

 **Back & Core – Bodyweight Workout**

* Stretch: Cat & Cow yoga pose, Cobra yoga pose
* Warm – up 1-min Jumping Jacks, 1-min High Knees

STRENGTH TRAINING:

* Angel of Death – 10 repetitions (reps) repeat up to 3x
	+ Laying on your stomach on the floor with neutral spine. Lift the toes, knees and thighs off the ground with legs straight along with the upper body, as high as you can to get extension through the hips and glutes. Keep knees slightly bent to keep them off the ground. Squeeze your shoulder blades to pull your chest off the floor while maintaining tight core muscles. Take a deep breath and then take a five second cadence to move your hands from an overhead position in an arc all the way down to your sides, maintaining a slight bend in the elbows.  Rotate your hands to palms facing together as you come up and then rotate your hands to palms facing up as you go down. Take five seconds to go the entire range of motion from the top to the bottom, and then five seconds to back up to the top. Don’t lower your torso or your leg muscles until your 10 reps are complete.
* Low Plank – 30 sec hold x3
	+ Start on your stomach with your feet together and forearms on the floor. Place your elbows directly under your shoulders and your wrists in line with them. Keep your head, shoulders, hips, knees, and ankles aligned. Tighten your core and glutes to create full-body tension. Pull your belly button into your spine. Contract your low back, lats, and rhomboids. Keep your back in a neutral, straight line, and don't let your pelvis dip or your butt rise. Keep your neck in a neutral position by looking down or about a foot in front of you. Remember to breathe!
* Frog Glute Bridge – 12 reps
	+ The first of the lower back and glute exercises is the Frog Glute Bridge.  Starting position for this basic bodyweight exercise is lying with entire spine flat on the floor, knees bent, with your feet turned out on their outside edges, sides of feet flat on the floor. Then bridge up as high as you can keeping hips level, squeezing your glutes and low back and keeping the entire core tight. Make sure to contract your lower back and gluteus muscles at the same time and then lift off the floor. Slowly lower to return to the starting position. Hold the position, pausing at the top for 5 seconds and repeat for 10 reps. Keep your abdominal muscles engaged during the exercise.
* Alternating Toe Touches – 12 reps each side x3
	+ Lie on your back with bent knees and feet flat on the floor. Lift your knees toward the ceiling, then slowly lower one foot to the floor and touch your toes. Bring your foot back up, then lower the other foot. Continue alternating sides. Don't arch your back or put weight on your foot when you touch it down.
* Lying Leg Raise – 12 reps x3
	+ Lie on your back on the floor or a mat with your legs extended and feet together.
	+ Squeeze your inner thighs and ankles together. Engage your core by drawing your belly button in toward your spine. Inhale and slowly lift both legs off the ground at the same time until they form a 90-degree angle with your body. As you raise your legs, roll your pelvis under and up. Exhale and slowly lower your legs back down to the starting position. Repeat for the desired number of repetitions.
* Single Leg Bridge – 12 reps each side x3
* Lie on your back with your knees bent to 90 degrees and your feet shoulder-width apart, 12–16 inches from your glutes. Extend one leg so that it's straight up in the air at hip height with your foot flexed. Keep your upper back on the floor, tighten your core, and squeeze your glutes. Raise your hips off the ground until your knee, hips, and shoulders form a straight line. Pause at the top for 3 seconds, then with hips still up, lower leg and lift other leg so that it forms a straight line through knee hips and shoulders. Slowly lower your leg and hips back to the starting position. That is ONE rep. Repeat for the desired number of reps.