

Hip/Back Strengthening



Q.L. / Erector Spinae #2

- Steps 1: Stand, hold Thera-Band, secured under foot (hold on opposite side to strengthen)
- Steps 2: Raise your arm straight up overhead and then slowly bend away from the side holding the Thera-Band, hold for 3 seconds
- Steps 4: Slowly return to upright position
- Steps 5: Repeat exercise 8-12 times