



Suggested Gymnastics Low Back Exercises

If you are having back pain, seek medical guidance before starting any exercise program.

These exercises work back muscles in positions that help build strength and stability for gymnastics. **If exercises cause pain, discontinue immediately and seek medical guidance.**

Exercises should be always performed using good form. If form is breaking down, use a lighter weight or do fewer repetitions.

Exercise	Sets x Repetitions	Comments
Bridge: knee extension with abduction with band around thighs	X20 ea side	Lift into bridge; straighten one knee, then slowly bring straightened leg out to the side keeping kneecap pointing toward ceiling.
Quadruped on panel mat: Multifidus tightening, then opp UE/LE lift	3 sec hold 2x10 ea	Start kneeling with one knee on panel mat and other knee/hands on floor; pull pelvis level, then extend one leg back and opposite arm forward
Tall kneeling on soft pad: B shoulder pull downs/extension with band	3 sec hold x20	Start in tall kneeling on 4" soft pad or mat with feet off the side, lift feet off floor; attach band to item above head, keep elbows straight and pull arms down to your side
Isometric trunk rotations (Pallof press) with resistance bands or cable column	10 sec hold X10	Attach band around shoulder height: stand sideways to attachment point; hold onto band with both hands at chest; step sideways away from attachment: press arms out in front of you and resist rotation
Single Leg Bridge with feet on foam roller	5 sec hold x20 each	Place one foot on full foam roller: lift into bridge
Push-up position on full foam roller: walk hands forward	8 sets	Get into push-up position with hands on foam roller (one hand in front of the other): walk hands forward as far as possible and return to starting position
Side plank top leg up "Star Plank"	30 sec hold 2x each	Start in side plank: lift top leg up