



## Lower back



### hip stretch



Set	Bodyweight	Time	Rest
1	Bodyweight	30s	30s



### Back Stretch

Set	Bodyweight	Time	Rest
1	Bodyweight	30s	30s



### Cross-Body Back Stretch



Set	Bodyweight	Time	Rest
1	Bodyweight	30s	30s







### Glute Stretch







Set	Bodyweight	Time	Reps	Rest

1	Bodyweight	1m	5	30s

	Stability Ball Pec Stretch			
Set	Bodyweight	Time	Rest	
1	Bodyweight	30s	30s	

	Chest And Front Of Shoulder Stretch			
Set	Bodyweight	Time	Rest	
1	Bodyweight	30s	30s	

	Intermediate Hip Flexor and Quad Stretch			
Set	Bodyweight	Time	Rest	
1	Bodyweight	30s	30s	

	Spinal Stretch			
Set	Bodyweight	Time	Rest	
1	Bodyweight	30s	30s	



## Hyperextensions

Set	Bodyweight	Reps	Rest
1	Bodyweight	15	30s
2	Bodyweight	15	30s
3	Bodyweight	15	30s



## Plank

Set	Bodyweight	Time	Rest
1	Bodyweight	30s	30s
2	Bodyweight	30s	30s
3	Bodyweight	30s	30s