

## Prone Pressup- Low Lumbar Extension

Lie on your stomach with your hands by your waist in a “push-up” position. Using your arms push your upper body off the table as shown. You should feel the movement in your lower back. Keep your hips on the table. Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

Note: 1) Your arms should do all of the “work”, your back and your stomach should stay relaxed. 2) You can change the focus of the stretch to the upper area of your lower back by placing your hands further out in front of you.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.



You should feel the movement here.