

## Back/Core Mobility Workout

This workout is designed to strengthen your core muscles, improve posture and prevent back pain.

### Hamstring Stretch – Hold 30 Sec Each Side

Sit upright with one leg straight out and the other leg bent in a figure 4 position. Slide your chest towards your straight leg by bending at the hip. Ensure your chest remains upright and you do not bend your back.



### Hip Flexor Stretch Hold 30 Sec Each Side

Knee in a lunge position; press your hips forward while maintaining an upright chest and back. You will feel the stretch on the front of your hip (hip flexor) on the back leg.



## Glut Bridge 2 sets of 20 reps

Lying flat on your back with your knees bent and your arms out to the side, squeeze your butt together and raise your hips so you are a straight line from your shoulders through your hips to your knees.



Plank Hold 30 seconds or until you can no longer maintain perfect form

Get into the low plank position, making sure your elbows are directly under your shoulders so there is a 90-degree angle at your shoulder and your elbow joints. Ensure you are a straight line from your head, through your shoulder, hips and ankles.



Chest Door Stretch – Hold 30 seconds repeat twice

Standing in a split leg stance, place your lower arm on the door jam, lean in through the door until you feel a stretch in your chest and shoulders.





## Pallof Press 2 sets of 20 reps

Taking a band or a D-handle on the cable machine set handle so it is secure at elbow level, step away from the machine so you have the tension of the selected weight, tighten your stomach and press straight out keeping your hands inline with the center of your body. One rep is moving the handle from your chest straight out to full elbow extension. Do all 20 reps before you allow the handle to retract to the cable machine.



Wood Chop 2 sets of 20 reps each side

Set the D-handle on the cable so that it is at shoulder height, standing with feet shoulders width apart, tighten your stomach and rotate till the handle is inline with the center of your body. Slowly rotate back to the starting position. Focusing on resisting the rotation back to the starting point is one of the most effective ways to develop core strength.

