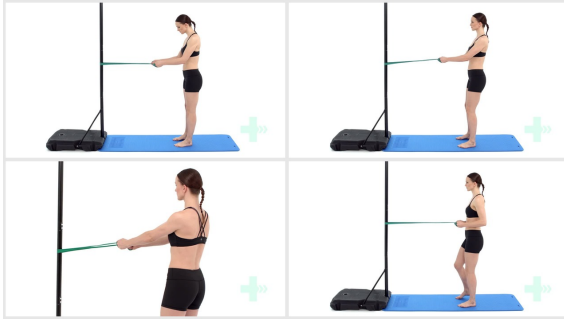


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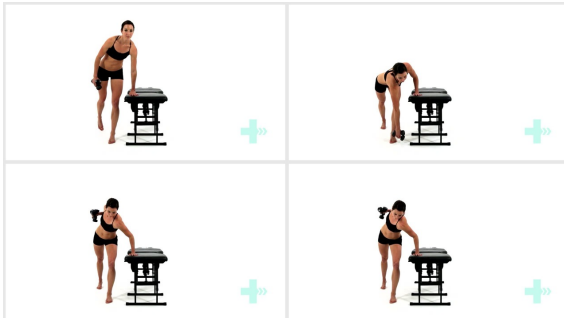
3 Sets / 10 Reps / 1 s hold



1. Isometric lumbar extension strength with resistance in stand

Stand up straight with a resistance band tied in front of you.
Hold the other end of the resistance band in both hands around the height of your navel, and pick up the tension.
Keep your posture up straight, and your legs hip width apart with a slight bend in your knees.
Maintaining this posture, steadily move your hands directly forwards, straightening your elbows out.
The band will try to pull your body forwards.
Use the strength in your abdominal muscles to resist this movement.
Do not allow your shoulders to hunch.
Control the movement as you bend your arms, bringing your hands back in to your body.

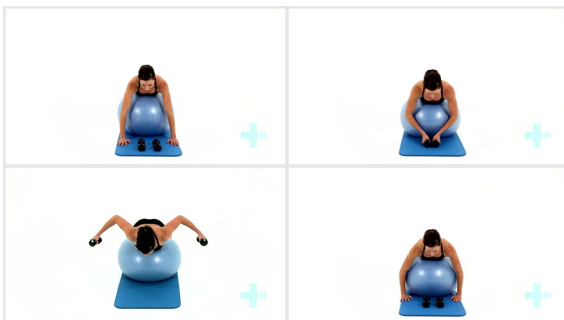
3 Sets / 10 Reps / 1kg weight



2. Single arm bent over row with weight

Hold a weight in your affected hand and lean onto a table to stabilize yourself, stepping the leg on the same side back behind you.
Bring the weight down towards your opposite leg and pull back, like you were starting a lawnmower.
Your elbow travels up towards the ceiling and your torso rotates with the movement.
Control the movement as you lower the weight back down to the starting position, and repeat.

3 Sets / 10 Reps / 1kg weight



3. Reverse fly on stability ball

Lie on your front with a stability ball under your hips.
Hold a weight in each hand on the floor in front of you.
Keeping your elbows slightly bent, lift the arms up and out to the side, generating the movement by squeezing your shoulder blades together.
Control the movement back to the start position.



4. Thoracic spine mobility on foam roller - overhead reach

Place a foam roller on the floor length ways and lie on top of the roller with it running down the centre of your spine.

Bend your knees and find the neutral position on the roller.

Holding this position, raise your arms up towards the ceiling.

Your palms should face in towards one another and fingers should point to the ceiling.

Continue to reach your arms up and over head until your upper arms are by your ears.

Ensure your upper and lower back do not move from the neutral position.

It helps to tighten your abdominal muscles to control this.

Lower your arms back down by your sides and repeat.



5. Segmental thoracic extension over foam roll - hands behind head

Place a foam roll across the floor.

Lie back with the foam roll running across the level of your spine that you would like to stretch.

Wrap your hands around the back of your head to support the weight.

Ensure you do not pull your head forward, keep it in line with the rest of your spine.

Inhale, then as you exhale allow your body to relax over the foam roll.

Hold this position in a stretch, continuing to focus on your breathing.