



## Core & Lower Back Strengthening

The muscles supporting the lower back are the deep, internal core muscles known as the transverse abdominis (TVA). These support the spine and help maintain a strong posture. To strengthen these, you must perform static exercises where you're bracing your core as opposed to a 'sit up' motion. Combining this with other body parts will give you a full body workout along with core strengthening.

**Warm up & mobilisation:** Spend a minimum of 5 minutes on the treadmill or cross trainer at a moderate intensity to slowly begin warming up and increasing the heart rate. This will help loosen & mobilise the working muscles.

<u>Exercise</u>	<u>Equipment</u>	<u>Guidance</u>	<u>Weight</u>	<u>Sets &amp; Reps</u>
Swiss Ball Chest Press	Swiss Ball + Dumbbells	Upper shoulders rested on the ball, feet flat on the floor and hips forced upwards throughout. Press the weights from your chest upwards, keeping them moving for the 15.		3 Sets 15 Reps
Glute Bridge	Bosu Ball	Laid on the floor, plant your feet onto the rounded side of the bosu with your legs bent. Push through your heels raising your hips as high as possible. Engage your core, pause before returning back to the floor.	N/A	3 Sets 15 Reps
Low Row	Resistance Pulley	Using the narrow grip handle, sit up tall engaging your core and keeping a strong posture. Pull the handle in towards your stomach, squeezing your shoulder blades together. Pause for a split second before allowing out to full extension.		3 Sets 15 Reps
Lunge w/ Rotation	Weight Plate / Dumbbell	Holding a small weight out in front of you. Lunge forward with the right leg, keeping the arms straight rotate round over the right knee. Return to the centre, stand up tall and repeat on the opposing side.		3 Sets 20 Reps
Plank	N/A	Hold the press up position with your hands / elbows on the floor directly under your shoulders. Lift your hips off the floor so there is a straight line going over your back from your heels right up to your shoulders. If you get any sharp pain you should stop immediately.	N/A	3 Sets To Failure
Swiss Ball Shoulder Press	Swiss Ball + Dumbbells	Sat on the ball, sitting up tall with a strong posture. From shoulder height press the dumbbells up above your head, bring down under control and keep the movement smooth.		3 Sets 15 Reps
V-Sit Hold	N/A	Sat on the floor with a straight back, legs out in front of you & legs bent at 90', keeping your feet off the floor.	N/A	3 Sets To Failure

**Stretch** Hamstring, Quadriceps, Shoulders, Chest, Triceps

Find the point of tension and hold for 20 seconds, then take the stretch a little further and hold for another 10 seconds.

Slowly relax out of the stretch.

This workout is very generic, everyone has different abilities and limitations so this should be taken into consideration before trying the session. Taking caution and being sensible you can still get a good workout in without putting extra pressure through the back.