

# Back Routine

## **1. Opposite Arm, Opposite Leg:**

Lying on your stomach, raise your right arm while raising your left leg. Lower. Repeat, with your opposite arm and leg. **15 x each side**

## **2. Prone Double Arm Raise**

Lying on your stomach (prone position), raise shoulders off the ground, bending at the hip (similar to "back crunches"). **15-30 x**

## **3. Prone Straight Leg Lift**

Lying on your stomach, raise one foot off the ground, keeping your leg straight. **10-20 x, then switch legs.**

## **4. Prone Lower Body Crawl**

Lying on your stomach, bring your knee forward so that you create a 90 degree angle- your knee should be at hip level. Return to start position, then repeat with opposite leg. **10x each side**

## **5. Seated Bicycle**

Sitting on your butt, make a 45- to 70-degree angle with your torso and the ground (similar to a "V" sit). Slowly cycle your legs like if you were riding a recumbent bicycle. **30 seconds**

## **6. Straight leg knee circles**

Start in table position (hands and knees), then extend your leg out behind you and draw small clockwise circles using your whole leg(keeping leg straight). Repeat in counterclockwise. **10x each direction, then switch legs**

## **7. Seated Push Kicks**

Begin in same position as seated bicycle. Extend your leg out in front of you, keeping your foot dorsiflexed (pointed up toward you). Repeat alternating legs. **15x each leg**

## **8. In 'n' Outs**

From prone position, legs extended behind you resting on the ground. Lift your shoulders and upper torso off of the ground. Move your arms in and out laterally for **30-60 seconds.**

## **9. Australian Crawl**

Begin in same position as In 'n' Outs, but now do a freestyle swimming motion with your arms. **30-60 seconds.**

## **10. Back Rounders**

Controlled crunches. **1 minute.**

## **11. Catback, Swayback**

Begin on hands and knees (table position). Bridge your back, then slowly flex your back. **15 x**