

Jimicsiga Dhabarka Hoose

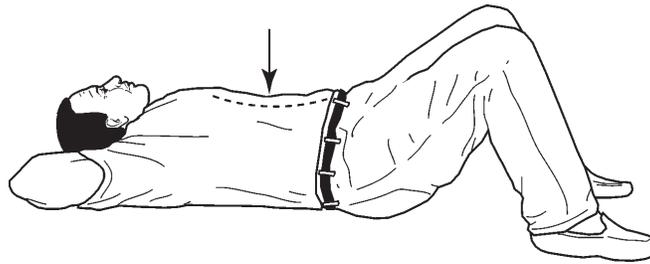
Low Back Exercises

Do all exercises _____ times in each exercise session. Schedule _____ exercise sessions each day.

Samey dhammaan jimicsiyada _____ jeer oo kulanka jimicsi walba. Balanso _____ kulamada jimicsiga maalin walba.

Pelvic tilt

Lie on your back with your hands at your side and your knees bent. Tighten the muscles of your lower abdomen and your buttocks, to flatten your back against the floor. This is the pelvic tilt (flat back) position. Hold this position for a count of 10 while breathing normally. Relax and repeat the exercise.



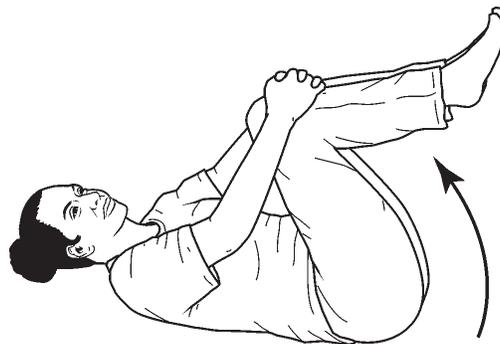
Hoos u dhacaa miskaha

Kula jiifo dhabarkaaga gacmahaaga ee dhinacaaga iyo jilibkaaga laaban. Dhuuji murqaha xundhurtaada hoose iyo baridaada, si aad ugu sintid dhabarkaaga dhulka.

Tani waa u janjeerida booska miskaha (dhabarka simman). Ku hay booskaan xisaabta oo 10 iyada oo neefsiga caadi yahay. Is daji oo ku celi jimicsiga.

Double knee to chest

Lie on your back. Bring both knees, one at a time, to your chest. With your hands clasped, pull your knees toward your chest and curl your head forward. Keep your knees together and your shoulders flat on the floor. Hold this position for the count of 10. Lower your legs one at a time. Relax and repeat the exercise.



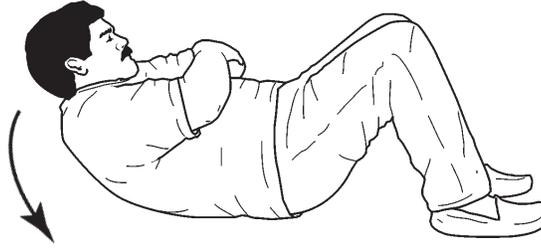
Jilibka illaa xabadka labo jibaar ah

Ku seexo dhabarkaaga. Keen labada jilib, hal waqtigiiba, ee xabadkaaga. Iyo gacmahaaga uu dhuuqsan, u jiid jilbahaaga dhinaca xabadkaaga oo u laab madaxaaga horida. Isku haay jilbahaaga si wadajir ah iyo garbahaaga oo ku simman dhulka. Ku hay booskaan xisaabta

oo 10. Hoos geey lugahaaga hal jeer waqtigiiba. Is daji oo ku celi jimicsiga.

Progressive curl-down

Sit on the floor with your hips and knees bent and your feet and thighs apart. Ask someone to hold your feet down or hook them under something such as a sofa. Gradually and slowly sit back until you feel your abdominal muscles strain or quiver. Hold this position for a count of 6, then reach forward again and relax. Do this exercise until you can go all the way down to the floor.



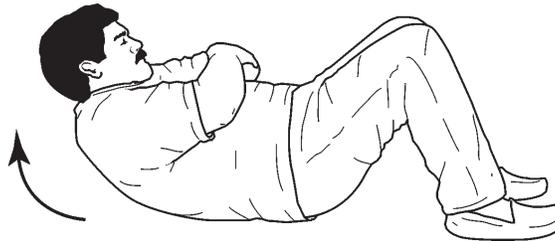
Hormarinta laabida hoose

Kula fariiso dhulka simmankaaga iyo jilbahaaga oo laaban iyo cagtaada iyo bowdadaada oo qeyb ka ah. Weydii qof inuu hoos ku haayo cagtaada ama ku qabo wax hoostii sida fadhiga. Si tartiib ah oo

dagan gadaal u fariiso illaa aad ka dareentid in murqahaaga xundhurta dhaawacmeen ama luxida. Ku haay booskan xisaab 6, kadib horay u gaar markale oo isdaji. Samey jimicsigaan illaa aad ku laaban kartid illaa hoos dhulka.

Progressive curl-up

Lie on your back and keep the pelvic tilt position as in exercise #1. With your arms out, reach for your knees, while curling your head and clearing your shoulders off the floor. Gradually and slowly return to the starting position. Relax and repeat. Increase the degree of difficulty by crossing your arms in front of you. The most difficult is to put your hands behind your head.



Hormarinta laabida kore

Ku seexo dhabarkaaga oo joogtey u janjeerida booska miskaha sida jimcisiga #1. Iyo gacmahaaga oo baxsan, gaar jilbahaaga, adiga oo laabayada madaxaaga oo cadeynayo inay garbahaada dhulka ka qaadsanyihiin.

Si tartiib ah iyo dagan ugu laabo booska bilowga. Isdaji oo ku celi. Kordhi heerka dhibaataada adiga oo marsiinayo gacmahaaga adiga hortaada. Dhibaataada ugu badan waa ku qaabeynta gacmahaaga gadaasha madaxaaga.