

Indoor Friendly Exercises

Lower Back

Plank

- Start face down on the floor resting on your forearms and knees.
- Push off the floor, raising up off your knees on to your toes and resting on your elbows.
- Contract your abdominals to keep yourself up and keep your back in a straight line
- Hold for 30 seconds to 1 minute



Side Plank

- Start on your side with your feet together and one forearm directly below your shoulder
- Contract your abdominals and raise your hips until your body is in a straight line from head to feet
- Hold the position for 30 seconds to 1 minute, repeat on your other side.



Bird Dog

- Begin on all fours with your knees under your hips and hands under your shoulders
- Maintain a neutral spine by engaging your abdominals.
- Squeeze your shoulder blades together
- Raise your right arm and left leg, keeping your shoulders and hips parallel to the floor (pretend you are balancing a glass of water on your lower back).
- Hold for a few seconds then lower back down to the starting position
- Raise your arm and right leg, hold for a few seconds then return to starting position.
- Do 10 each side, three to five sets, rest between sets.



Superman

- Lie facedown with your legs and arms extended straight
- Simultaneously raise your legs and arms off the floor, forming a bowl shape with your body.
- Hold this position for a few seconds then lower back into the start position.
- Do 10 reps, three to five sets, rest between sets.

