

# BACK TO BASICS

## Exercises for Lower Back Injury Prevention

**STABILIZING:**

Hip Extension



Chair Pose



Triangle Pose



Pyramid



Bird Dog



Downward Dog



Hamstring Curl



Back Extension



Plank



Seated Ab Crunch



Supine Bridge



**STRETCHING:**

Gluteal Stretch



Lying Hamstring Stretch



Cow/Cat



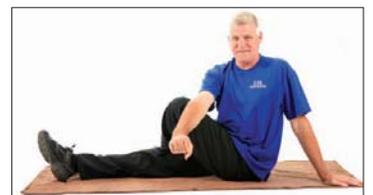
Child Pose



Seated Hamstring Stretch



Trunk Rotation



**STRENGTHENING:**

Fit In 10

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