

Exercises for Back Health:

To Be Performed at home

Created by Dr. John Lavelle, D.O. with CrossFit Rhema

Preliminary notes:

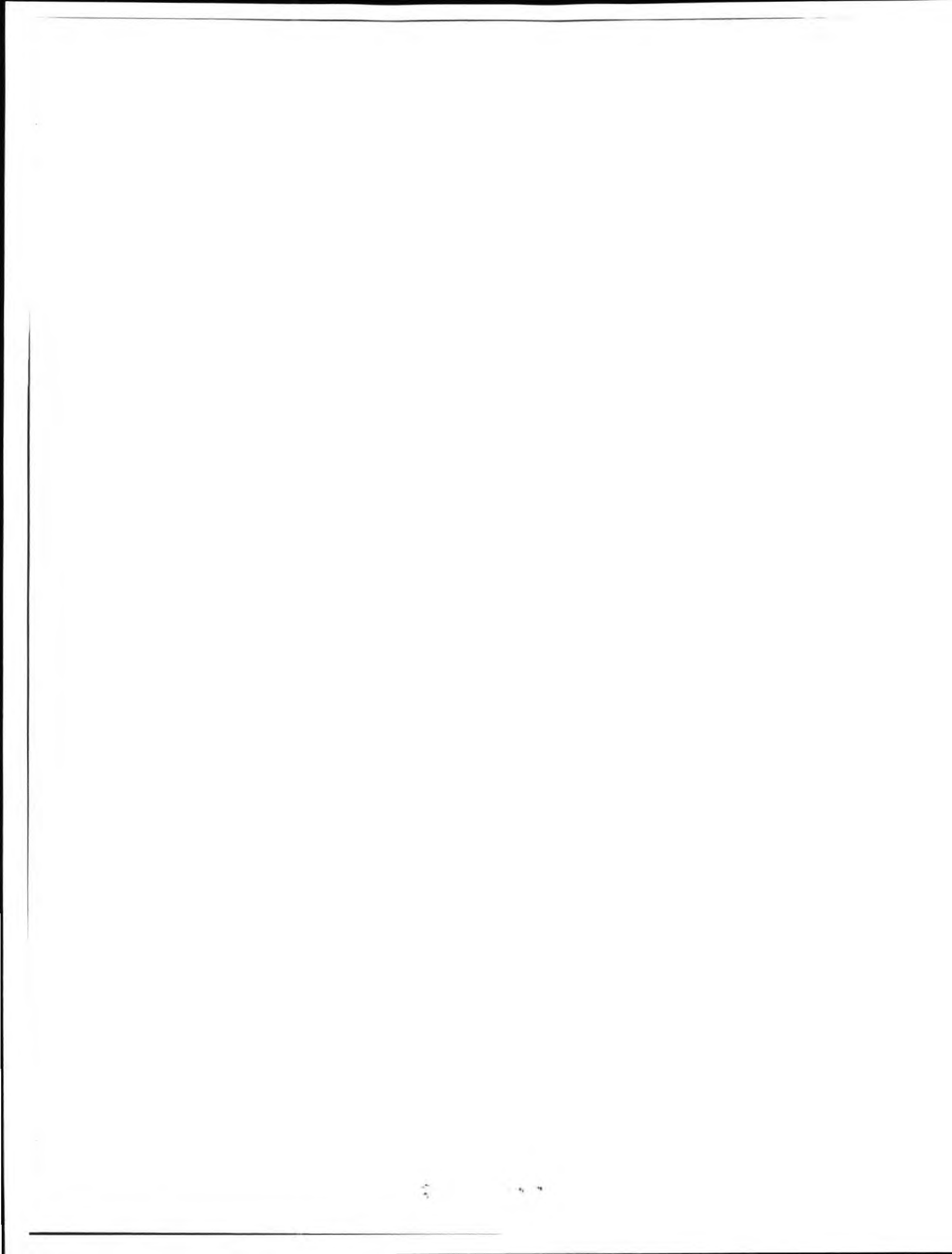
- Each day attempt to perform 2-3 of the following movements for 8-12 repetitions 3-5 times per day.
- Remember to squeeze core muscles and focus on breathing as you perform the exercises.
- Consistency is key – Improving back health requires daily work!

Squat:



Performance Points:

- Raise hands above head to ensure chest stays up
- Push knees out as you sit down
- Stand straight up without leaning forward



Bird Dog:



Performance Points:

- Place both hands and knees on the ground
- Ensure that back is a straight line
- Lift Opposite leg and opposite arm simultaneously until parallel with floor
- Repeat the motion with the opposite side
- If you are struggling, reduce the height you raise arm and leg

Banded Pull-Apart:



Performance Points:

- Begin with arms straight and in front of the body
- Pull the band apart while keeping elbows completely locked out

Functional Deadlift:



Performance Points:

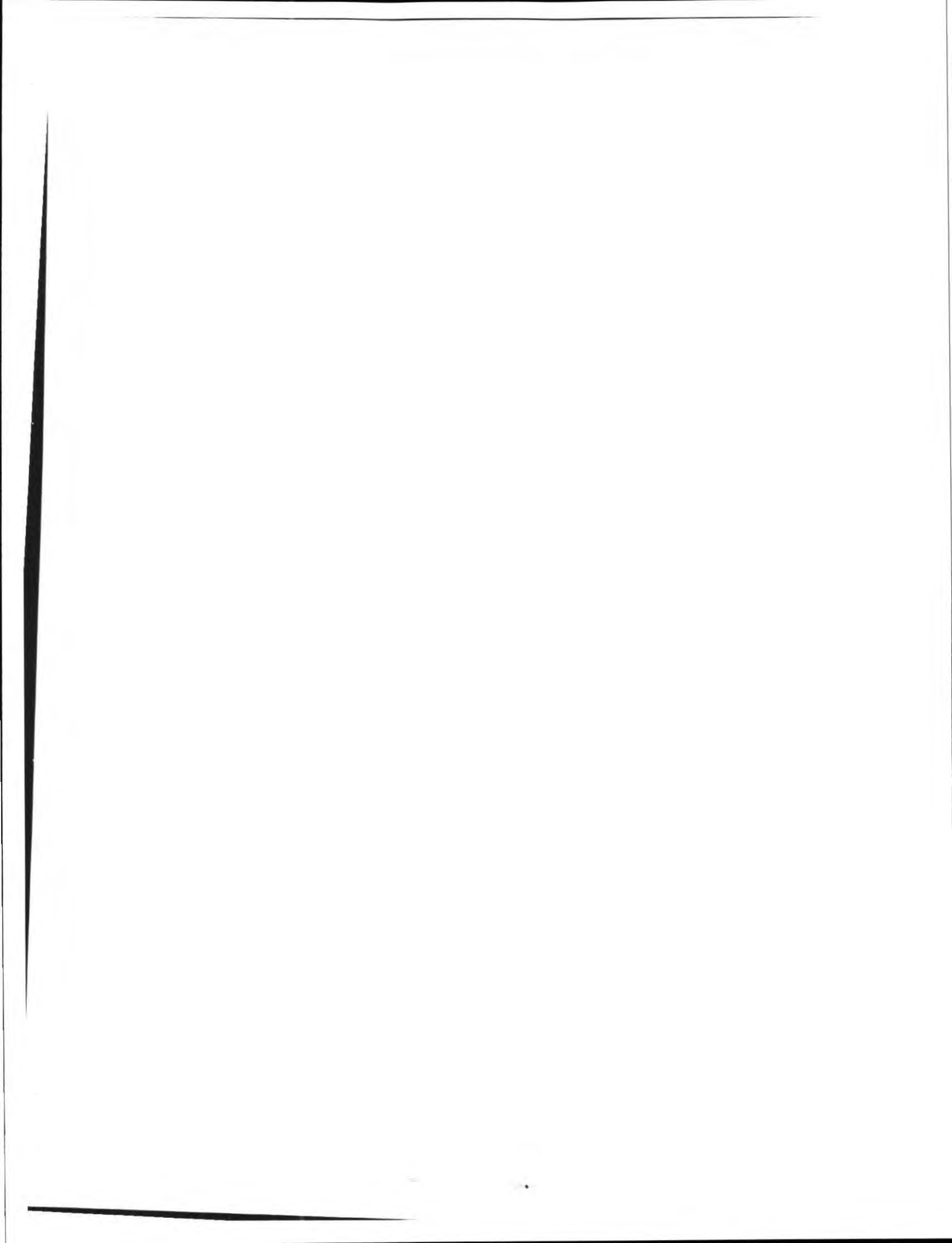
- Tighten core and back muscles
- Bend knees, push hips back, and reach toward the object
- Retain a flat spine as you grab the object and stand up
- Return the object while maintaining a flat spine

Banded Lateral Leg Raise:



Performance Points:

- Attach a light band to a stable post
- Slowly raise your leg laterally while squeezing abdominal muscles
- Slowly return leg to starting position
- If balance is an issue, hold onto a stable object nearby



Banded Rotation:



Performance Points:

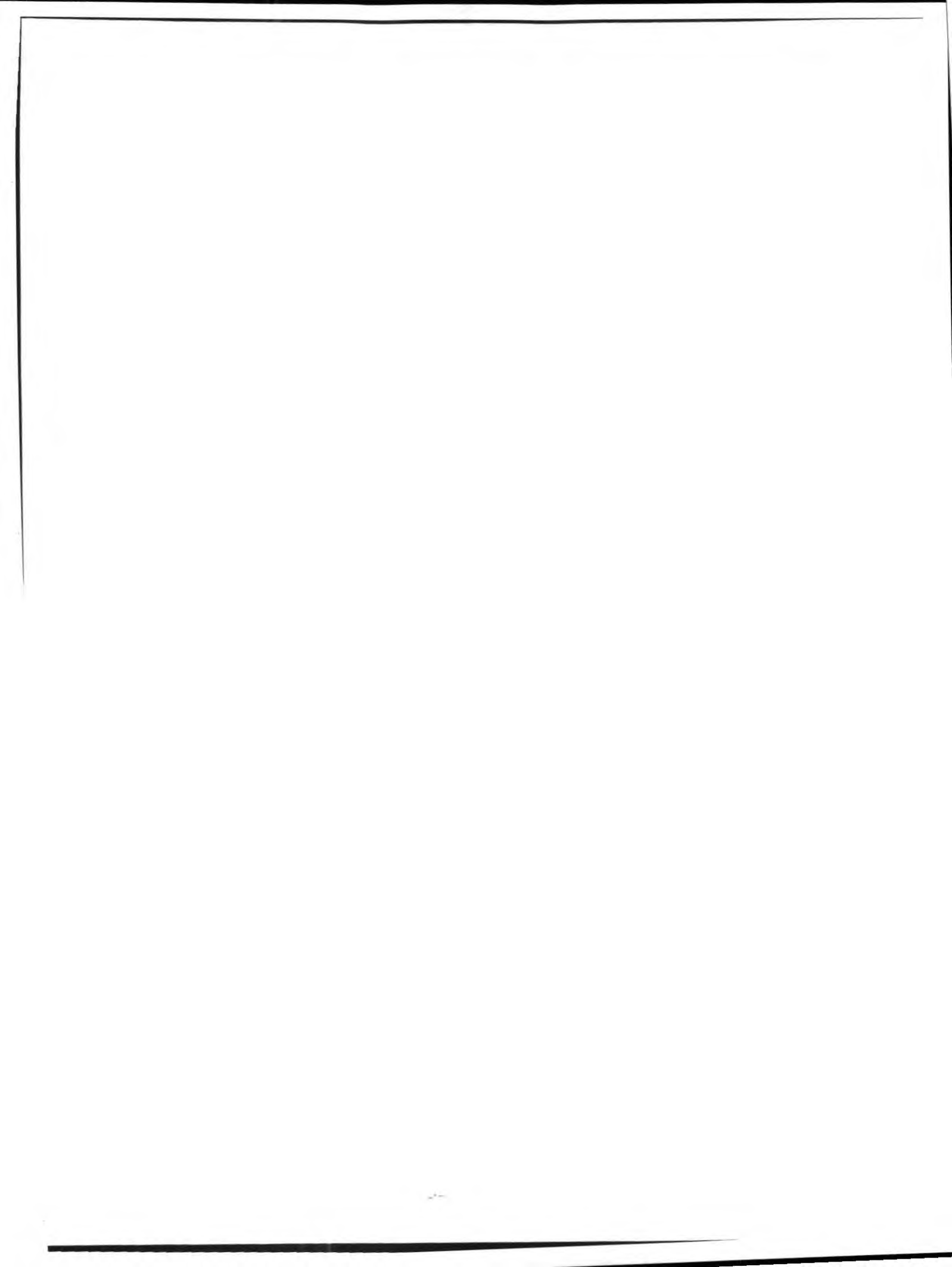
- Grasp bands with arms completely straight
- Rotate the torso while keeping arms completely straight
- Squeeze abdominal muscles while rotating

Step-Up:



Performance Points:

- Using a small box or step ladder, place one foot on box
- Step up utilizing one leg only
- Alternate legs with each step



Front Raise:



Performance Points:

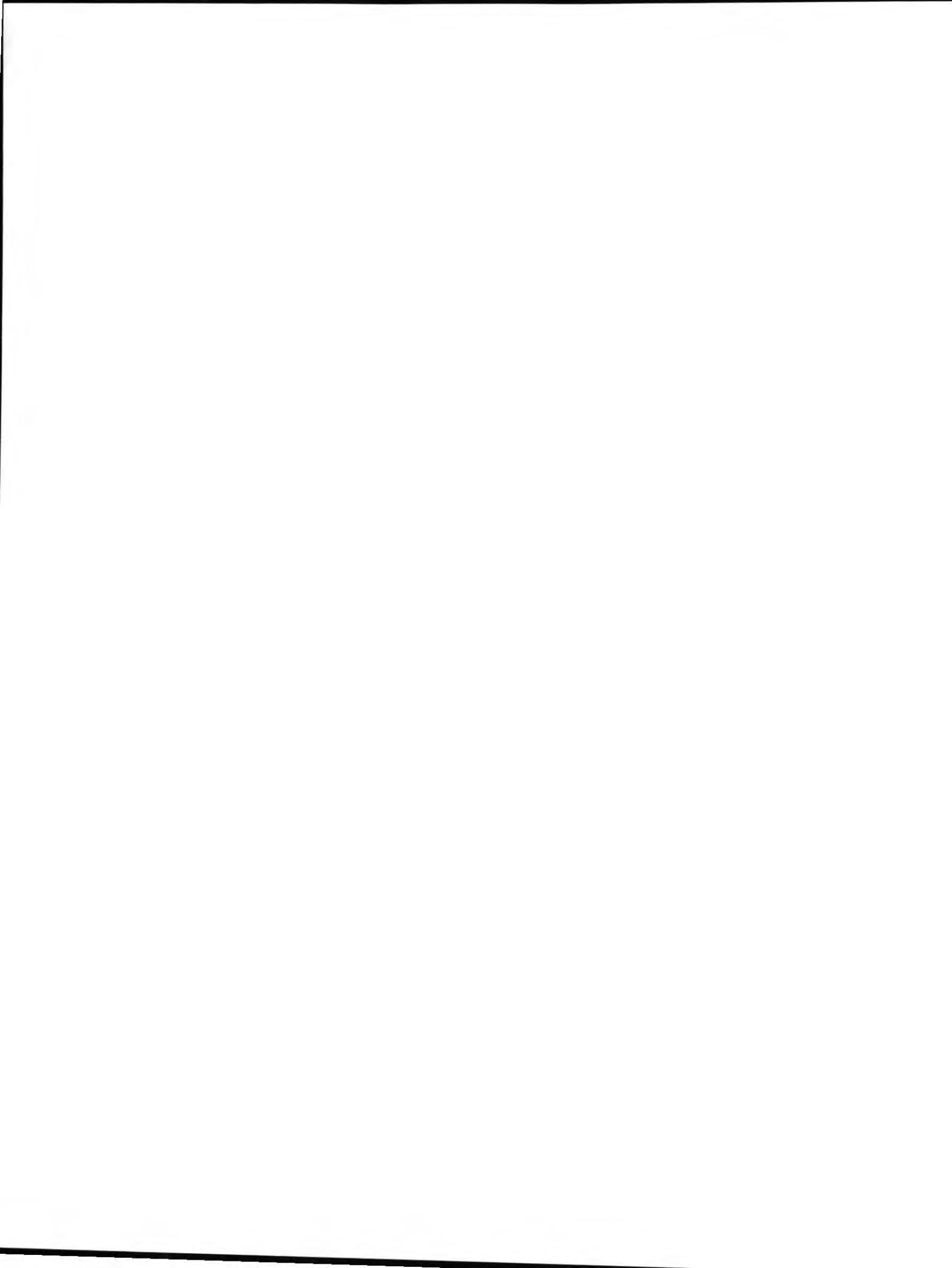
- Hold a light weighted item in each hand
- Raise hands to eye level while maintaining straight arms
- Squeeze core muscles and do not lean back as you lift arms

Lateral Shoulder Raise:



Performance Points:

- Hold a light weighted item in each hand
- Raise arms laterally until they are parallel with the floor
- Squeeze core muscles and do not lean back as you lift arms



Bent Over Lateral Raise:



Performance Points

- Hold a light weighted item in each hand
- Begin by bending knees and pushing hips backwards
- Maintain spine posture
- Raise Arms laterally and pinch shoulder blades together



