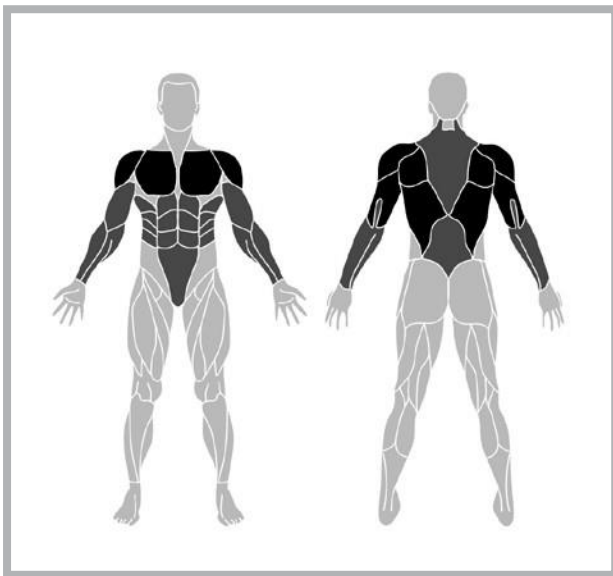


3

Homemade Back

Your back muscles are important not just because you need something sturdy to rest upon when you get to bed at night but also because they power all sorts of subtle body movements, from the power of punches thrown from the hip to how well you perform at pull ups and how strong your overhead throw is. The Homemade Back workout targets all the major muscle groups of your back without forgetting some other, equally important parts of your body.

Focus: Strength & Tone



HOMEMADE BACK

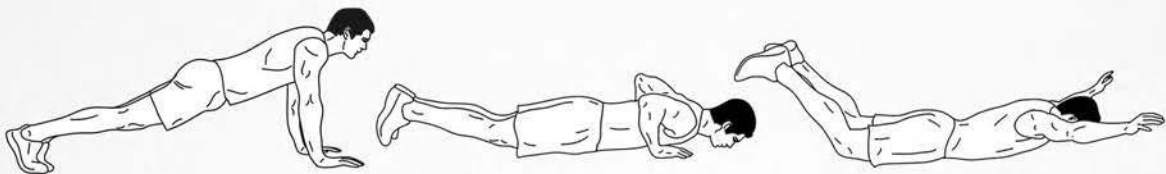
DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

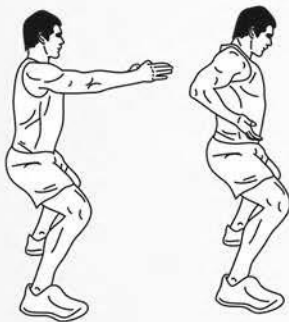
LEVEL II 5 sets

LEVEL III 7 sets

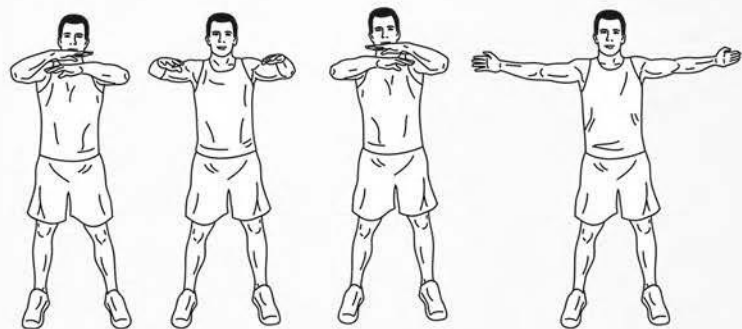
REST up to 2 minutes



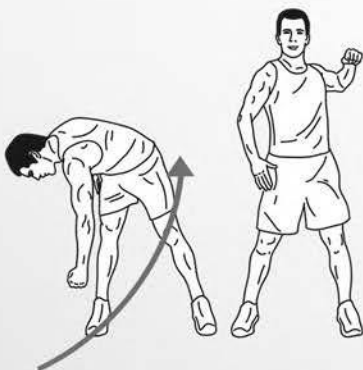
5 diver push-ups



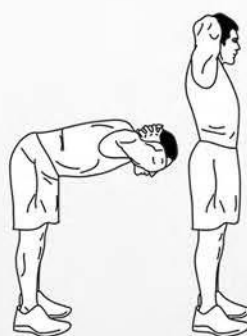
10 half squat rows



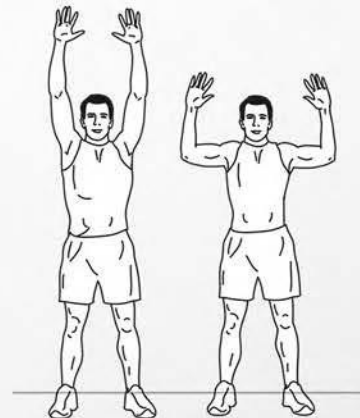
10 double chest expansions



10 lawnmowers



10 forward bends



10 wall arm slides

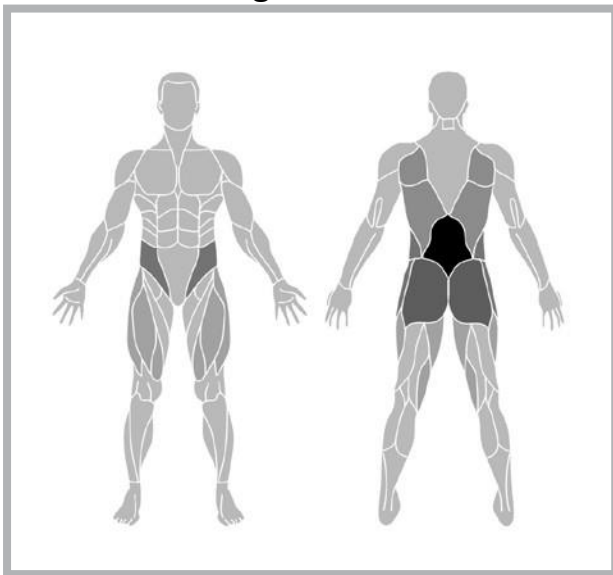
4

Lower Back

Instructions: Repeat each move one after the other with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again, 3 times in total.

Hold the stretch for one deep breath and return to the starting position. Repeat each move with no rest in between until the set is done.

Focus: Stretching



LOWER BACK

REHAB WORKOUT

@ darebee.com

3 sets | 2 minutes rest

IN COLLABORATION WITH

NHS choices



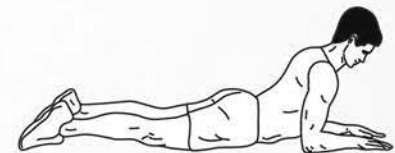
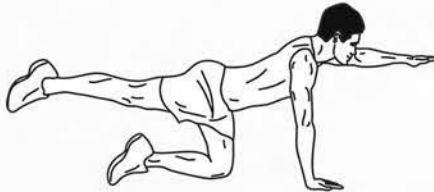
5 bottom to heels stretch



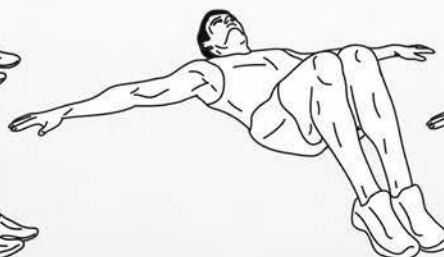
10 opposite arm / leg raises



5 back extensions



10 bridges



10 knee rolls