



LIVEWELL HEALTH

your partner in successful aging

**NON SPECIFIC
LOWER BACK PAIN**

IN COLLABORATION WITH

VALD HEALTH

Properties

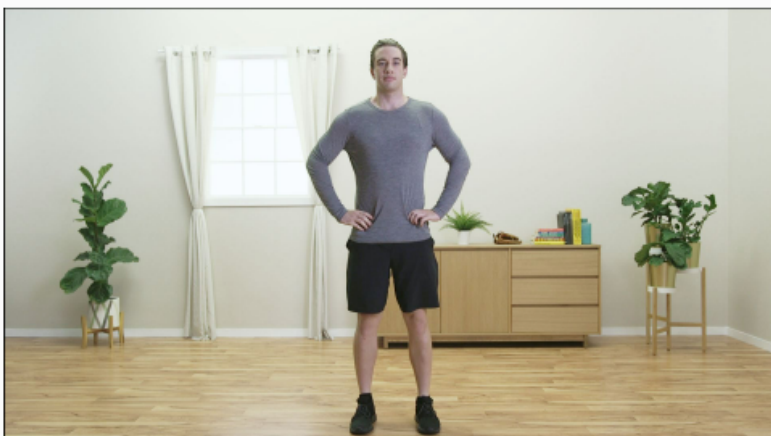
Sets **3**

Rest between sets **60 seconds**

Repetitions **10**

Instructions

Start by standing with your feet shoulder width apart, head up, chest tall and your hands on your hips. Bend down into a full depth squat, keeping your knees in line with your toes, and then push through your heels to stand back up to complete the exercise. Remember to keep your weight through your heels and chest up throughout the exercise.



Properties

Sets **3**

Rest between sets **60 seconds**

Repetitions **10**

Instructions

Start by standing behind a step, with your hands on your hips, head up and chest tall. Transfer your weight and raise your leg up and place your foot on to the step. Then step up by pushing through your foot. Bring up your other leg up to the step and stand tall to complete the exercise. Remember to keep your knees in line with your toes throughout the exercise.



Properties

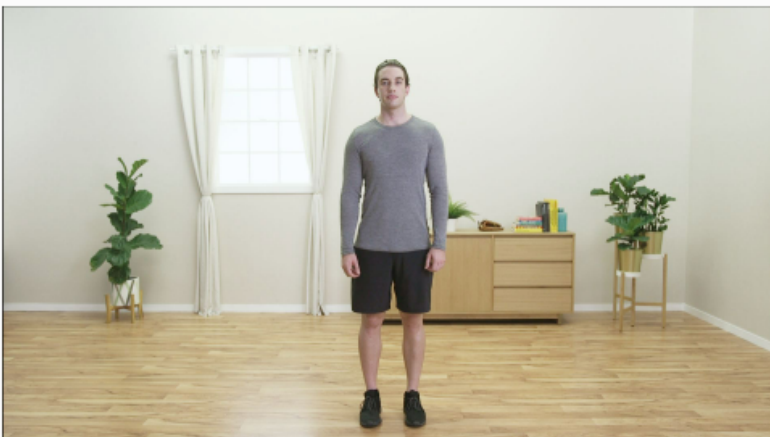
Sets **3**

Rest between sets **60 seconds**

Repetitions **10**

Instructions

Start by standing with your feet shoulder width apart, head up, and chest tall. Keeping your legs straight and weight through your heels, push your hips backwards to lower yourself down, with your chest coming forwards over your thighs. Then push your hips forwards to stand back up to complete the exercise. Remember to keep your back straight throughout the exercise.



Properties

Sets **3**

Rest between sets **60 seconds**

Repetitions **10**

Instructions

Start by lying on your back with your knees bent, feet flat on the floor and your arms resting by your sides with your palms facing down. Engage your core and gently draw up your pelvic floor. Slowly extend your hips up, aiming to form a straight line from your knees to your shoulders. Hold this position for the prescribed time and then lower yourself down to complete the exercise. Remember to keep your head and shoulders on the ground throughout the exercise.



Properties

Sets **3**

Rest between sets **60 seconds**

Repetitions **10**

Instructions

Start by resting on your hands and knees with your hands below your shoulders and your knees below your hips. Maintaining a straight line from your head to your hips, raise your arm up and extend your opposite leg back, then lower them to the ground to complete the exercise. Remember to maintain a straight line from your head to your hips.



Properties

Sets **3**

Rest between sets **60 seconds**

Repetitions **10**

Instructions

Start by standing with your feet shoulder width apart, head up, chest tall and your hands on your hips. Keeping the rest of your body still, arch your lower back, by tilting your tail bone out, and then round your lower back by tucking your tail bone in to complete the exercise. Remember to focus on moving the bottom of your hips throughout the exercise.



Properties

Repetitions **3**

Rest between repetitions **60 seconds**

Hold time **30 seconds**

Instructions

Start by lying down on your side with your hips and knees bent to a comfortable position. Engage your core and gently draw up your pelvic floor. Maintain the hold for the prescribed time and then relax. Remember to keep breathing throughout the exercise.



Properties

Sets **3**

Rest between sets **60 seconds**

Repetitions **10**

Instructions

Start by lying on your back with your knees bent and feet flat on the floor. Place your arms on the floor in line with your shoulders with your palms facing down. Keeping your knees together, rock your knees to one side, and then to the other side to complete the exercise. Remember to keep your upper body flat on the floor throughout the exercise

