



4 steps to a **STRONGER** BACK

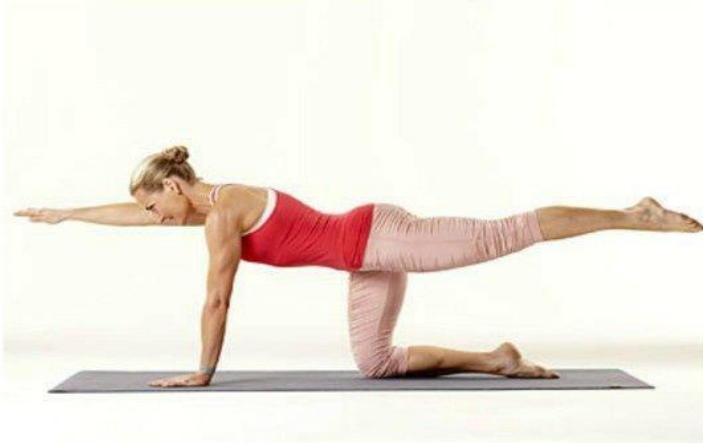


Back pain is often caused by a weak core, so here are four exercises that will strengthen the core and ease back pain.

The Plank - a good all-round exercise that works the core, shoulders and legs. Hold this position, starting with 30 seconds hold and 30 seconds rest. Then increase the hold time as you get stronger.



Hip raises – another core building exercise, great for strengthening and toning. With one leg placed on the floor, lift and lower the other leg to hip height. Repeat 10x on each leg.



Superman raises – good for balance and core. Raise the opposite arm and leg, Release and repeat on the other side. Repeat 10x for each leg.



Hamstring stretch – again a tight hamstring can add pressure to the lower back. Cross one leg over the other, reach behind the knee and raise the legs. Hold for 30 seconds and repeat on the other leg.