



Abdomen and Back Compound Workout

The following strengthening program is designed using the compound exercise technique. This exercise program is designed with a 20 second rest break between each strengthening exercise.
 Frequency: 1 – 2 times per day, 2 – 4 times per week. After you become proficient with the workout below, increase to two sets of each exercise. Time: 10 minutes



Exercise: Transverse Abdominis Raise	Hold: 5 seconds	Repeat: 10 reps	Page: 124
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Exercise: Low Back Stretch	Repeat: 10 reps	Page: 110
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Exercise: Knee Rolls	Repeat: 10 reps each side	Page: 141
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Exercise: Multifidus Exercise	Hold: 5 seconds	Repeat: 10 reps	Page: 125
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Exercise: Back and Neck Strengthener	Repeat: 10 reps each side	Page: 147
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Exercise: Back Extension	Repeat: 10 reps	Page: 148
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