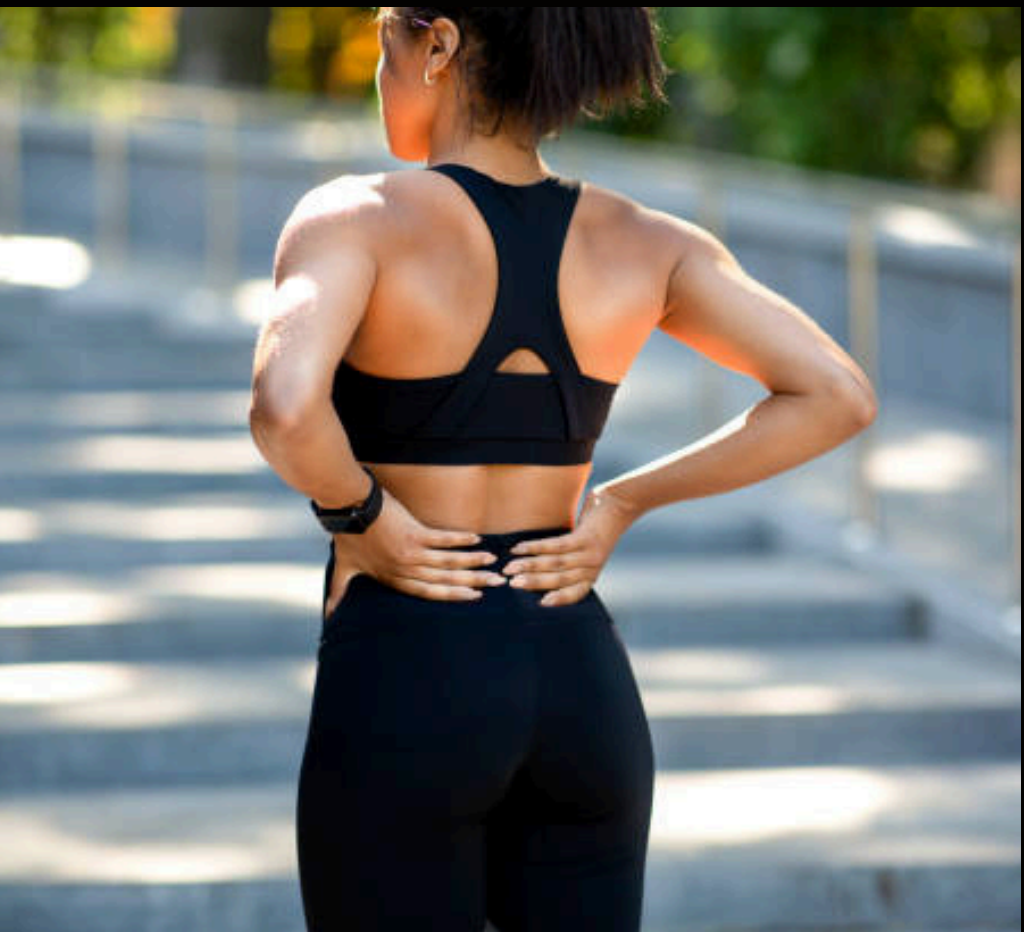


STRIVELETICS



# BACK & CORE

## STABILITY, MOBILITY, & STRENGTH

Exercise Guide



# MOBILITY, STABILITY & STRENGTH

## **Mobility:**

Refers to the range of motion of the shoulder joint, which is the most mobile joint in the body.

## **Stability:**

The ability to control and maintain the shoulder joint's position during movement or loading.

## **Strength:**

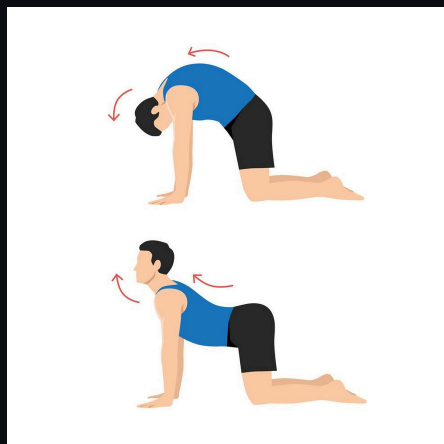
The ability of the muscles to generate force for various movements.



# THE BEGINNER'S GUIDE TO

# Back Mobility

## Cat-Cow Stretch:



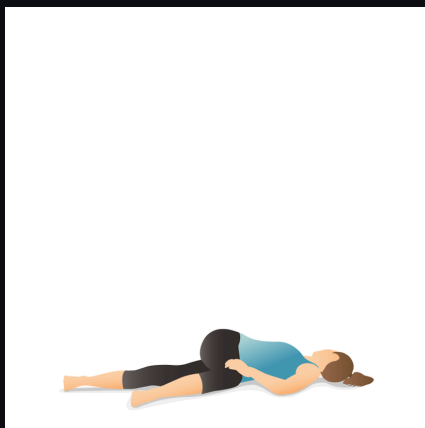
- Begin on your hands and knees in a tabletop position.
- Inhale, arch your back, lifting your head and tailbone upwards (Cow Pose).
- Exhale, round your back, tucking your chin and pelvis (Cat Pose).
- Perform 8-10 slow repetitions to improve spine flexibility.



# HOW TO:

# Back Mobility

## T-spine Twist



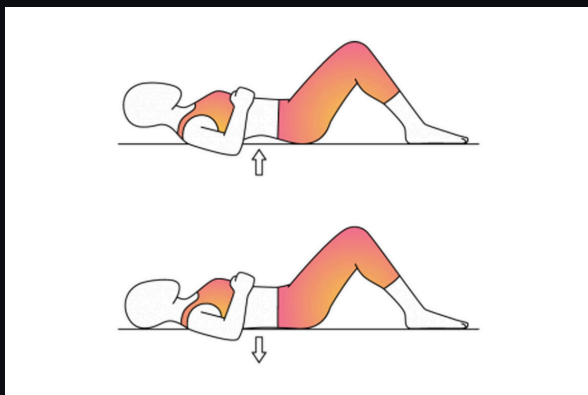
- Lie on your back with your knees bent and feet flat on the floor.
- Drop both knees to one side while keeping your shoulders flat on the ground.
- Hold for 20-30 seconds, then switch sides. Repeat 2-3 times per side.



# HOW TO:

# Back Mobility

## Pelvic Tilts

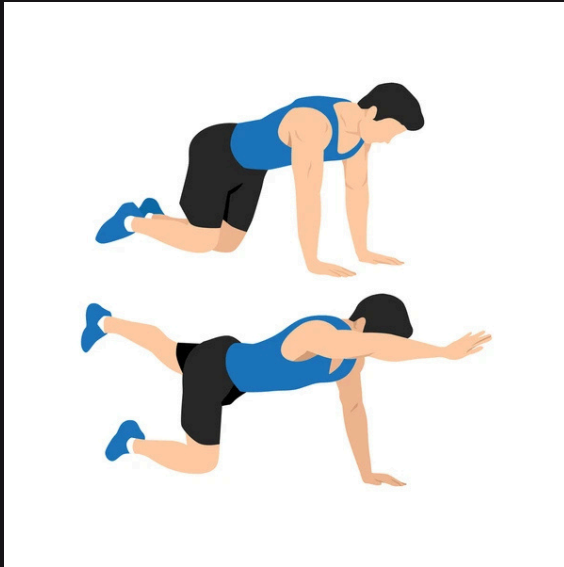


- Lie on your back with your knees bent and feet flat on the floor.
- Drop both knees to one side while keeping your shoulders flat on the ground.
- Hold for 20-30 seconds, then switch sides. Repeat 2-3 times per side.



# HOW TO: BACK STABILITY

## BIRD DOG



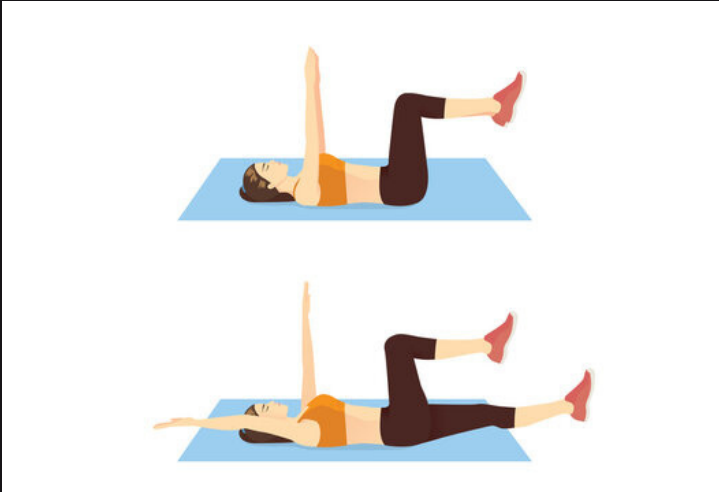
- Start on hands and knees in a tabletop position.
- Extend one arm forward and the opposite leg backward, keeping your spine neutral.
- Hold for 5-10 seconds, then return to the start and switch sides.
- Repeat 8-10 times per side.



# HOW TO:

## BACK & CORE STABILITY

### DEAD BUG



- Lie on your back with arms extended towards the ceiling and knees bent at 90 degrees.
- Slowly lower one arm and the opposite leg toward the floor while keeping your back flat.
- Return to the starting position and switch sides.
- Perform 10-12 repetitions per side.



# HOW TO: BACK & CORE STABILITY

## PLANK



- Begin in a forearm plank position with your body in a straight line from head to heels.
- Engage your core and hold for 20-60 seconds, depending on your ability.
- Progress by lifting one leg slightly off the ground for additional stability work.

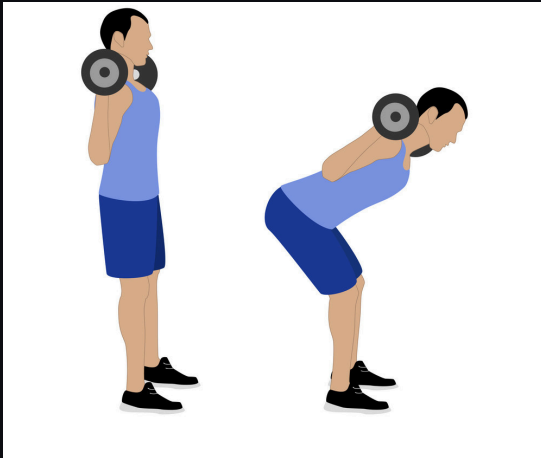




HOW TO:

# Back Strength

## Good Mornings



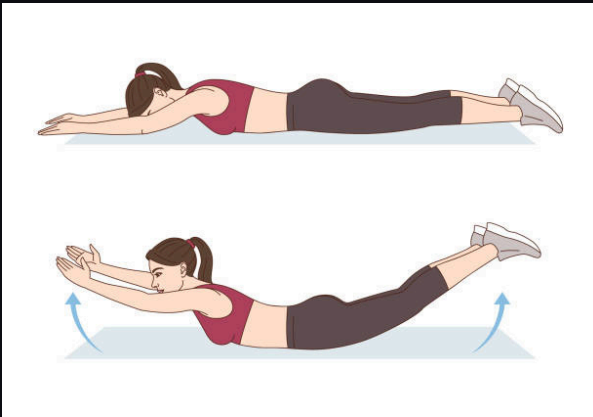
- Place a barbell/dumbbell on your upper back or use body weight with hands on hips.
- Bend at the hips, keeping your back straight, and lower your torso until it's near-parallel to the floor.
- Return to standing. Perform 8-12 repetitions.



HOW TO:

# Back Strength

## Superman



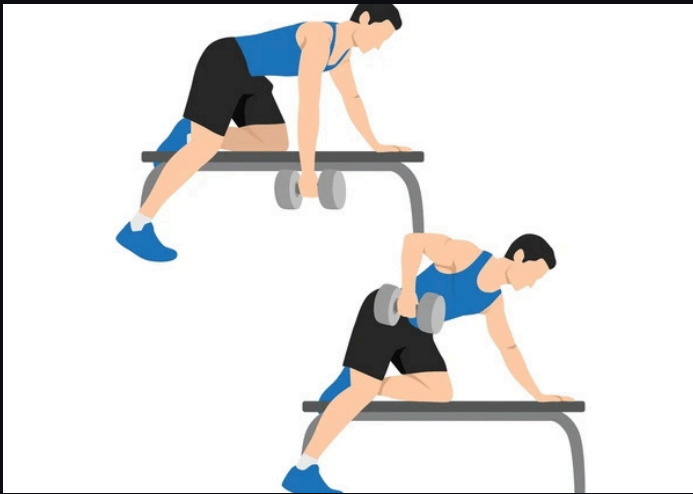
- Lie face down with arms extended overhead.
- Lift your arms, chest, and legs off the ground simultaneously, squeezing your back muscles.
- Hold for 2-3 seconds and lower. Repeat 10-12 times.



# HOW TO:

# Back Strength

## Bent Over Rows



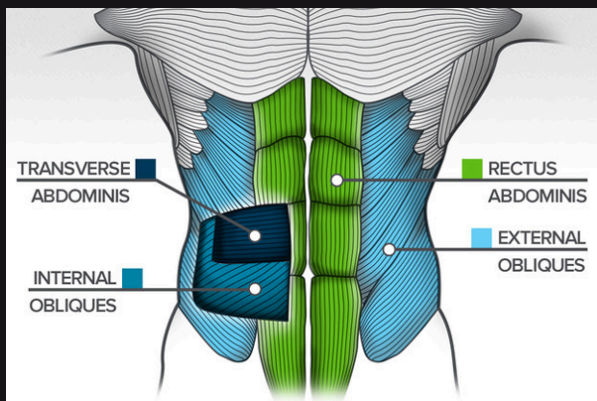
- Hold a dumbbell or barbell with a neutral or overhand grip.
- Bend at the hips to bring your torso near-parallel to the floor, keeping your back straight.
- Pull the weight toward your torso, squeezing your shoulder blades together, then lower.
- Do 8-12 repetitions.



# CORE STRENGTH & BACK PAIN

## WHY IS BUILDING CORE STRENGTH IMPORTANT?

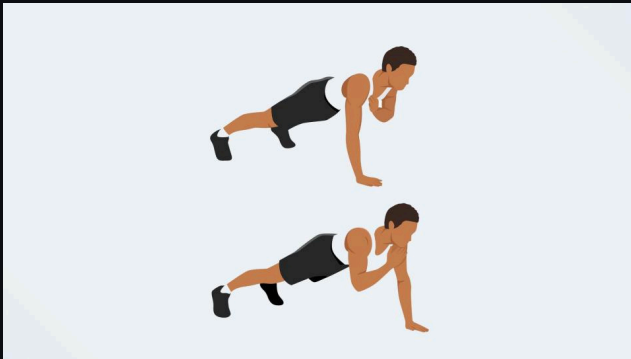
- Provides spinal stability & support- reduces strain on the back muscles and joints
- Helps maintain a proper posture
- Core muscles act as a natural brace- protects the spine throughout daily activities
- Enhances balance & functional movement
- Better control of body mechanics



HOW TO:

# Core Strength

## Shoulder Taps



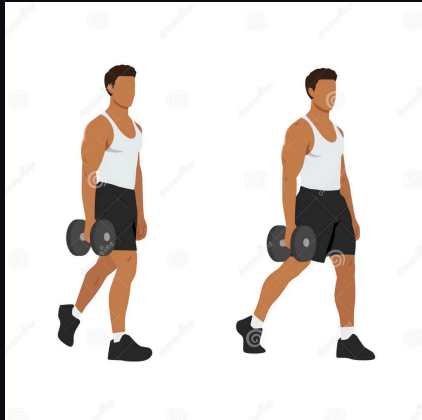
- Assume a plank position, on the floor or at an incline using a bench or box.
- Place feet wider than shoulder width apart
- Lift one hand to tap the opposite shoulder, keeping hips stable and core engaged.
- Alternate sides for 10-12 reps per side.



HOW TO:

# Core Strength

## Suitcase Carry



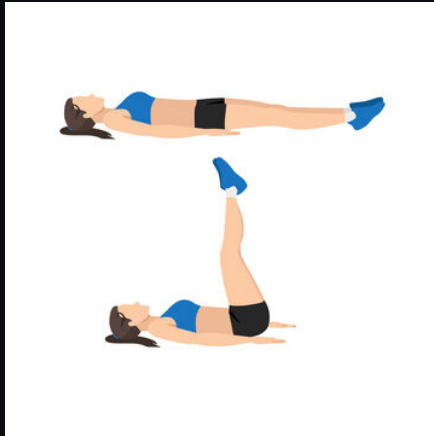
- Hold a heavy dumbbell in one hand by your side.
- Walk forward slowly, keeping your torso upright and avoiding leaning to one side.
- Perform for 30-40 seconds per side.



HOW TO:

# Core Strength

## Leg Raises



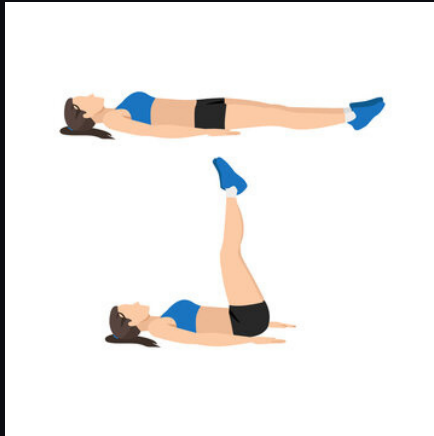
- Lie on your back with legs straight. Lift your legs together until they are vertical, then lower slowly.
- Avoid letting your lower back arch off the floor.



HOW TO:

# Core Strength

## Leg Raises



- Lie on your back with legs straight. Lift your legs together until they are vertical, then lower slowly.
- Avoid letting your lower back arch off the floor.





**KEEP THE MOMENTUM GOING  
AND**



**TRAIN  
WITH  
STRIVELETICS**

