

Prone Multifidus Activation (Strength)



1. Lie on your belly on the floor with a pillow under your hips. You can lie on a mat or towel.
2. Hold your arms straight along your sides.
3. Slowly raise your chest off the floor, gently pulling your arms behind you. Keep your neck straight and your ears in line with your shoulders. Hold for 5 to 10 seconds, or as instructed, then lie back down.
4. Repeat 2 to 4 times, or as instructed.



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