Perfect Posture

With the oncoming of rainy weather, you’re more likely to be curled up indoors. These exercises will help strengthen your lower back, core, and thighs, so that the extra couch time doesn’t hurt your back. Plus, you can do them inside!

Wall Squats

**Target area:** lower back, thighs, abs

Lean against a wall and bend your knees as though you are sitting in a chair. Support your weight with you legs. Hold it for 5-10 seconds, and then slide back up the wall to stand to rest.

Side Bridge

**Target area:** side ab muscles

Lie on the ground on your side with your knees bend and your top arm lying alongside your body. Lift your hips so that your weight is supported by your forearm and knee. Hold for 10s, breathing normally and keeping your body straight. Repeat on the other side.

Make it tougher by keeping your legs straight and supporting yourself with your feet.

Spine Extensions

**Target area:** back, butt, and hamstrings

Begin on all fours with your knees below your hips and your hands below your shoulders. As you do the following, keep your neck neutral and your raised leg in line with your back.

A) Extend your *left* leg backwards and reach forward with your *right* arm, and hold for 10-30s. Repeat vice versa. Once you feel comfortable with that:

B) Extend your *left* leg backwards and reach forward with your *left* arm, and hold for 10-30s. Repeat vice versa.

Don’t arch your back or let your hip or shoulder sag!


http://www.futurefit.co.uk/personal-training/news-and-views/2013/09/04/low-back-pain-the-%E2%80%98big-three%E2%80%99/