Lower Back Strength

12 standing exercises with pictures. About 8 minutes.

Wakeout

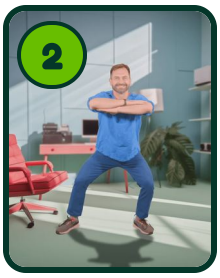
Stand on a floor that does not slip, with room to swing your arms. Keep your knees soft and every move slow and small. Stop if anything hurts. With a back injury, ask your doctor first.



Side To Side With Arms Raised

Arms up, elbows bent. Lean your body to one side, then to the other.

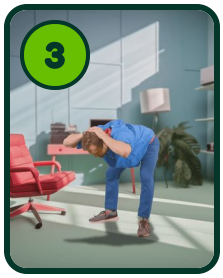
5 each side



Crossed Arms Side Leans

Feet wide, knees bent, arms folded in front. Lean to one side, then the other.

5 each side



Straight Bows

Hands behind your head. Bow forward with a flat back, then stand tall.

8 slow reps



Rowing

Feet wide, knees bent. Pull a pretend paddle past one hip, then the other.

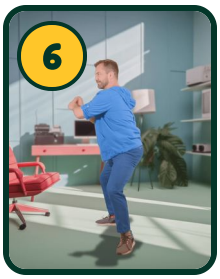
6 each side



Golf Swings

Hands together, low in front. Swing them up over one shoulder, then the other.

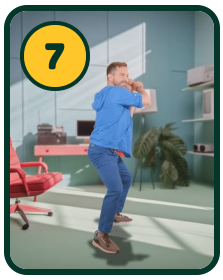
6 each side



Baseball Swing Left

Hold a pretend bat by one shoulder. Turn your hips and swing it across.

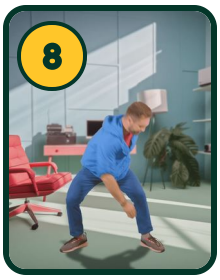
6 swings



Baseball Swing Right

The same swing from your other shoulder. Turn your hips as you swing.

6 swings



Diagonal Toe Touches

Feet wide, arms up. Bend and reach one hand to the opposite foot. Switch.

4 each side



Twist And Touch The Floor

Twist to one side. Bend and touch the floor. Stand and twist to the other.

4 rounds



Donkey Kicks

Knees bent, lean forward, arms folded. Kick one leg back, then the other.

5 each leg



Superman Bows

Arms straight up by your ears. Bow forward with a flat back, then stand.

6 slow reps



Air Dead Lifts

Slide your hands down your legs toward your feet, knees soft. Stand up tall.

8 slow reps

Watch every move on video:

wakeout.app/exercises/lower-back-strengthening-exercises-prevent-pain

Your 8-minute lower back routine

Do all 12 exercises in order. Rest whenever you like.

Short on time? The 5-minute version:

1. Side To Side With Arms Raised
2. Crossed Arms Side Leans
3. Straight Bows
4. Rowing
5. Golf Swings
6. Baseball Swing Left
7. Baseball Swing Right
12. Air Dead Lifts