

Back Strengthening Exercises



START **BRIDGING** **FINISH**

Hold 10-15 sec Repeat 3-4 times

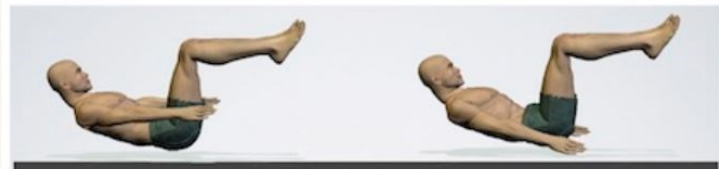
The diagram shows a person lying on their back with knees bent and feet flat on the floor. An arrow points to the right, indicating the direction of the hip extension during the bridging phase.



START **AIRPLANING** **FINISH**

3-4 sec hold 5-6 reps each side

The diagram shows a person on all fours with the right leg extended straight back and the left leg extended straight forward, forming an airplane shape.



PULSE UP **THE 100** **PULSE DOWN**

Total of 25-40 pulses

The diagram shows a person lying on their back with knees bent and feet flat on the floor, illustrating the starting and ending positions of the pulsing motion.



START **FOREARM PLANK** **FINISH**

Hold 10-15 seconds Repeat 3-4 times

The diagram shows a person in a forearm plank position, resting on their forearms with the body in a straight line from head to heels.



START **TABLETOP** **FINISH**

Hold 10-15 sec Repeat 3-4 times

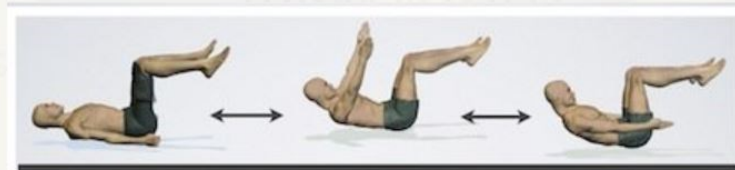
The diagram shows a person lying on their back with knees bent and feet flat on the floor, illustrating the starting and ending positions of the tabletop exercise.



START **THE DART** **FINISH**

Hold 10-15 seconds Repeat 2-3 times

The diagram shows a person lying on their back with legs extended straight out, illustrating the starting and ending positions of the dart exercise.



PILATES CRUNCHES

Repeat 4-8 times

The diagram shows three stages of a Pilates crunch: starting with legs bent and feet flat, moving to a crunch position with legs bent and feet flat, and finally to a crunch position with legs bent and feet flat.