背部强化练习
Exercises to Strengthen Your Back

- **Tighten tummy**
  (Transverse abdominis)
  1. 膝盖弯曲，仰卧放松。吸气，呼气。
  2. 呼气并收腹。
  3. 呼吸，保持收腹10秒钟。
  4. 放松，然后重复10次。

- **Bent knee fall outs**
  1. 屈膝仰面躺下。吸气，呼气。
  2. 呼气，收紧腹部以支撑背部。可以将手放在腹部，提醒自己保持腹部收紧。
  3. 保持呼吸，保持腹部收紧并抬起一只腿，膝盖弯曲，使膝盖面朝天花板。
  4. 缓慢抬起另一只腿到相同位置，保持5-10秒钟。
  5. 然后将一只脚放在地上，放下另一只脚。
  6. 放松，重复10次。
Exercises to Strengthen Your Back. Simplified Chinese.

**Bridging**

1. Lie on your back with your knees bent and arms at your sides. Breathe in and out.
2. Breathe out and tighten your tummy to support your back.
3. Keep breathing and keep your tummy tight and lift your buttocks off of the floor.
4. Hold and then lower your buttocks to the floor.
5. Repeat 10 times.

**Side clam (Hip abduction and external rotation on side)**

1. Lie on your side with your hips, knees, and feet straight over each other, and your knees bent 45 to 60 degrees. Support your head with your arm.
2. Pull in your tummy and straighten your spine while you keep your breathing relaxed.
3. Keep your feet touching and slowly lift the top knee towards the ceiling. Do not let your hips roll back.
4. Hold for 5 to 10 seconds and then lower the leg.
5. Repeat 10 times. Then roll to the other side, and do this exercise again.
Elbow press up (Lumbar extension)

1. Lie face down with your legs out straight behind you. Your arms should be at your sides with your elbows bent and your hands by your face.
2. Push up to your elbows, but keep your hips on the floor.
3. Hold and then lower back down.
4. Repeat 10 times.

Wall slide (Quarter squat)

1. Stand with your back against the wall and your feet shoulder width apart.
2. Slide down the wall until your knees are bent 30 to 45 degrees. Do not bend your knee deep enough to cause pain.
3. Hold for 5 to 10 seconds and then straighten your knees to push you back up.
4. Relax and then repeat 10 times.