

Lincs
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Balance Programme Card
LOWER BACK WORKOUT

BALANCE PROGRAMME CARD

LOWER BACK WORKOUT

EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	30 Secs of Good Mornings	N/A	N/A
Hyper Extensions	3 x 10 - 15 reps	3 x 15-20 reps	Max Reps 30 Secs
Stiff leg Dead Lifts	3 x 15-20 reps use a barbel	10, 8, 6 reps getting heavier	Max Reps 30 Secs
Dumbbell Side Bends Left & Right	2 x 30 Secs Each Side	2 x 45 Secs Each Side	2 x 10 Reps Each Side
To Finish Full plank	2 x 1 minute	3 x 1 minute	2 x Max Hold

NOTE: If you require any help please ask a Lincs Inspire Instructor

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