

# FUNCTIONAL

Muscle weakness and imbalance can lead to back pain and injury. It can make activities of daily living difficult and limit options in the gym. Regular exercise and stretching can help these conditions by strengthening the muscles around the spine. Try these exercises to improve strength and mobility:



**Knee to Chest** | Keeping lower back flat on the floor, extend one leg up with knee bent and hold position.



**Sphinx Pose** | From prone position, bring elbows below shoulders and gently lift head and chest away from floor.



**Hip Bridge** | Begin lying on the floor with knees bent and heels close to body, lift hips until body is in a straight line.



**Bird Dog Crunch** | Beginning from tabletop position with hands below shoulders and knees below hips, extend out opposite arm and leg then pull them toward center of body until elbow and knee meet.



**Wall Sit** | Keep back against wall and sit with legs at 90 degrees, rotate shoulders back until pressed against wall and hold.

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