

# BACK TO BASICS

## Exercises for Lower Back Injury Prevention

**STABILIZING:**

Hip Extension



Chair Pose



Triangle Pose



Pyramid



Bird Dog



Downward Dog



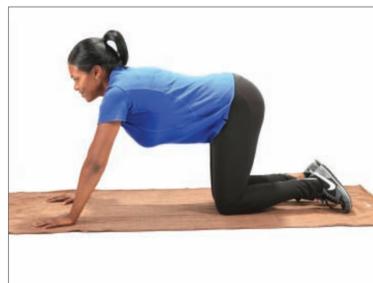
Hamstring Curl



Back Extension



Plank



Hamstring Curl



Back Extension



Plank



Seated Ab Crunch



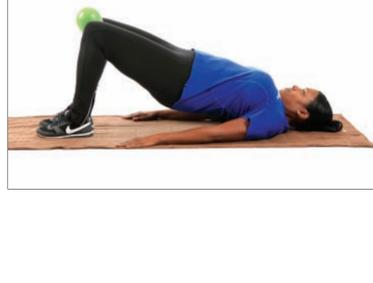
Supine Bridge



Seated Ab Crunch



Supine Bridge



**STRETCHING:**

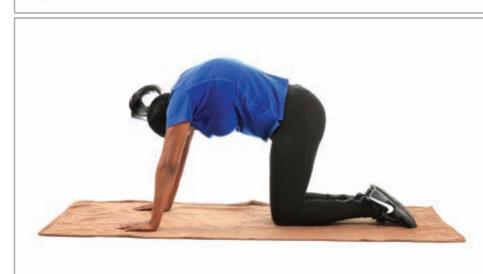
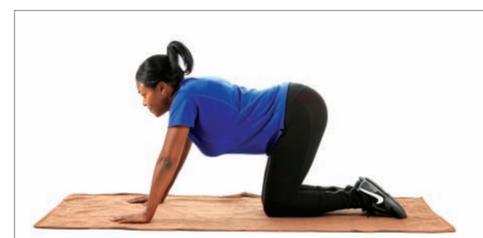
Gluteal Stretch



Lying Hamstring Stretch



Cow/Cat



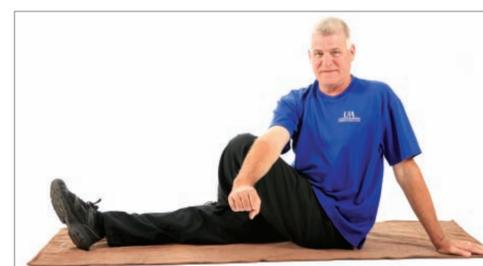
Child Pose



Seated Hamstring Stretch



Trunk Rotation



**STRENGTHENING:**

Fit In 10

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