

TRUNK TWIST (Obliques)

Sit with legs extended at least shoulder-width apart. Stretch middle of band around both feet. Grasp both ends of band with arms extended forward. Rotate trunk to one side (a). Slowly return to other side.

Variation

Securely attach one end of band to stationary object at chest level. Stand in athletic stance with knees and hips slightly bent and back straight. Grasp other end of band with arms extended forward. Rotate trunk to one side (b). Slowly return.



a

Core Emphasis

Stand on one leg while performing oblique twist exercise variation. Stand on a foam surface for more challenge (*b*).

Training Tip

Keep back straight. Don't lean to one side.



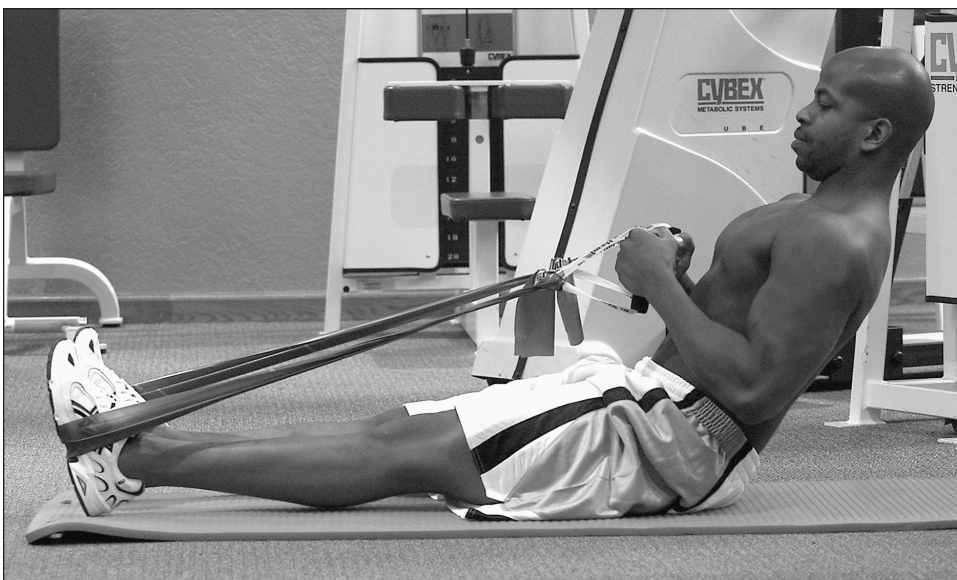
b

BACK EXTENSION (Multifidus)

Sit with legs extended. Stretch middle of band around both feet. Grasp both ends of band with hands at chest. Lean back, stretching the band (a). Keep lumbar spine (lower back) straight. Slowly return.

Variation

Perform sitting back extension with elbows straight.



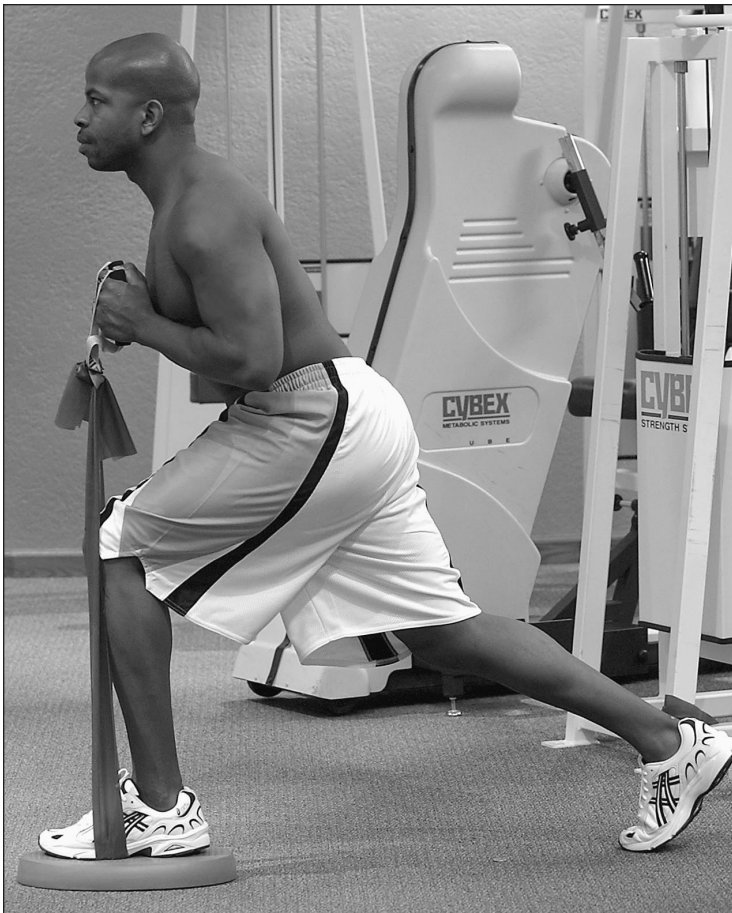
a

Core Emphasis

Stand in a lunge position with middle of band under front foot. Grasp ends of band, and keep elbows bent (*b*). Extend back and hips against band. Keep spine straight. Stand on foam surface for more challenge.

Training Tip

Keep lumbar spine in “neutral” position; not too rounded or hyperextended.



b

SIDE BEND (Quadratus Lumborum)

Stand with feet shoulder-width apart, knees and hips slightly bent, and back straight. Grasp one end of band and extend arm overhead. Lean trunk away from band, stretching band. Slowly return.

Variation

Stand on the middle of band and grasp one end by your side. Keeping elbow straight, grasp other end of band. Lean trunk away from band, stretching band (a).



a

Core Emphasis

Stand on one leg while performing overhead side-bend exercise. Stand on a foam surface for more challenge (*b*).

Training Tip

Keep trunk aligned. Don't rotate trunk or shift hips.



b