

# BACK TO BASICS

## Exercises for Lower Back Injury Prevention

### STABILIZING:

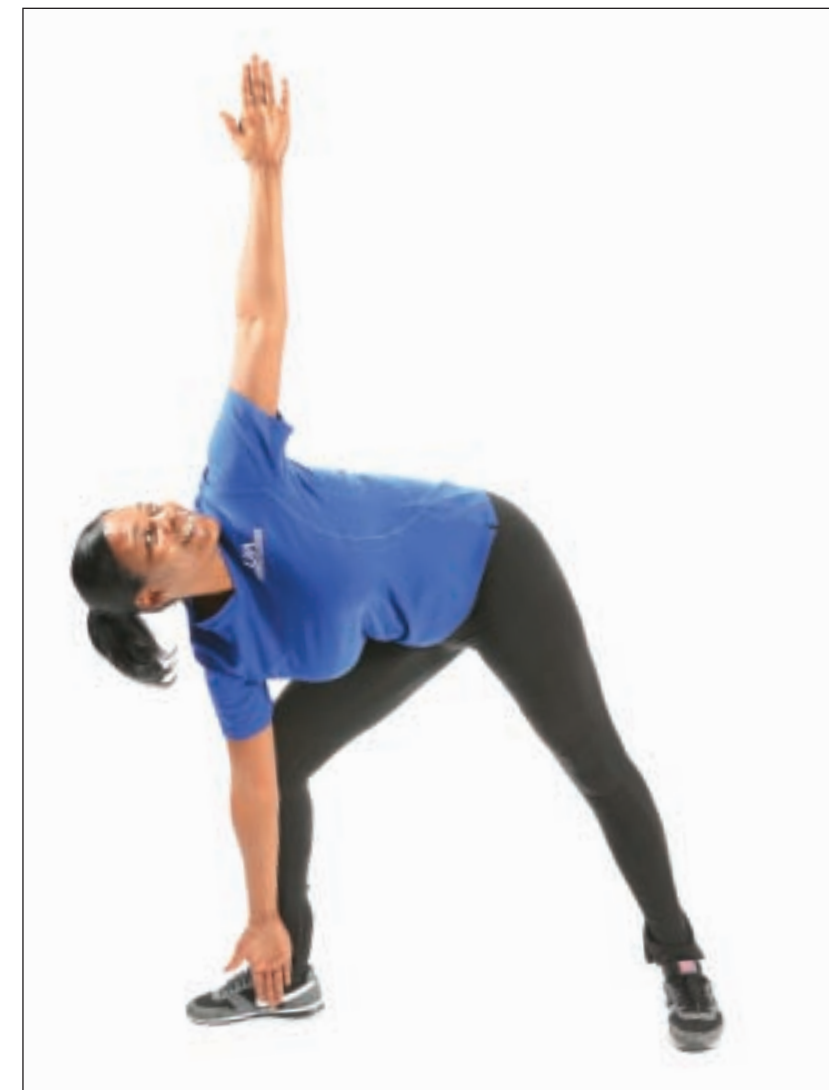
Hip Extension



Chair Pose



Triangle Pose



Pyramid



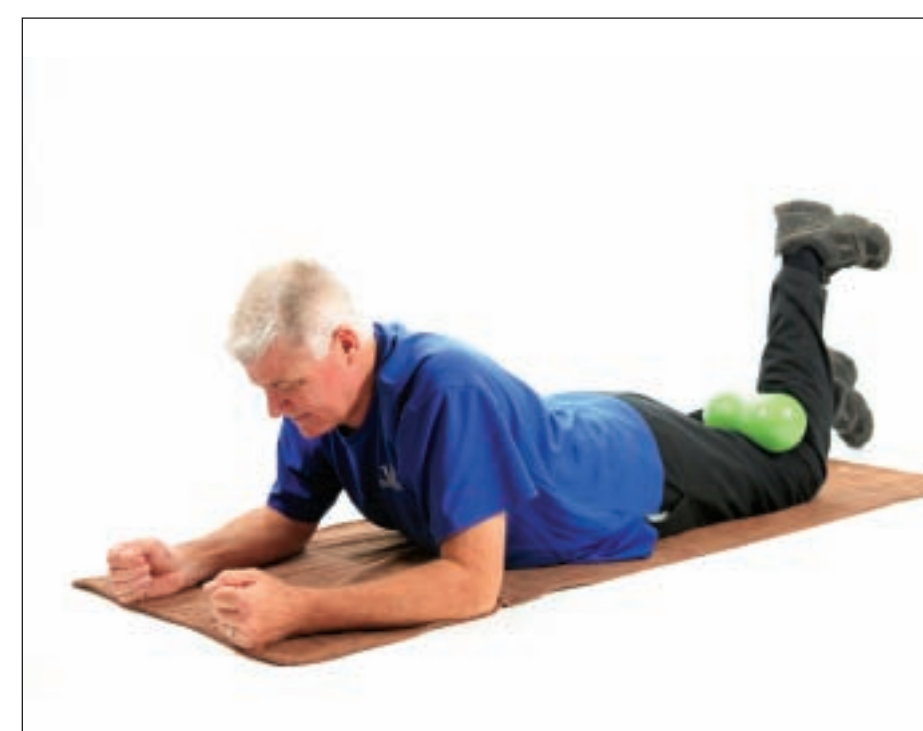
Bird Dog



Downward Dog



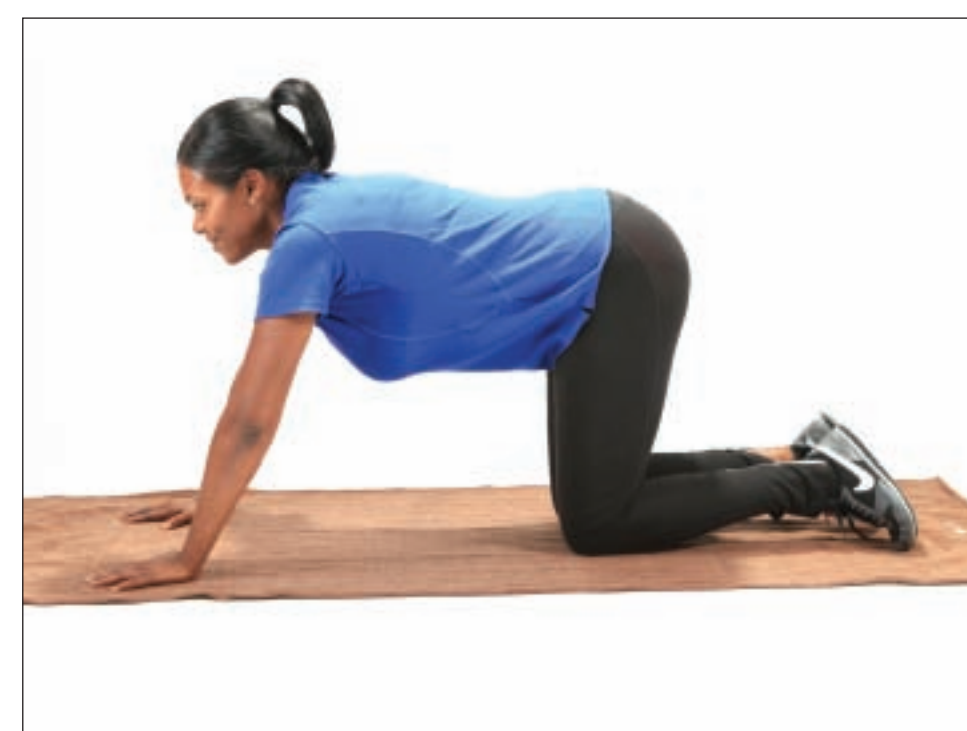
Hamstring Curl



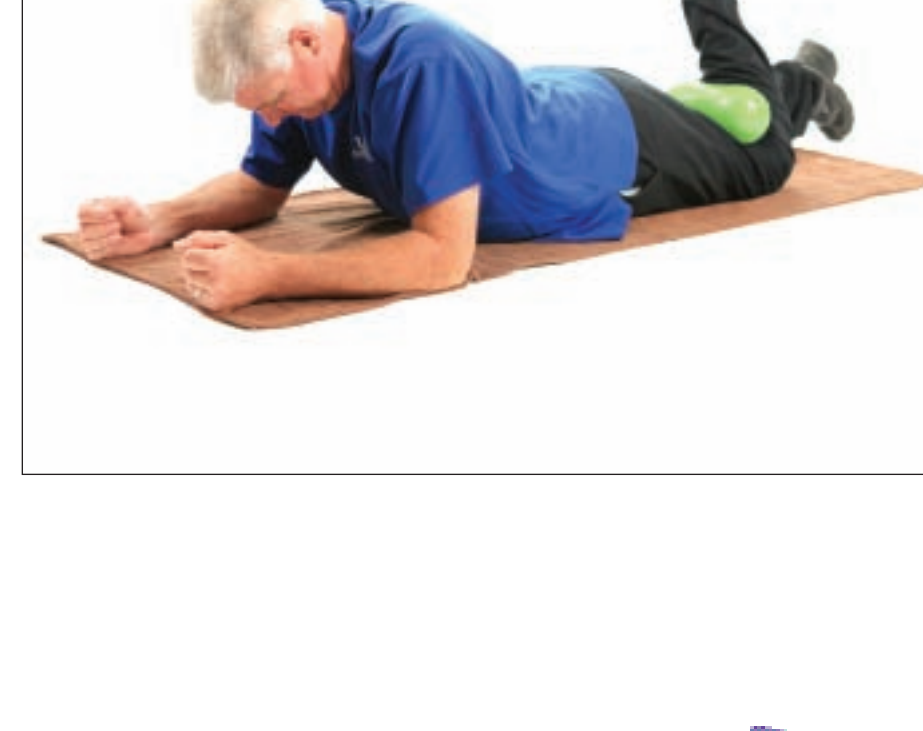
Back Extension



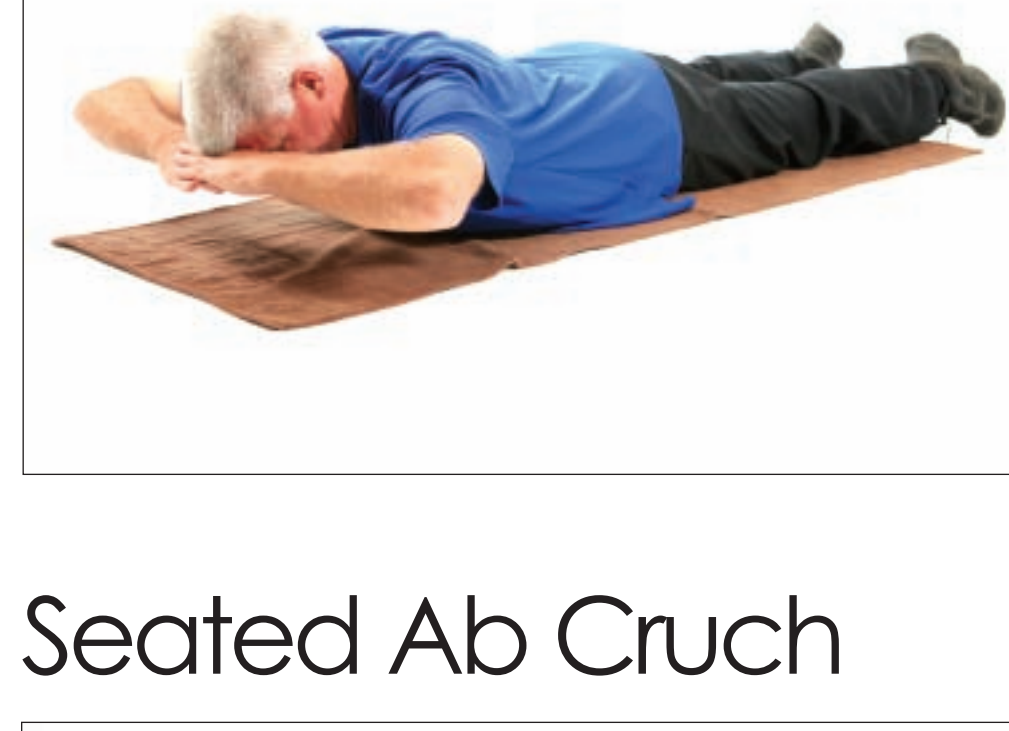
Plank



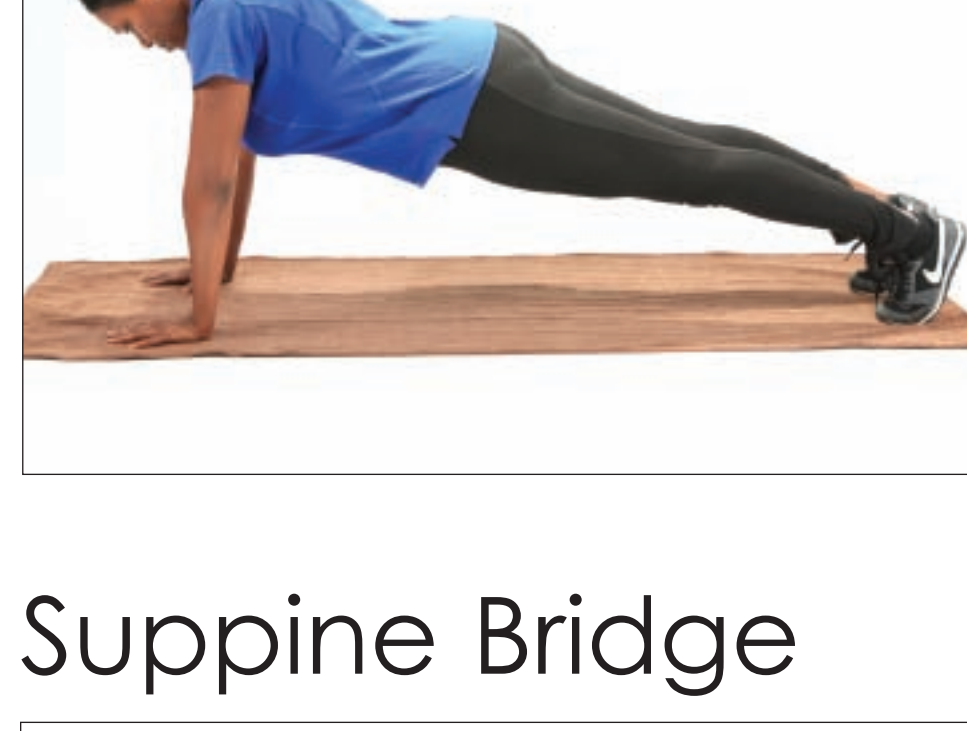
Hamstring Curl



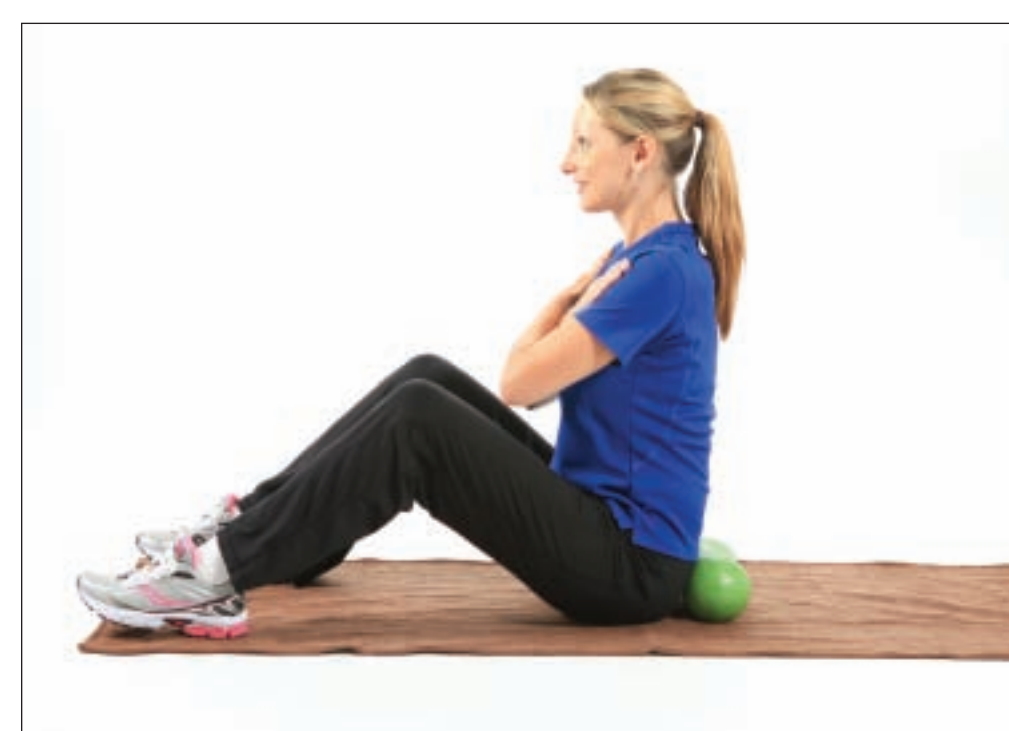
Back Extension



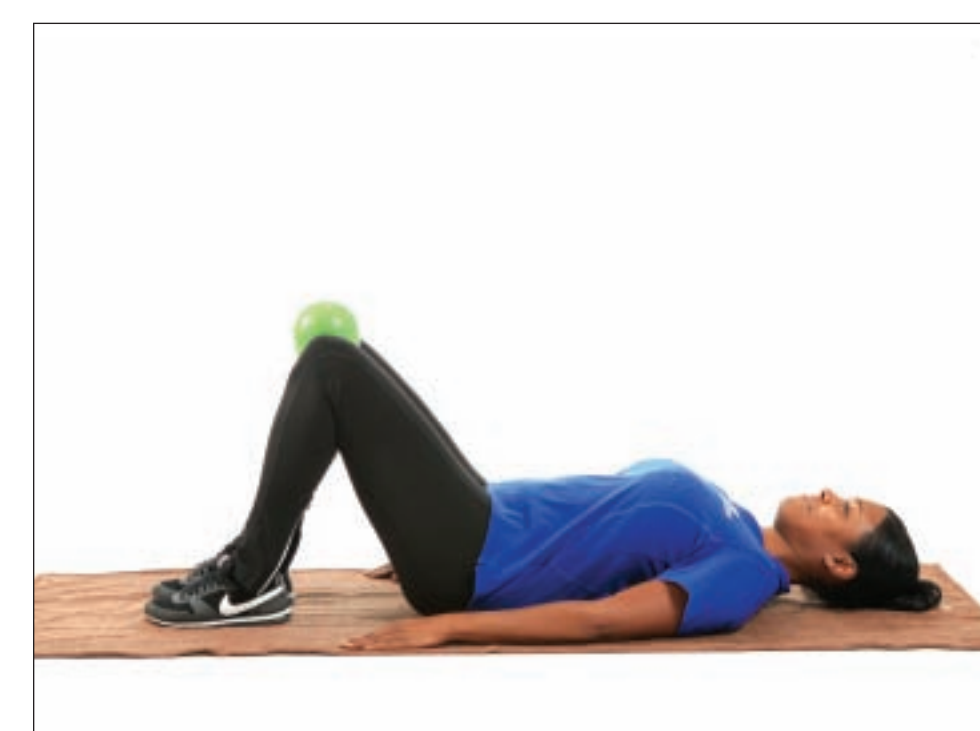
Plank



Seated Ab Crunch



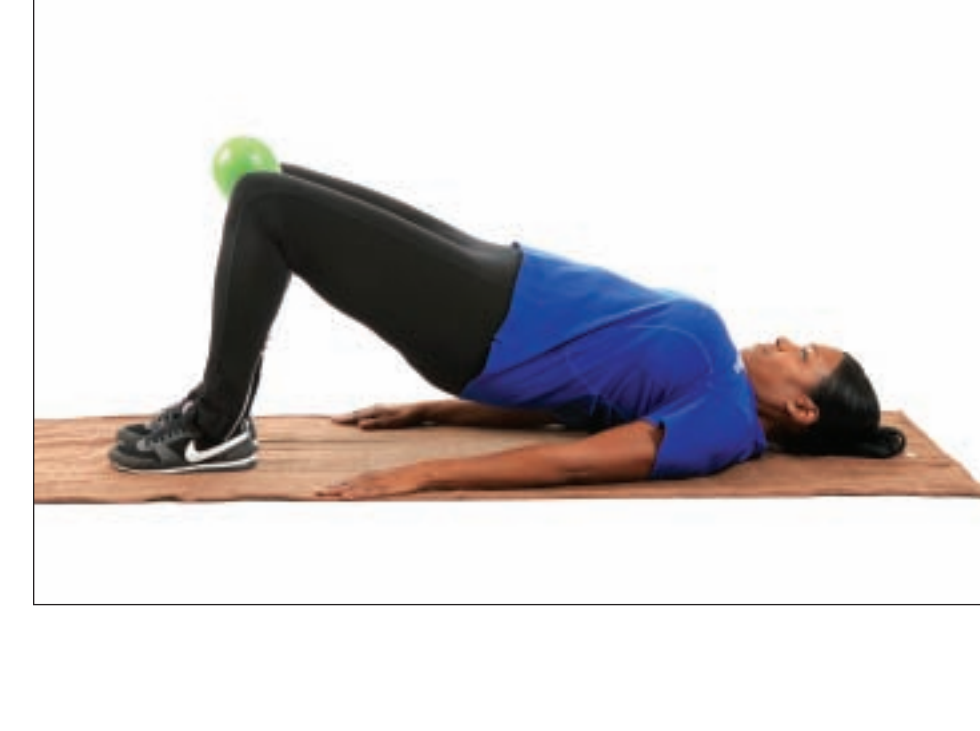
Supine Bridge



Seated Ab Crunch



Supine Bridge



### STRETCHING:

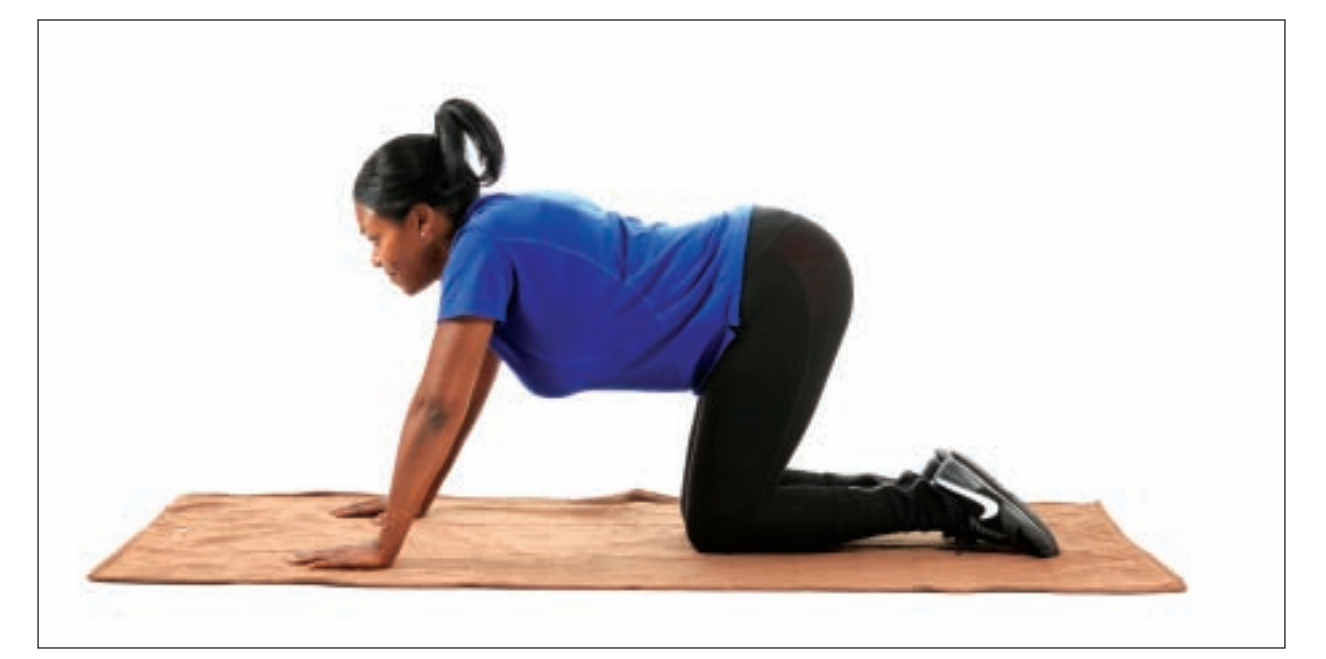
Gluteal Stretch



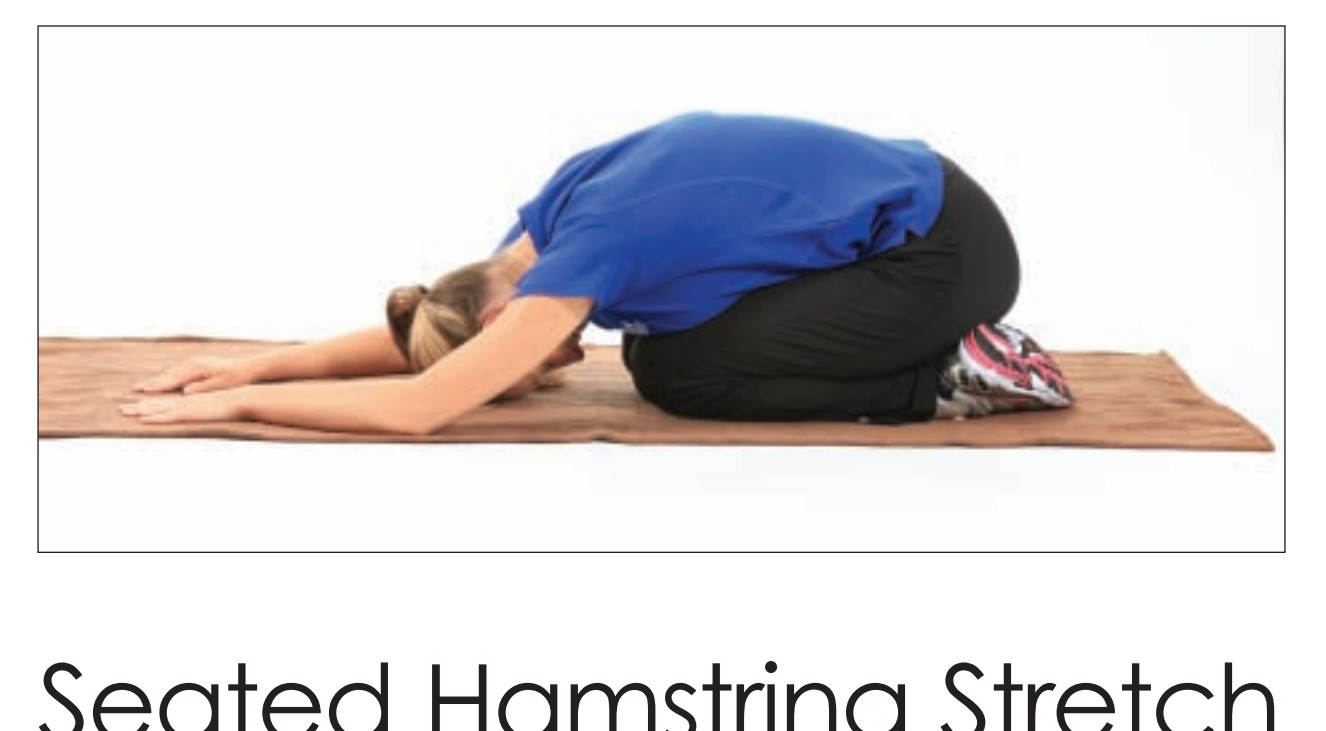
Lying Hamstring Stretch



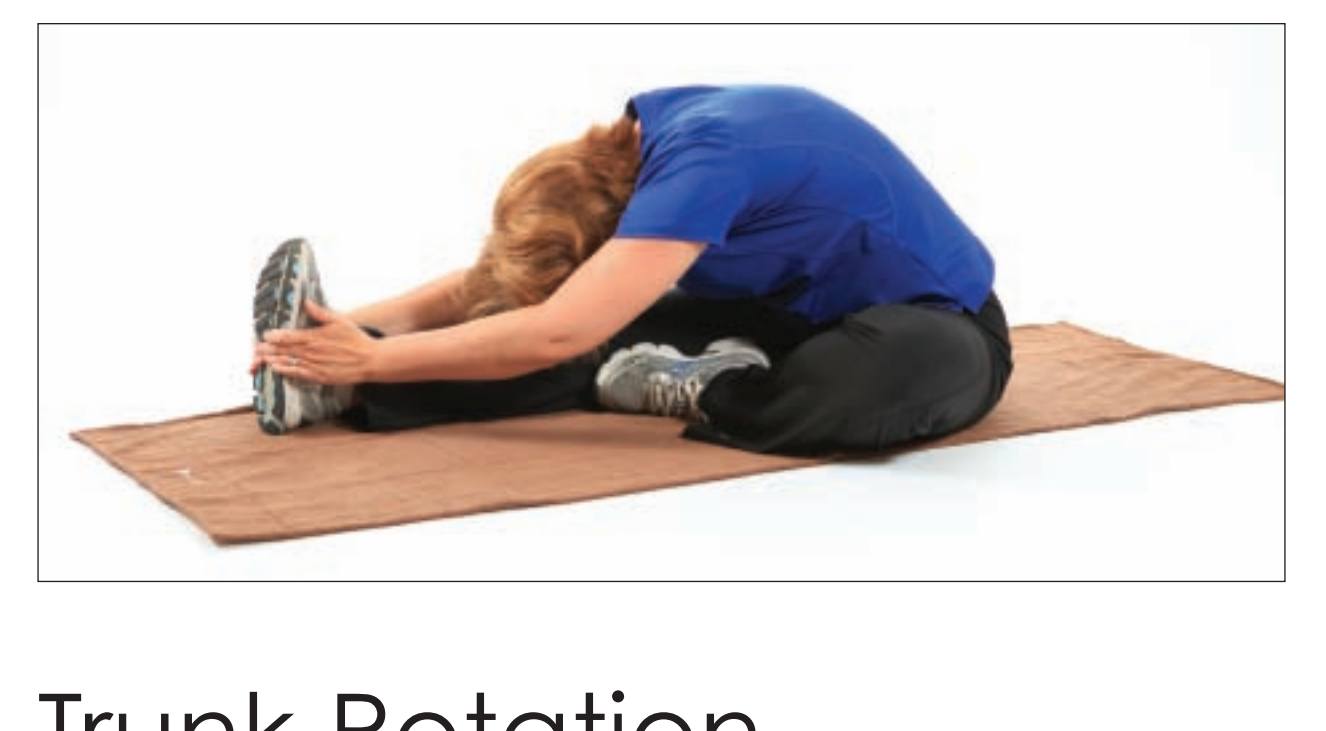
Cow/Cat



Child Pose



Seated Hamstring Stretch



Trunk Rotation



### STRENGTHENING:



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