

Low Back Stability Stage One

If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.

Repeat for 3 sessions per week

Rest 1-2 minutes between sets and exercises

[Glute Bridge](#) = 3 sets of 8-12. Progress to using the single leg over time.

[Bird Dog](#) = 3 sets of 8-12. Keep the back straight, move slowly.

[Isometric Holds](#) = Build up to 5 sets of Maximum duration hold. Focus on contracting the correct muscle in the low back, imagine lifting the chest bone 3 inches off the floor. Start with 2-3 sets to fatigue, and build up slowly.

[Deadbug](#) = 2-3 sets of 8-12 repetitions each side.

[Knee Lift](#) = 2-3 sets of 8-12 repetitions each side.

[Side Plank with Hip Abduction](#) = 2-3 sets of 8-12 repetitions each side.