

Prone Press Ups



Purpose: To increase extension flexibility of lumbar (lower) spine. May also assist in temporarily reducing a bulging disc and decreasing low back/leg symptoms.

Position: Lie on your stomach on a firm surface; place your hands near your shoulders.

Action: By pushing up with your arms, smoothly raise your upper body until your elbows are straight. Keep your back and buttock muscles relaxed. Allow your low back, stomach and pelvis to sag into surface.

Hold each repetition ____seconds.

Do ____repetitions ____times per day.