

# STRENGTHEN

To help manage back pain consider strengthening your back and the supporting muscles. Use the 4x dynamic mobilising stretches to warm-up. Be sure you watch and listen carefully to the demo video – it's important you get the correct position otherwise you can run the risk of doing more harm than good!

**Remember go SLOWLY - focus on technique!**

## ROLL DOWN

- Stand up with legs hip width apart and shoulders relaxed
- Eyes straightforward and imagine a piece of string lifting you up through the centre of your head
- Engage the muscles in your glutes and pull your tummy in.
- Inhale, and then as you breathe out, tuck your chin to your chest and slowly roll down bone by bone.
- Let the weight of your head pull you down with your arms hanging loose
- Slowly roll up one bone at a time until you are standing straight
- Repeat 2x more times.

## THE PLANK

- Get down on all fours and place your hands under your shoulders, knees under hips
- Breathe in, engage your glutes and pull in your tummy
- Breathe out, slide one leg back raising the knee off the mat, then the other, keeping a nice, straight line from your shoulders to your ankles
- Hold it for a few breaths & come back down onto mat
- Repeat 2x more times
- If this move feels too advanced try dropping your knees to the mat.

## SWIMMING

- Lie face down, arms & legs stretched out in front of you
- Breathe in and engage your glutes and pull in your tummy
- Breathe out and raise your right arm and left leg and your head slightly (but keeping looking down, don't tilt head back)
- Hold it for a few breaths, stretching on the diagonal. Slowly lower arm, leg & head
- Engage your glutes & tum and raise opposite arm & legs, hold and then lower
- Repeat 2x more times.

## BRIDGE

- Lie on your back with your feet near your bottom, arms flat by your side
- Clench your glutes & tip your pelvis to the ceiling and lift your tailbone off the mat one vertebrae at a time until there is a straight line, from your knees to your shoulders
- Engage your glutes and pull your tummy in
- Pause for a few breaths and then reverse the move, lowering yourself back slowly to the mat shoulders first. Keeping your pelvis tipped until your spine makes it back to the mat
- Repeat 2x more times.

## THE 100

- Lie on your back knees bent with your arms by your side, palms down
- Engage your glutes and tummy. Lift one leg so that your shin is parallel to the mat with your knees directly above the hip
- Press your back firmly to the floor raise the other leg to the same position
- Lift your head and neck towards your chest and raise both arms off the mat palms down
- Gently, raise your arms up and down for a count of 10
- Then turn your palms upwards for another 10. Repeat till you reach 100.
- If you find this move too advanced try leaving your feet on the mat.

**If you have back injury or any underlying health conditions – these are not for you.**

For those who are healthy, if you experience any pain at all, during these exercises, be sure to stop.

Do not perform any of these exercises until you have read our disclaimer available at [www.deepheat.com.au](http://www.deepheat.com.au)