

## Hip/Back Strengthening



### Q.L. / Erector Spinae #1

- Steps 1: Stand, hold Thera-Band, secured under foot (hold on opposite side to strengthen)
- Steps 2: Slowly bend away from side holding Thera-Band, hold for 3 seconds
- Steps 3: Slowly return to upright position
- Steps 4: Repeat 8-12 Times