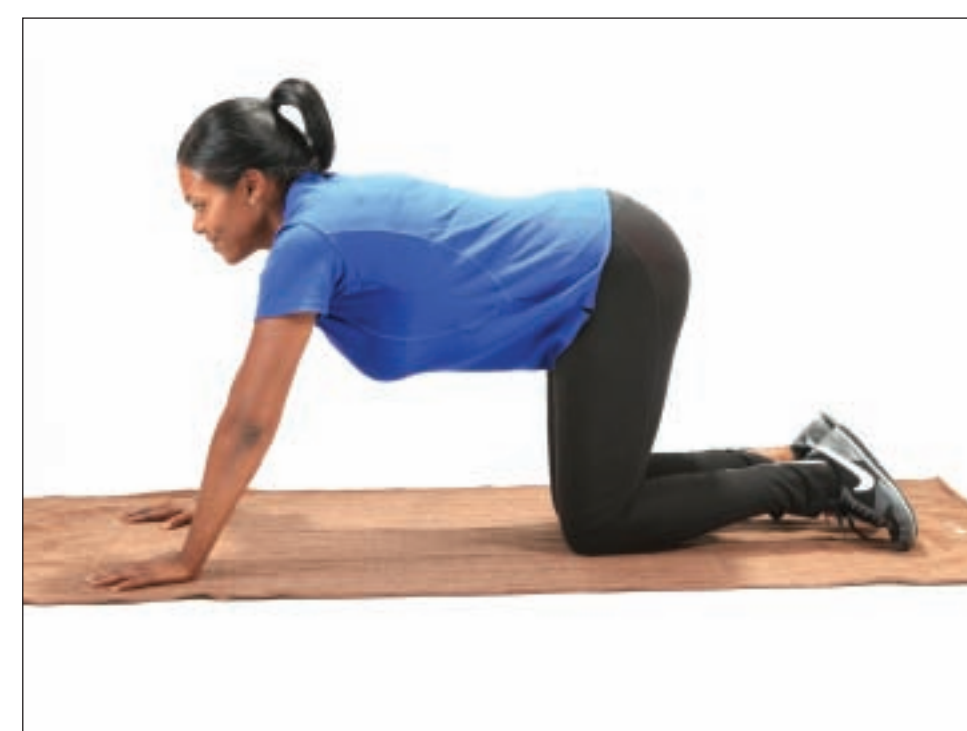
Hamstring Curl



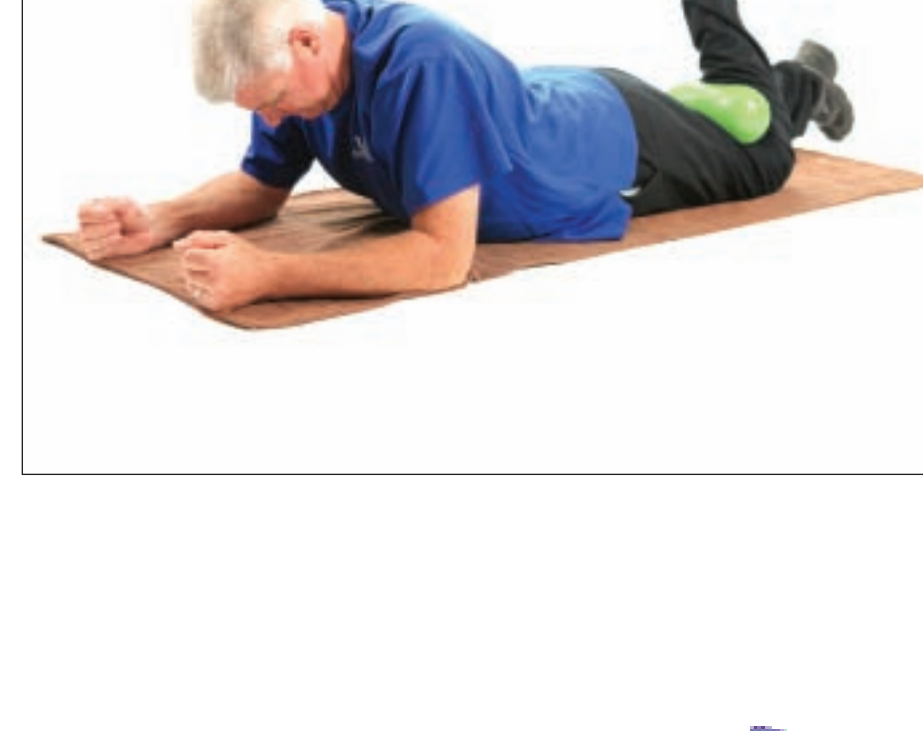
Back Extension



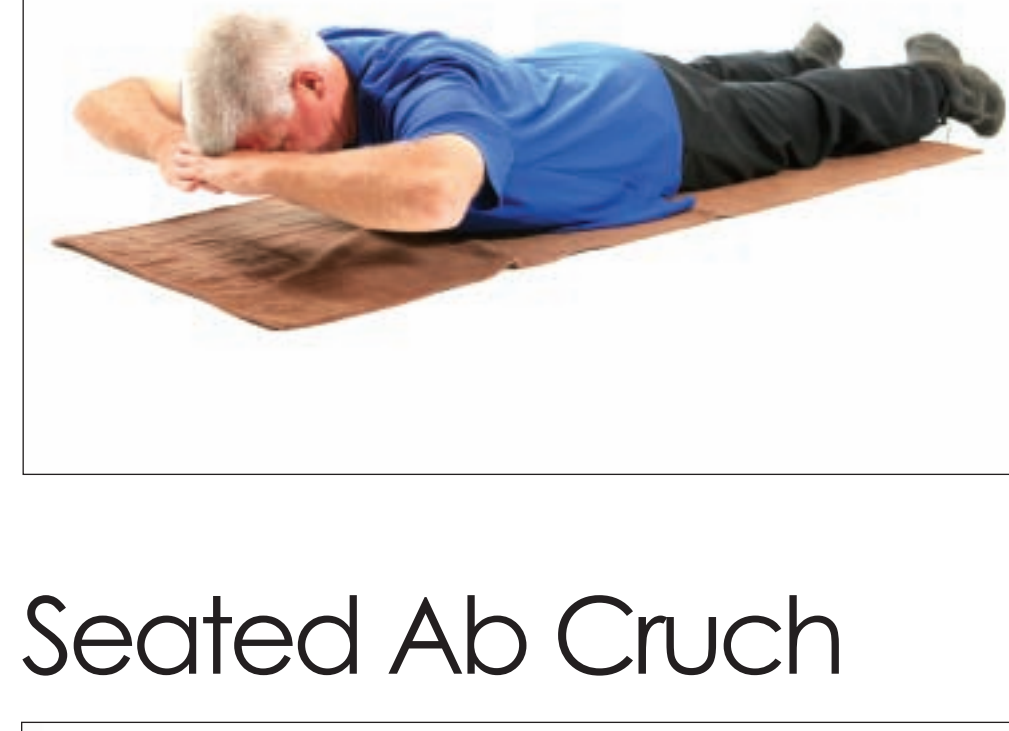
Plank



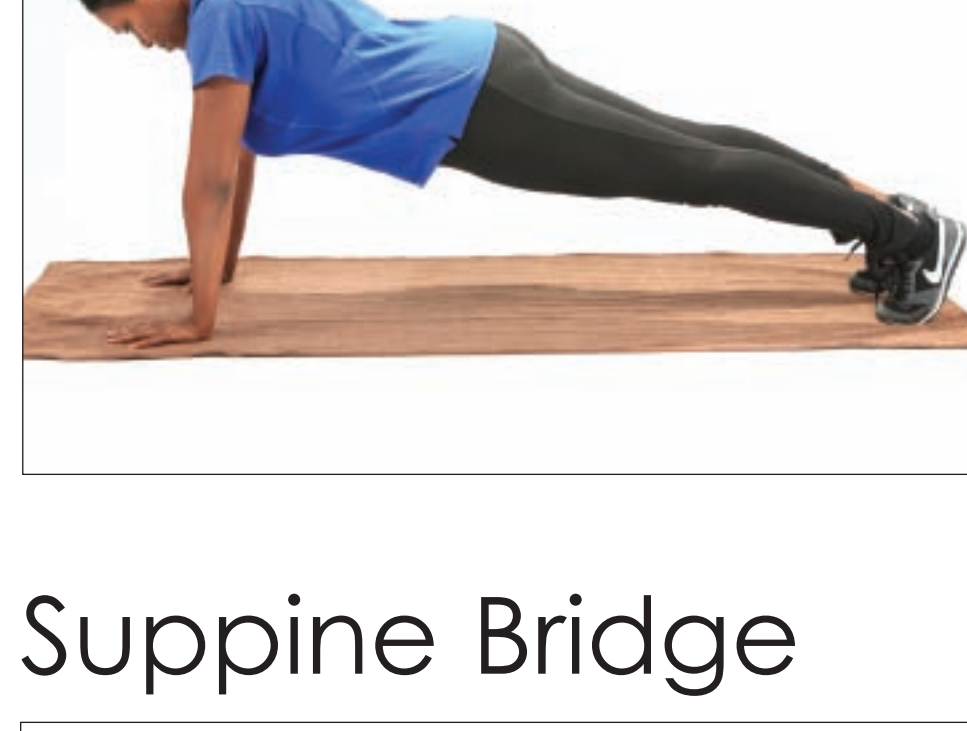
Hamstring Curl



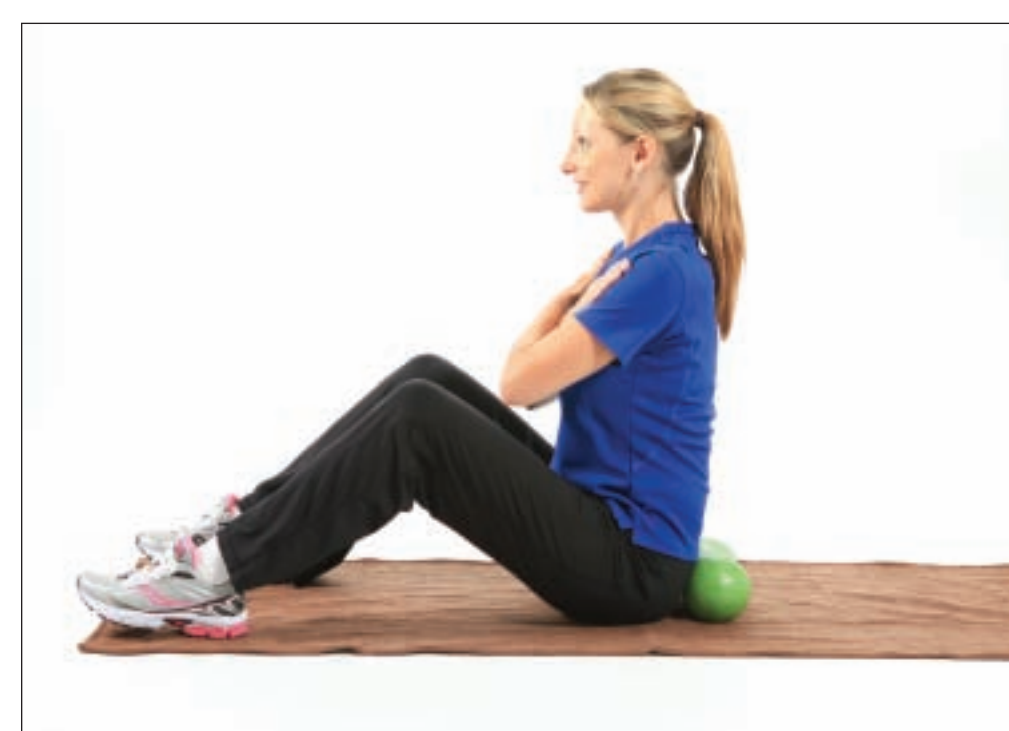
Back Extension



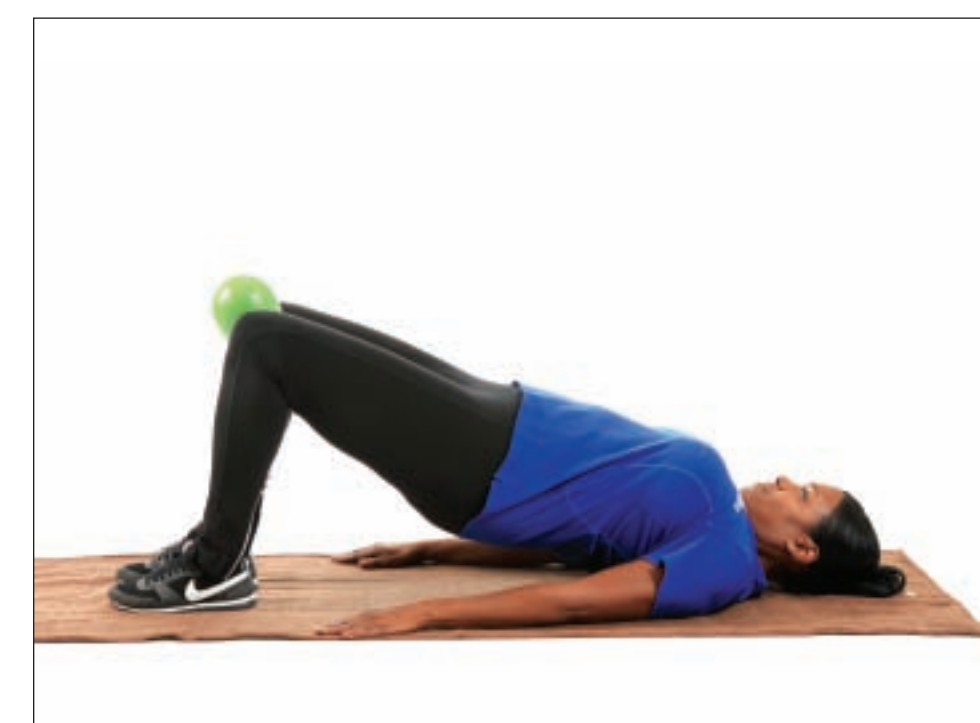
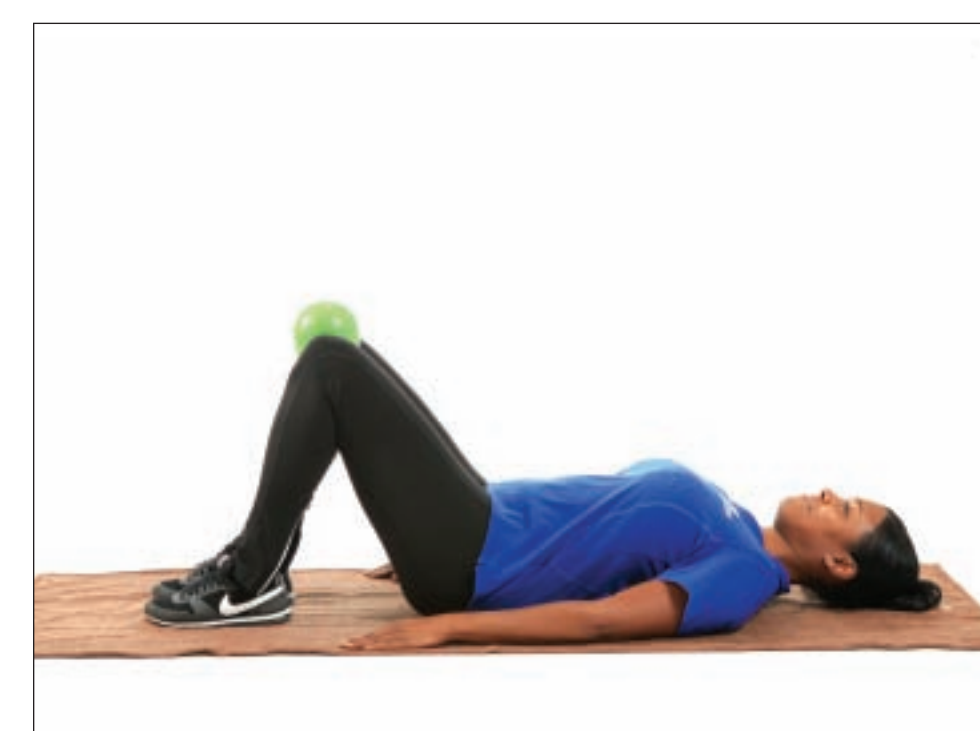
Plank



Seated Ab Crunch



Supine Bridge



STRETCHING:

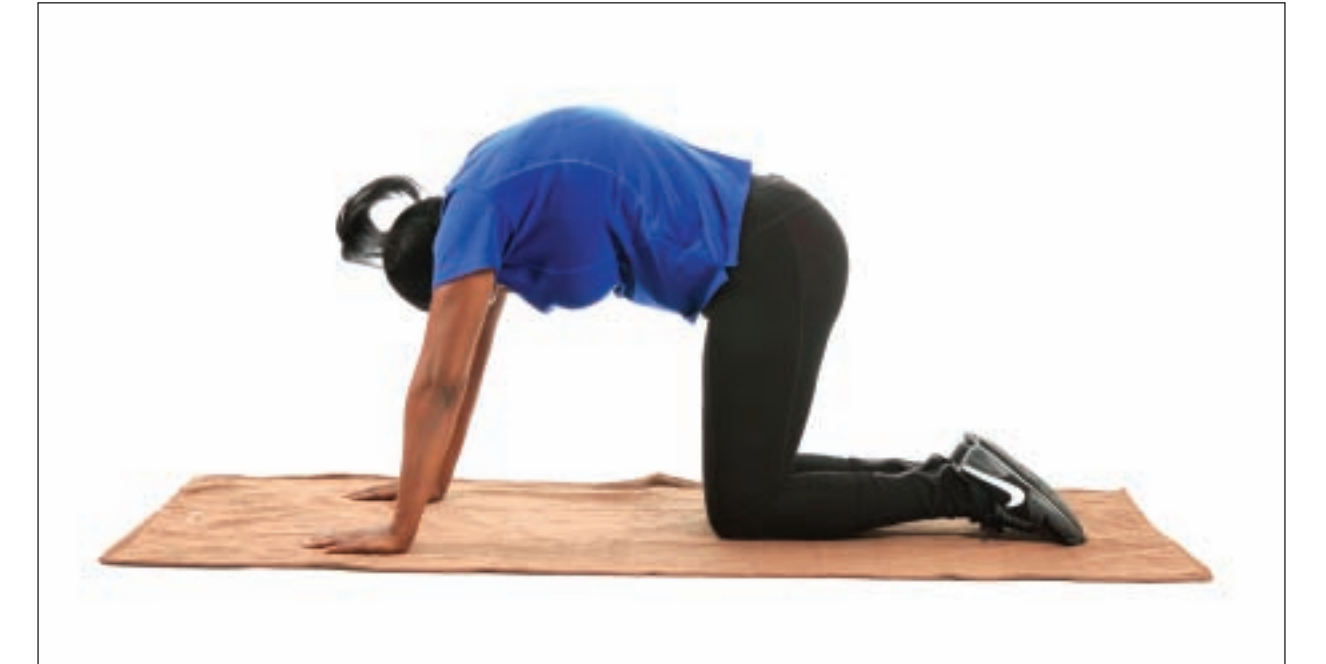
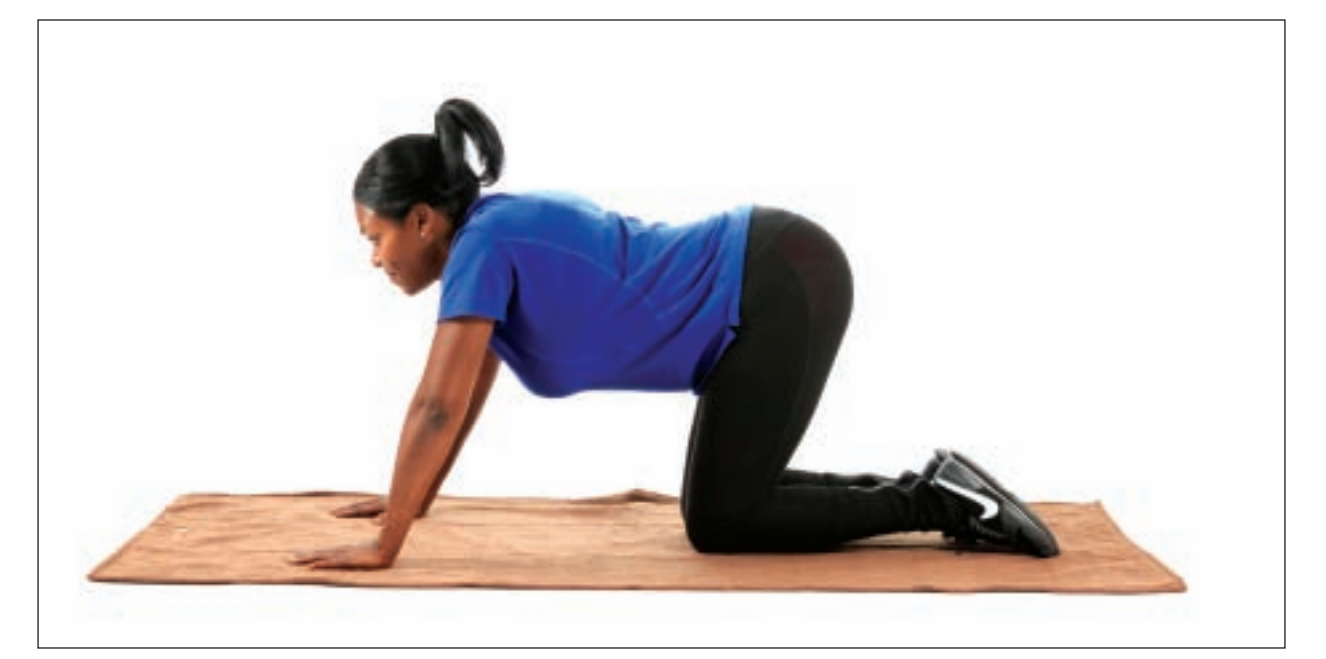
Gluteal Stretch



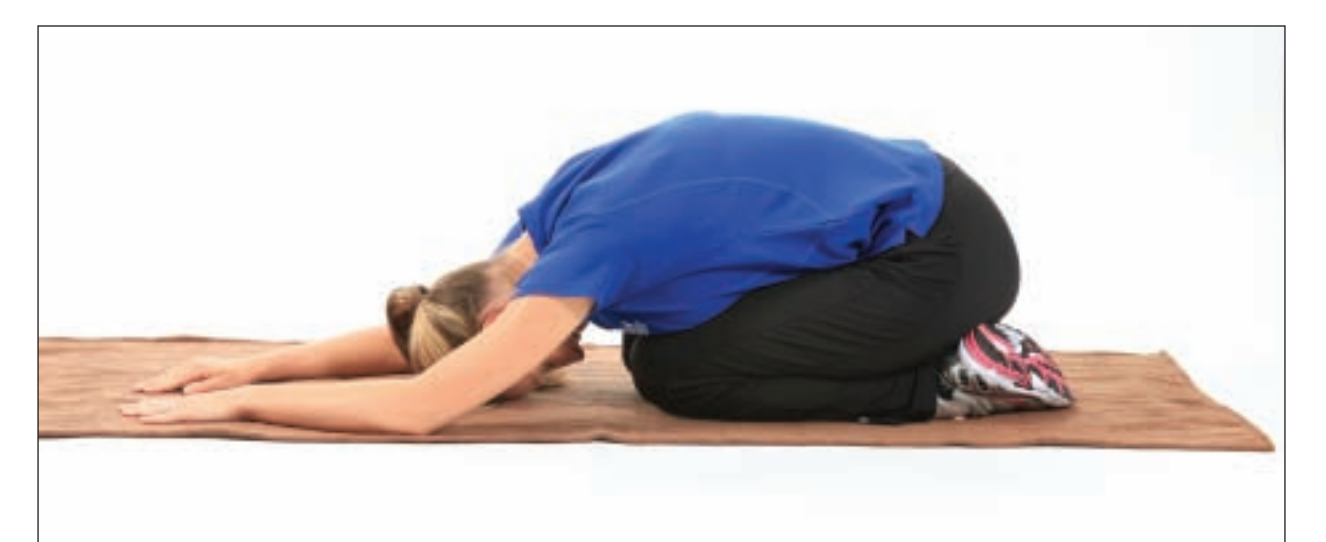
Lying Hamstring Stretch



Cow/Cat



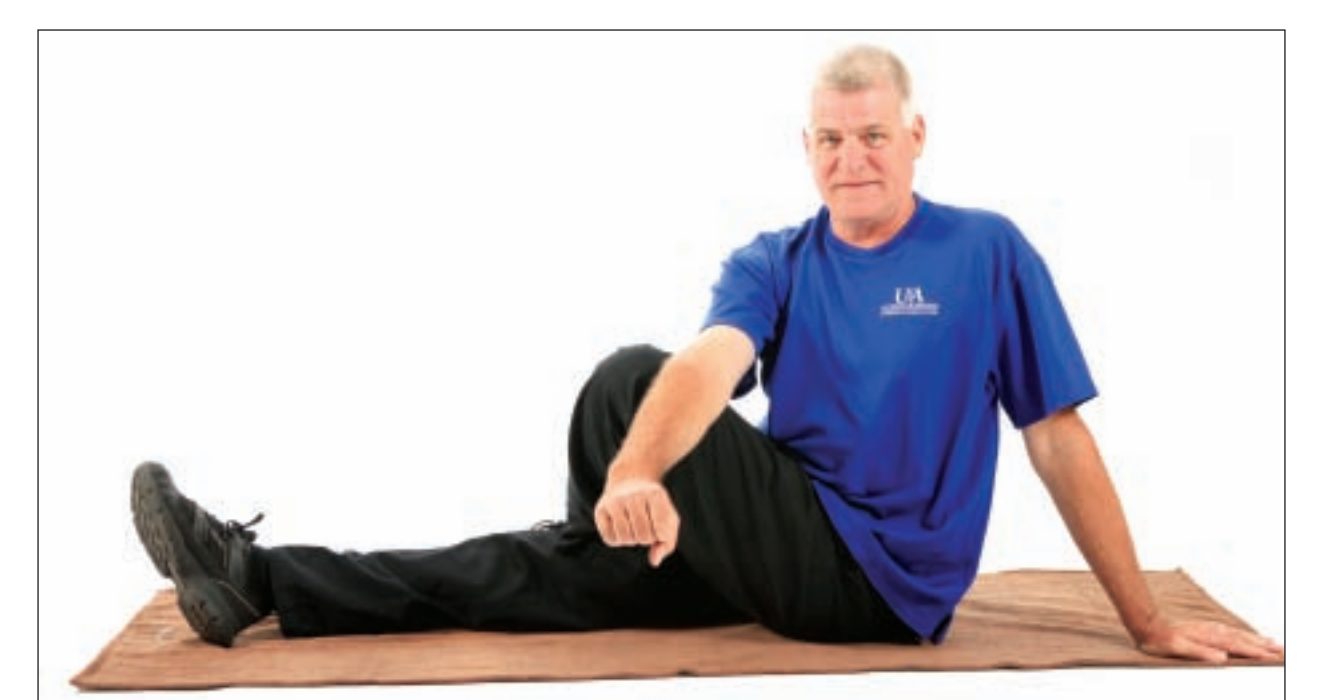
Child Pose



Seated Hamstring Stretch



Trunk Rotation



STRENGTHENING:

Fit In 10

U of A

DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer. United States Department of Agriculture, University of Arkansas and County Governments Cooperating.