

Static Back with Press



Instructions

1. Lie on your back with both legs bent at 90 degree angles resting on a chair or block.
2. Allow your back to settle into the floor and practice belly breathing.
3. Gently press back into the floor and hold for 20 second.
 - » Contract using only 20% of your strength. Think about squishing the bugs beneath your lumbar spine.

Sets:

Repetitions:

Frequency: