



Exercises for Back Stability

You can do these in order, mix them up, or choose your favorites to build your own program.

1. Plank:

- Start in a push-up position with your hands directly under your shoulders.
- Engage your core muscles and keep your body in a straight line from head to heels.
- Hold the position for 30 seconds to 1 minute, or as long as you can maintain proper form.
- Aim for 3 sets.

2. Bird Dog:

- Begin on your hands and knees in a tabletop position.
- Extend one arm straight out in front of you while simultaneously extending the opposite leg straight back.
- Keep your hips level and your core engaged to prevent tilting.
- Hold for a few seconds, then return to the starting position and switch sides.
- Aim for 2-3 sets -12 repetitions each side.

3. Superman:

- Lie face down on the floor with your arms extended overhead and your legs straight.
- Lift your arms, chest, and legs off the ground simultaneously, squeezing your back muscles.
- Hold the lifted position for a few seconds, then lower back down.
- Aim for 2-3 sets -12 repetitions.

4. Bridge:

- Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
- Engage your core and glutes as you lift your hips towards the ceiling, creating a straight line from your shoulders to your knees.
- Hold the bridge position for a few seconds, then lower back down.
- Aim for 2-3 sets -12 repetitions.

5. Dead Bug:

- Lie on your back with your arms extended towards the ceiling and your knees bent at a 90-degree angle.
- Slowly extend one leg straight out while simultaneously lowering the opposite arm overhead.
- Keep your lower back pressed into the floor and your core engaged.
- Return to the starting position and switch sides.
- Aim for 2-3 sets -12 repetitions each side.

6. Cat-Cow Stretch:

- Start on your hands and knees in a tabletop position, with your wrists directly under your shoulders and your knees under your hips.
- Inhale as you arch your back and lift your chest towards the ceiling (Cow Pose).
- Exhale as you round your spine and tuck your chin towards your chest (Cat Pose).
- Flow between these two poses, moving with your breath, for 8-10 repetitions.

7. Seated Row:

- Sit on the floor with your legs extended in front of you, knees slightly bent.
- Loop a resistance band around your feet and hold one end in each hand.
- Pull the handles towards your body, squeezing your shoulder blades together.
- Slowly release back to the starting position.
- Aim for 2-3 sets of 10-12 repetitions.

8. Lat Pulldown (if you have access to a gym):

- Sit at a lat pulldown machine with your knees under the pads and your hands gripping the bar overhead.
- Pull the bar down towards your chest, engaging your back muscles.
- Slowly release the bar back up to the starting position.
- Aim for 2-3 sets of 10-12 repetitions.

9. Dumbbell Rows:

- Stand with a dumbbell in each hand, feet shoulder-width apart.
- Hinge forward at the hips, keeping your back straight, until your torso is nearly parallel to the ground.
- Pull the dumbbells up towards your ribcage, squeezing your shoulder blades together.
- Lower the dumbbells back down with control.
- Aim for 2-3 sets of 10-12 repetitions.

10. Wall Angels:

- Stand with your back against a wall and your feet about 6 inches away.
- Bring your arms up to shoulder height, bent at a 90-degree angle with your elbows and wrists against the wall.
- Slowly slide your arms up and down the wall, maintaining contact with your elbows, wrists, and lower back.
- Aim for 2-3 sets of 10-12 repetitions.

Perform these exercises 2-3 times per week, allowing for at least one day of rest in between sessions. Focus on proper form and controlled movements to effectively strengthen the muscles of the back and core and improve overall stability. If you have any existing back issues or concerns, consult with a healthcare professional before starting a new exercise routine.