

Lower Back Prehab

Lower back prehab exercises are designed to strengthen the lower back in order to prevent injury.

1. [Prone Bench Hip Flex Iso](#)

- 3 sets of 60 seconds

2. [Bench Glute Lift Iso](#)

- 2 sets of 60 seconds

3. [Cobra](#)

- 3 sets of 15 second holds

4. [Alt V-Up Iso Hold](#)

- 2 sets of 6 each leg

- Hold each rep for 5 seconds

5. [Laying Leg Over](#)

- 1 set of 8 reps each leg

Suggestions For Use

1. Perform all exercises as a workout

2. Perform all exercises after workout

3. Perform all exercises before workout

Designed by: Cal Dietz, MEd

