

# BACK TO BASICS

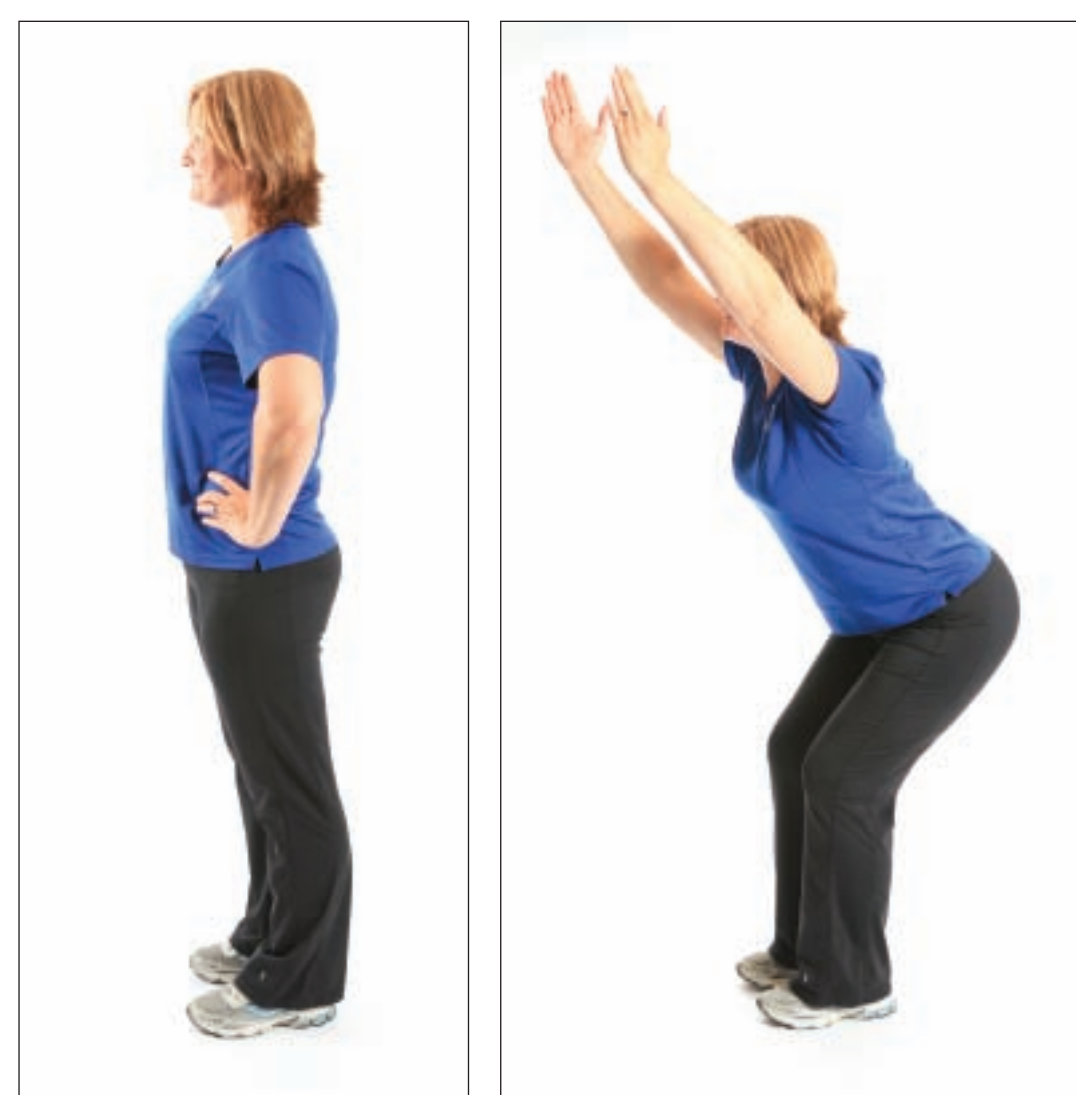
## Exercises for Lower Back Injury Prevention

### STABILIZING:

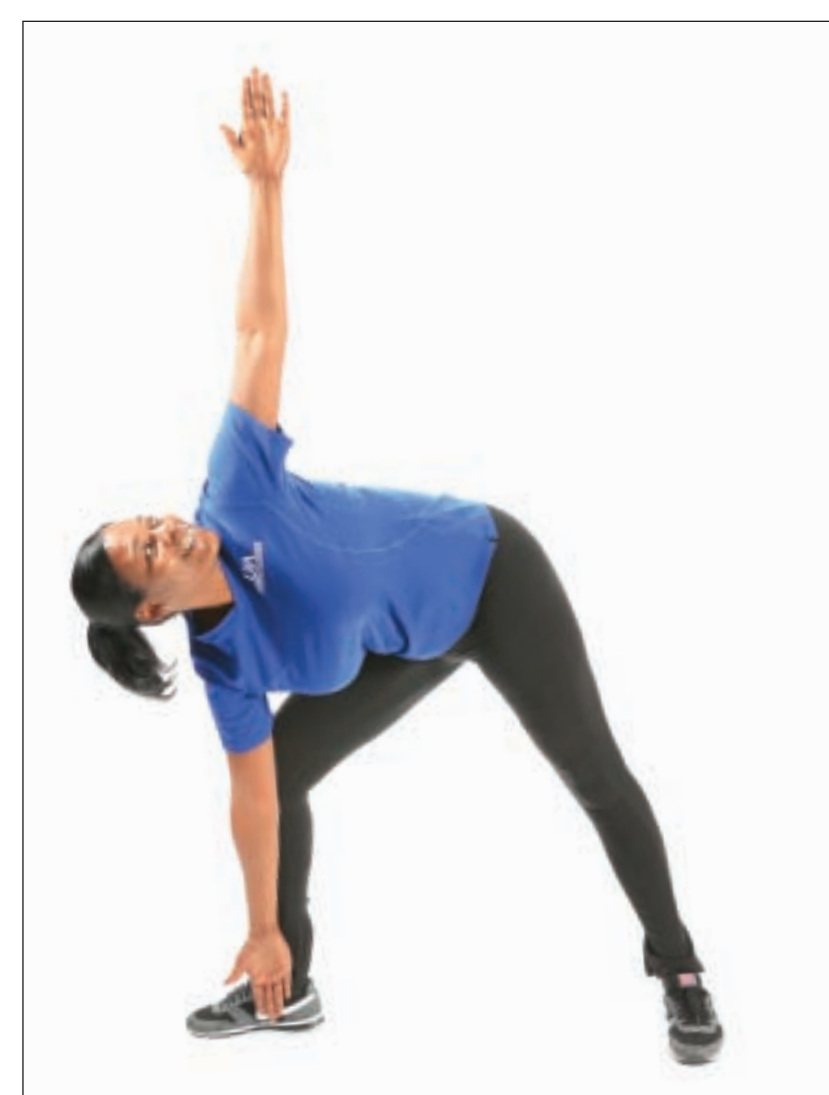
Hip Extension



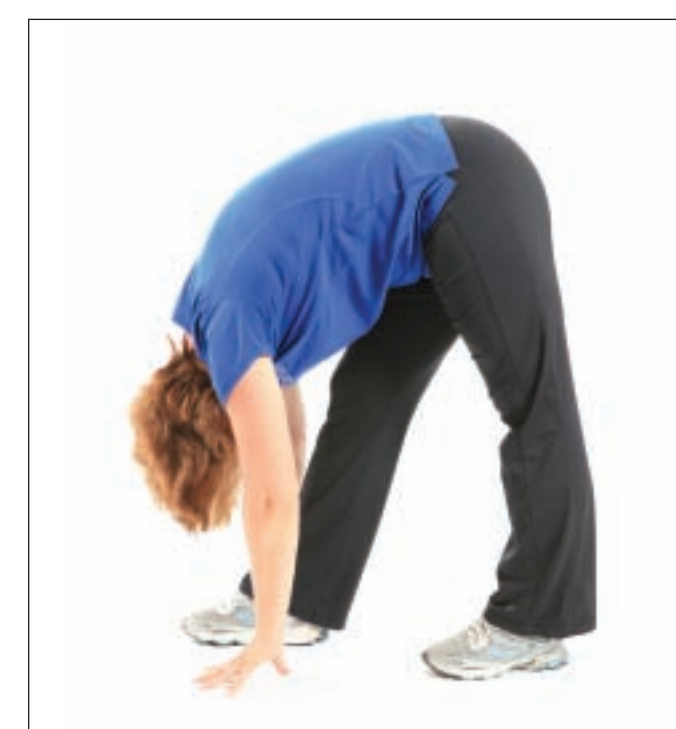
Chair Pose



Triangle Pose



Pyramid



Bird Dog



Downward Dog



### STRETCHING:

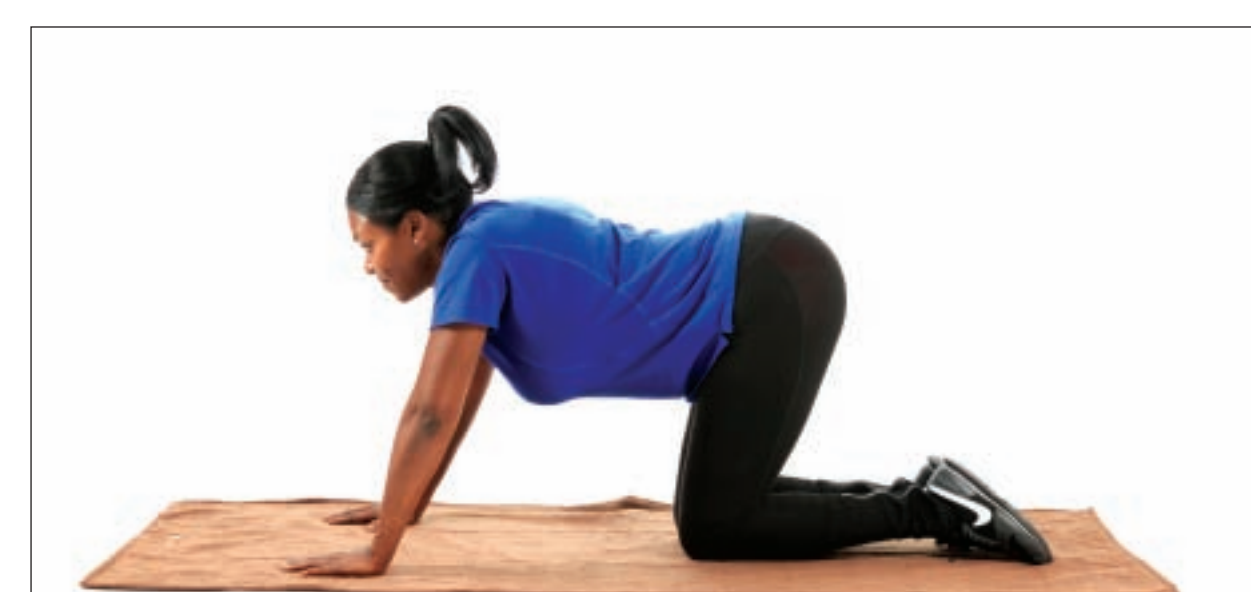
Gluteal Stretch



Lying Hamstring Stretch



Cow/Cat



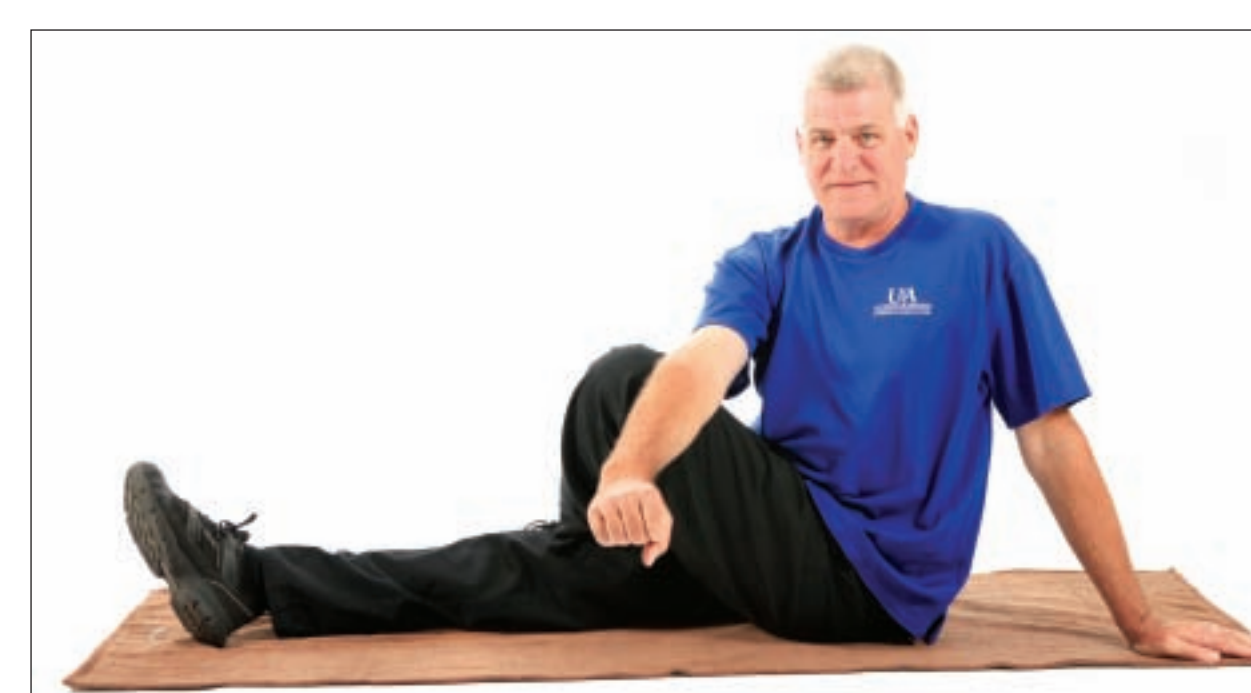
Child Pose



Seated Hamstring Stretch

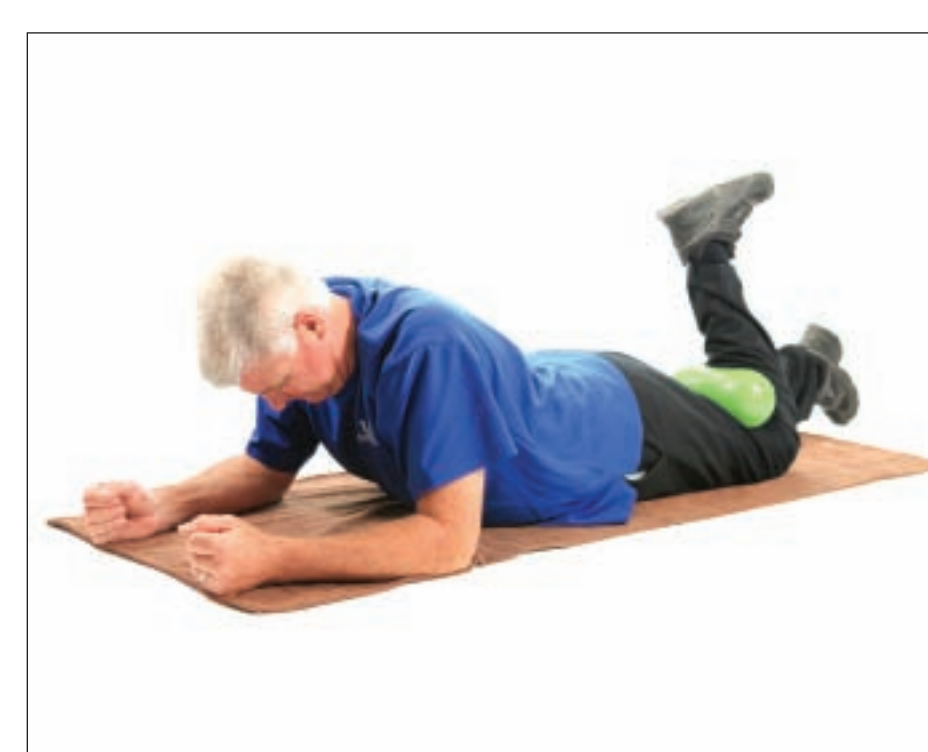
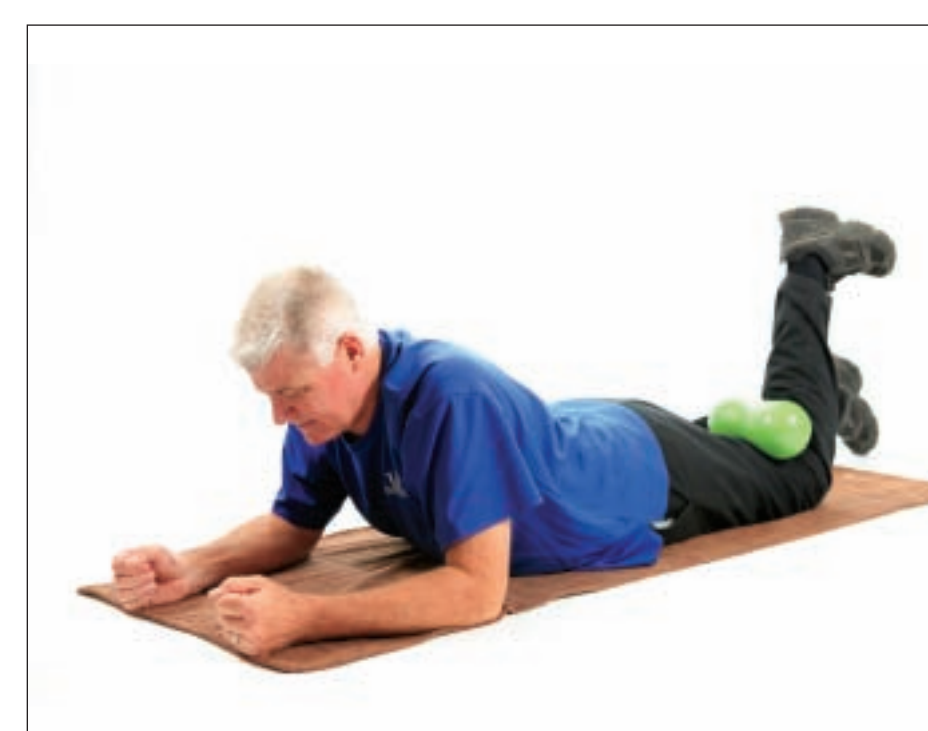


Trunk Rotation

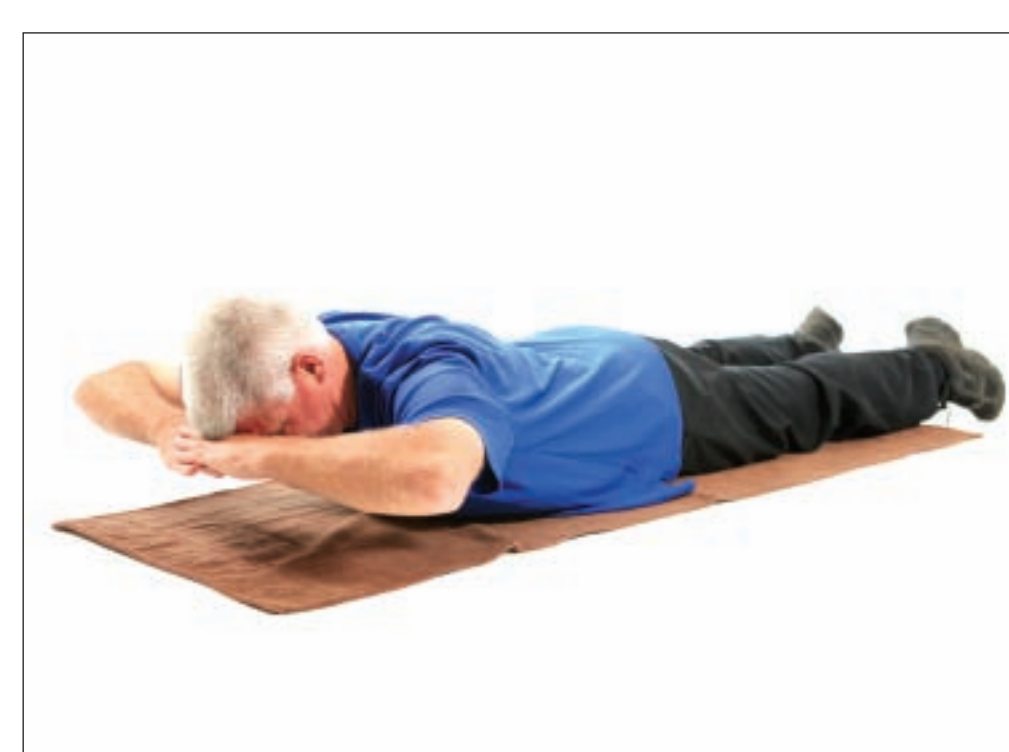


### STRENGTHENING:

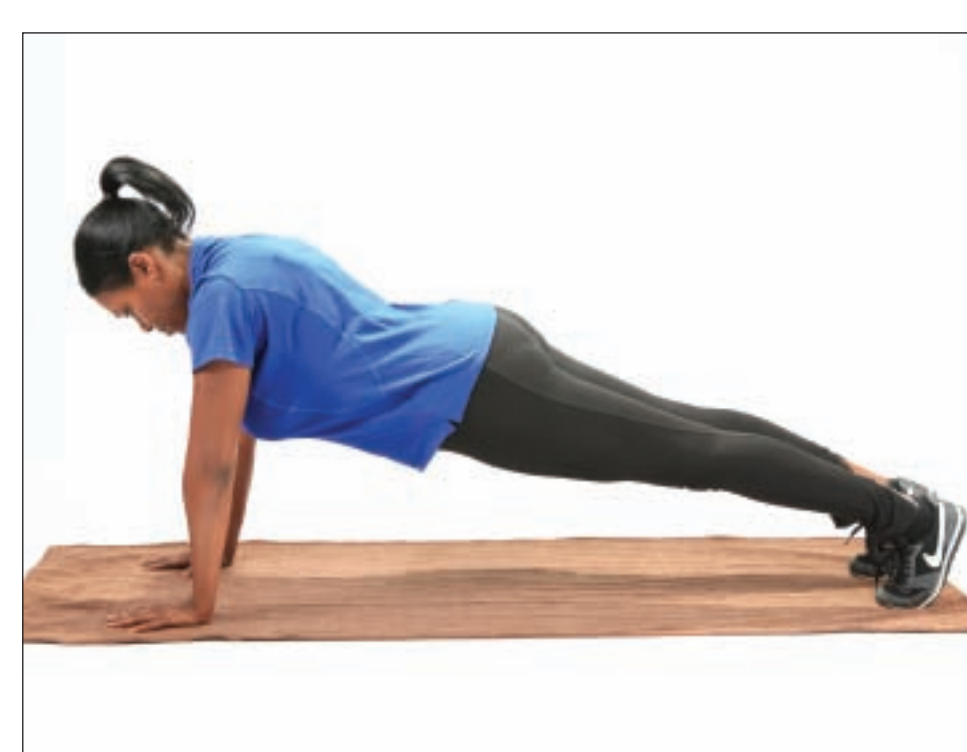
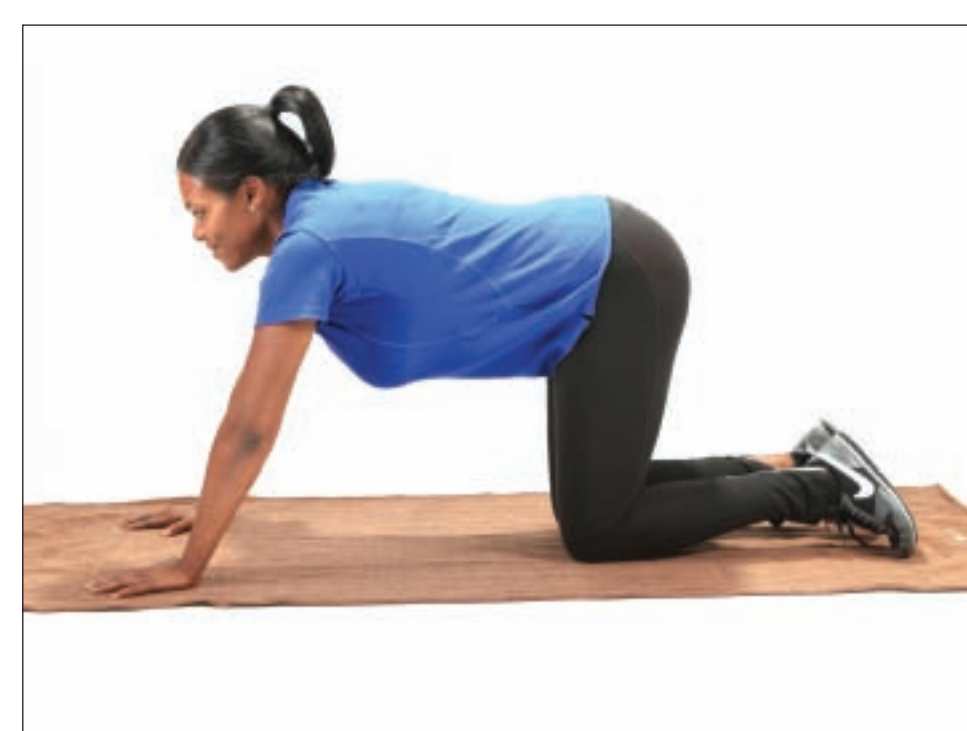
Hamstring Curl



Back Extension



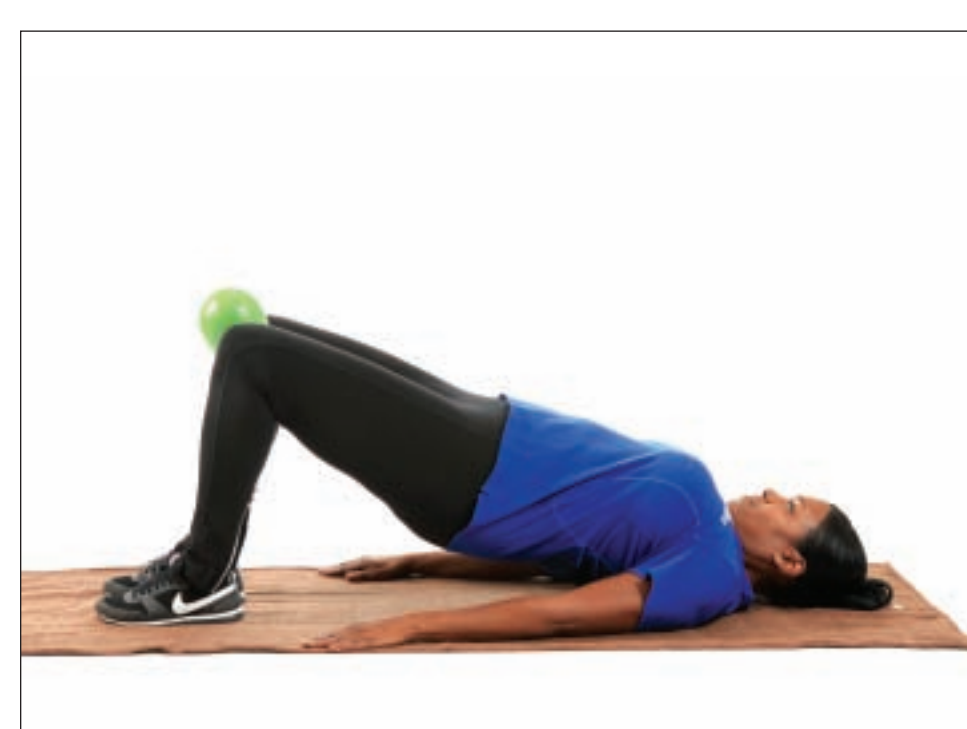
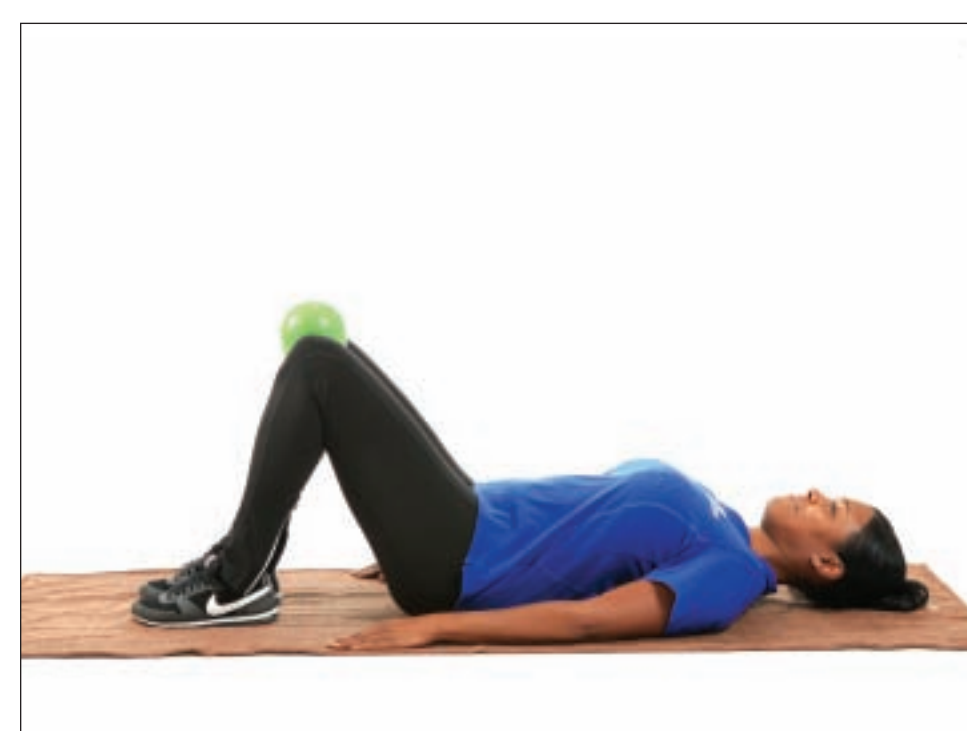
Plank



Seated Ab Cruch



Suppine Bridge



Fit In 10

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