

PT Routine

CONQUER LOWER BACK PAIN

Effective Exercises to Feel Better Already



Equipment needed: None required, but a mat or rug for hands is optional. Kettlebell or dumbbell for SL RDLs, if using weight.

Deadbugs

Lie on your back with your arms and legs in the air, then lower opposite arm and leg towards the floor while keeping your back flat.

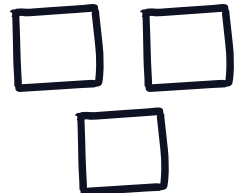
2 Sets of
10 Reps



Bird Dogs with Hold

Start on all fours, extend one arm and the opposite leg, hold for a moment, and return to start. Repeat on the other side.

3 Sets of
8 Reps
each side



Single-Leg RDLs (Romanian Deadlifts)

Stand on one leg, hinge at the hip to lower your torso while extending the other leg back, then return to standing.

2 Sets of
8 Reps
each leg

