

# LUMBAR EXERCISES

*10 sequences per day (5 sequences in the morning and 5 sequences in the evening),  
hold for 5 seconds each*

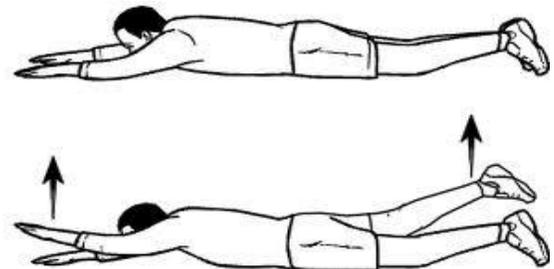
*(1 Sequence= Superman #1, Superman #2, Superman #3, Superman #4, & Superman #5)*

**The Superman Series:** An exercise designed to strengthen your back muscles. If you do a lot of sitting and have weak back muscles, these exercises will be especially beneficial. Your head should be supported in a neutral position as you do these exercises. Remember, good neck and upper back posture starts by sitting and standing with a strong, balanced position of the lower back.

*(The Superman series is very demanding. If you have a spondylolisthesis, do not perform these exercises.)*

## **Superman #1:**

- Lie on your stomach with your arms straight and palms down.
- Lift and alternate your arms and legs
- Right arm-left leg
- Left arm-right leg
- Hold for 5 seconds
- As you become stronger, try to increase your holding time by a few seconds.
- Repeat this exercise 5 times.

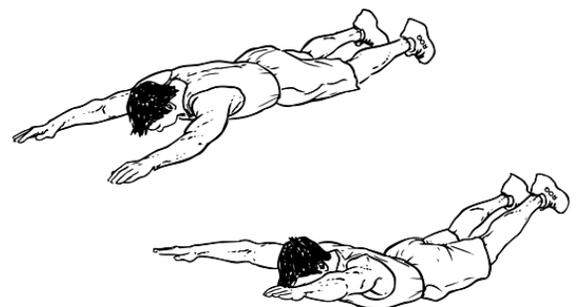


## **Muscle Areas Involved:**

- Arm raises strengthen the upper arms, shoulders and chest
- Leg raises strengthen the lower back, hips, buttocks and hamstrings

## **Superman #2:**

- Lie on your stomach with your arms straight and palms down.
- Raise your arms only 8 inches off the floor.
- Hold your arms and shoulders in the air for 5 seconds.
- Keep your toes stationary to the floor.
- As you become stronger, try to increase your holding time by a few seconds.
- Repeat this exercise 5 times.



## **Muscle Areas Involved:**

- Arm, chest, shoulder, neck and upper back muscles.



### **Superman #3:**

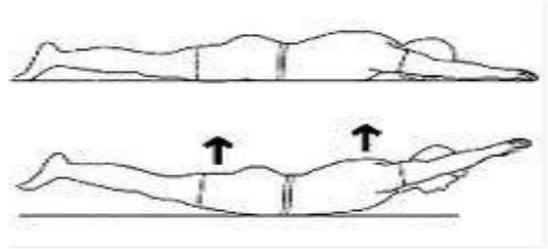
- With your palms down, extend your arms on the floor in front of you.
- Raise your legs and hold them in the air for 5 seconds.
- As your back becomes stronger you may increase your holding time.
- Repeat this exercise 5 times.

### **Muscle Areas Involved:**

- Leg raises strengthen the hips, lower back, hips, buttocks and hamstrings

### **Superman #4:**

- With your palms down, extend your arms and legs on the floor.
- Raise your arms and legs and hold them in the air for 5 seconds.
- As your back becomes stronger you may increase your holding time.
- Repeat this exercise 5 times.



### **Muscle Areas Involved:**

- Leg raises strengthen the hips, lower back, hips, buttocks and hamstrings
- Arm, chest, shoulder, neck and upper back muscles.



### **Superman #5:**

- Lying in your stomach, simultaneously spread and lift your arms and legs off the floor and slowly roll from side-to-side
- Hold for 5 seconds
- Slowly lower your arms, shoulders, legs to the floor
- Repeat this exercise 5 times

### **Muscle Areas Involved:**

- Upper and lower back, shoulders, hips, buttocks and hamstrings.