

Mountain climber



1. Start in a plank with your hands below your shoulders. Tighten your core.
2. Lift your right knee toward your chest, keeping your back straight and hips down.
3. Return your right leg to the starting position as you simultaneously lift your left knee toward your chest.
4. Continue alternating legs. Start with 1 set of 8 to 12 reps.

Side plank with rotation



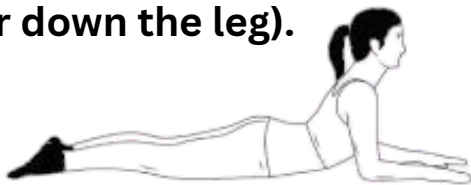
1. Lie on your right side with your left foot in front and your right forearm below your shoulder. Extend your legs, left foot on top of the right. Tighten your core.
2. Lift your hips to form a straight line with your body and extend the hips by squeezing the glutes. Raise your left arm straight up.
3. Rotate your torso toward the floor and roll to the other side to repeat.
4. Rotate your torso again to straighten your right arm to return to the starting position.
5. Start with 1 set of 8 to 12 reps.
6. Repeat on the other side.

Mckenzie exercises

Hold Time: 30 seconds

Reps/Sets: 6–8 reps, 3–4 times per day

Tip: Stop if pain peripheralizes (moves further down the leg).



Instructions:

From the prone position, slowly prop yourself up onto your forearms.

Keep your hips and pelvis in contact with the surface.

Avoid tensing your lower back; relax your glutes.

Look forward gently (neck neutral).