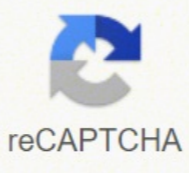




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Open

STRETCHING



TRX Flexibility

Stretch on the TRX to reduce muscle tension, increase range of motion and improve posture.

Adjust TRX so bottom is at mid-calf level.

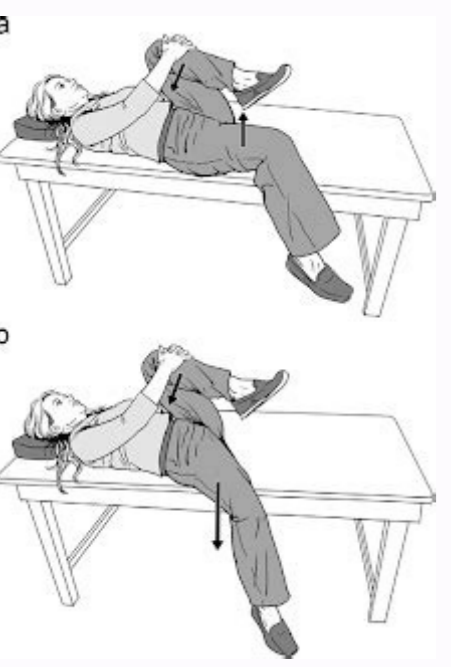
Perform each exercise as follows:

- Stand with feet on TRX and feet flat on the floor.
- Hold onto the TRX handles with both hands.
- Stretch slowly and hold for 30 seconds.
- Breathe normally and relax through stretches.

All-body
Fitness Level: All

| | | | |
|---|---|---|---|
| 01 TRX Chest Stretch Hold onto the TRX handles with both hands. Pull your chest towards the TRX handles. | 02 TRX Upper Back Stretch Hold onto the TRX handles with both hands. Pull your upper back towards the TRX handles. | 03 TRX Shoulders to Calf Stretch Hold onto the TRX handles with both hands. Pull your shoulders towards your calves. | 04 TRX Standing Back Stretch Hold onto the TRX handles with both hands. Pull your back towards the TRX handles. |
| 05 TRX Side-Split Hip Hinge Hold onto the TRX handles with both hands. Pull your side-split hip hinge towards the TRX handles. | 06 TRX Other Hip Hinge Hold onto the TRX handles with both hands. Pull your other hip hinge towards the TRX handles. | 07 TRX Seated Figure 4 Stretch Hold onto the TRX handles with both hands. Pull your seated figure 4 stretch towards the TRX handles. | 08 TRX Hamstring Stretch Hold onto the TRX handles with both hands. Pull your hamstring stretch towards the TRX handles. |
| 09 TRX Lower Back Stretch Hold onto the TRX handles with both hands. Pull your lower back stretch towards the TRX handles. | 10 TRX Calf Stretch Hold onto the TRX handles with both hands. Pull your calf stretch towards the TRX handles. | 11 TRX Long Neck Stretch Hold onto the TRX handles with both hands. Pull your long neck stretch towards the TRX handles. | 12 TRX Shoulder Hip Flexor and Knee Stretch Hold onto the TRX handles with both hands. Pull your shoulder hip flexor and knee stretch towards the TRX handles. |

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Princeton low back exercises pdf.

STABILITY BALL PUSH-UPS Start with the ball under your stomach and your hands on the floor in front of you. Hold the stability ball above your shoulder at the side of your head. **NECK FLEXION** Stand facing the wall and hold the stability ball at forehead height. Roll forward slowly until your shins are balancing on the stability ball. Lift your head and upper body off of the ground by using the muscles in your lower back. Keep your right arm next to your body and bend at the elbow. Just hold for a few seconds and repeat. **NECK LATERAL** Stand sideways to the wall. Thank you for your support! **PARTIAL SIT UP** Partial sit ups are recommended for people with back pain. Extend arms flat along body and maintain neutral alignment in the cervical spine. **SINGLE-LEG REVERSE CURL** Lie on your back with one knee flexed and foot flat on the floor and the other leg straight out slightly raised off the ground. Your upper left arm should be parallel to your torso, bent at the elbow so that your forearm is lying across your stomach with your hand on the floor. **CAT-CAMEL** Position yourself on all fours with hands directly beneath your shoulders and knees directly beneath your hips with your back straight. Lower your legs back down to the floor and repeat 5-10 times. Push back of head into the ball. Bring head back as if you are looking toward the ceiling. **SPINAL ROTATION** While seated in a chair, reach one arm across your stomach and grasp the opposite side of the chair. This exercise can also be performed with a dumbbell. Hold that position briefly, and slowly lower your arms. Raise both legs off of the floor until your body is horizontal and hold the position for about 10 seconds. **NECK EXTENSION** Stand facing away from the wall and hold the stability ball behind your head. **SINGLE-ARM LAT PULLDOWN** Begin with both hands overhead holding an elastic resistance band. Use your abdominal muscles to push your back towards the ceiling, arching it like a cat. **FRONT DELTOID RAISE** Start with your arms in front of your body, palms facing the thighs. Raise your head, neck, and shoulders off of the floor and hold that position for 5 seconds. This is another core exercise that strengthens your abdominal muscles. Hold this position for 10 to 15 seconds, maintaining a neutral neck and spine position. Tighten your abdominal muscles and use your lower back muscles by contracting your glutes to lift your shoulders and chest off the ball. You can do this in several sets of 6, 8, or 10 repetitions. If this exercise causes dizziness, fainting or loss of balance... STOP THE EXERCISE AND CONTACT YOUR PHYSICIAN. **SIDE LUMBAR BRIDGE** Lie on one side with your legs straight. Repeat 10-15 times. Place your hands on the back of your neck and force your head back while providing resistance with your hands. By rotating your left shoulder, raise your forearm so that it is perpendicular to the side of your body. Switch to your other side and repeat. **EXTERNAL SHOULDER ROTATION** Start by lying on your right side with your right arm folded under your head. Engage the abdominals, bend the knees slightly, and position the feet about shoulder-width apart. Raise your arms straight out in front of you until they are shoulder height. It will start flat on the floor, and then you will rotate it into your body so that your forearm is flat across your stomach. Hold that position briefly, and slowly return your arms to your sides. Thanks for visiting! The use of software that blocks ads hinders our ability to serve you the content you came here to enjoy. Rotate your head toward your (R or L) shoulder and then Nod your head down and you will feel a stretch on the opposite side of which you are looking. **CRUNCH W/ STABILITY BALL** Lay down with your back on the stability ball and your hands behind your head or folded across your chest. Hold for 15-30 seconds. Pause, then return slowly to the starting position. Relax and repeat. Hold to the count of 10, then slowly release it to the rest position. Make sure to keep your elbows straight the entire time, the only movement should be in your spine. Tighten your abdominal muscles and lift your arms and legs off the ground. It should look like you are in a Superman like flying position. Do these exercises in several sets of 6, 8, or 10 several times a day and you will be surprised at the amount of flexibility that returns in a couple of months. Hold this for about 30 seconds and then release. Pull downward to the side with one arm, adducting at the shoulder until the upper arm is next to the torso. Your head should raise when doing this. Bend your knees and lift your feet off of the ground. **LOW BACK EXTENSION** Start by laying flat on your stomach with your hands to your side. **LATERAL DELTOID RAISE** Start with your arms to the side of your body, palms facing the thighs. Rotate from side to side for 5-10 repetitions. Rotate your shoulder to move your forearm. The same muscle groups are worked out without putting stress on the lower back. Support the upper body by keeping the elbow directly beneath the shoulder. We ask that you consider turning off your ad blocker so we can deliver you the best experience possible while you are here. You should notice your head will point down towards the floor. Lift the working knee and leg in an upward diagonal direction over the belly button. Now perform pushups as your normally would by bending at the elbow. This exercise will strengthen your core and is simple to do. Keeps your arms slightly in front of the face to protect the back and shoulders. Same principle as the exercise before... Feel the stretch of your neck muscle on the opposite side. Pause, then slowly lower the leg to the starting position. **DOUBLE LEG LIFTS** Using a stability ball, lay face down with your hands on the floor in front of the ball. You may be tempted to hold your breath when clenching your abdominal muscles. Push side of heads laterally into the ball. Tighten the abdominals, bend the knees slightly, and position the feet about shoulder-width apart. This exercise stretches your glutes and back. Begin the exercise by drawing one of your knees to your chest, using both hands (only one foot is now on air). Repeat as many times as you can, with a goal of increasing your reps each day. Look over the shoulder while rotating the low- and mid-back. Feel the stretch in the muscles located on the front part of your neck. Next, drop your back so that your lower back extends. Do 4-5 repetitions, and then repeat with your other leg, then both legs at the same time. Raise your arms straight out to your side until they are shoulder height. Hold this position for 4-5 seconds and then lower yourself back down. **Neck Stretches** Bring your ear to your shoulder Let your neck to sit in that position for 5 to 7 seconds Force your ear toward your shoulder. Being careful not to let the top hip rotate forward, engage the abdominals and use the torso to lift the hips. **KNEE TO CHEST** You start this exercise the same way like the partial sit up. You will start just like a regular sit up with your back on the floor, both feet on the floor, and your knees bent. Repeat with other leg. Repeat this motion 10-15 times and use a dumbbell if you prefer. Use your neck muscles to push your forehead into the stability ball. Lay with your stomach on the stability ball with your hands behind your head. Neck exercises for strength Put your hand on your forehead and force your forehead against your hand to provide resistance. Maintain a backwards-pelvic tilt and raise shoulder blades off the ball, return to the starting position, and repeat. **BACK EXTENSION** This exercise is best performed with a stability ball. **HIP ROLL** Start this exercise flat on your back with your arms extended out to the side. **DON'T!** Control your breathing while holding this position. You will now rotate your hips to the side so that your legs become parallel with the floor. **INTERNAL SHOULDER ROTATION** Lay on your right side, like in the external shoulder rotation, but keep your right hand free this time. **SUPERMAN** Lie face down with your arms extended above your head. Repeat this 12-15 times.

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