Twitter Thread by Aldo Barahona

Aldo Barahona
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Do these 5 exercises if you are having low back pain!

Start at the lower range of the set-to-rep ratio and work yourself up to the higher range.



1. Hip Flexor Stretch

3 -4 sets of 30 seconds each side

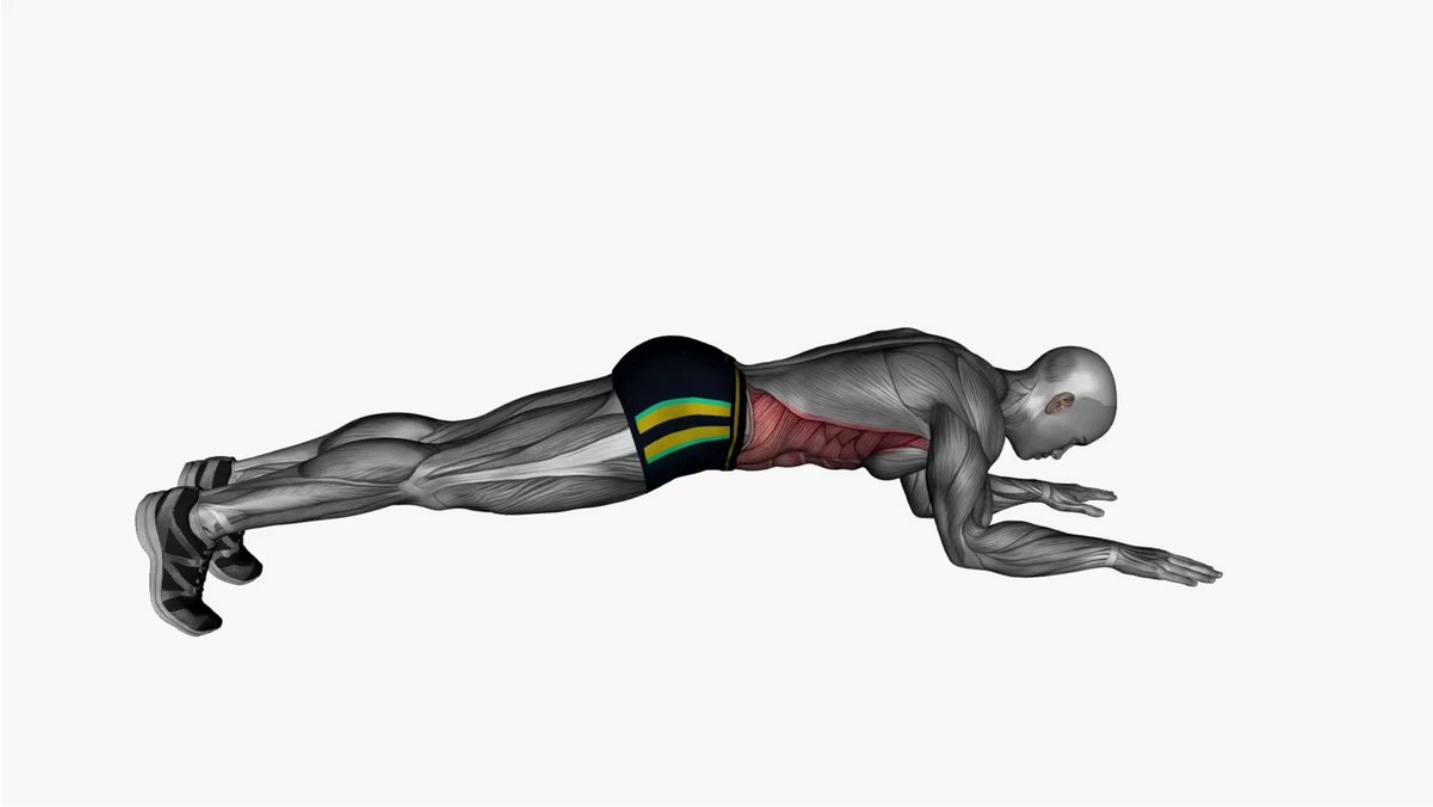


2. Glute Bridge
3-4 sets of 10-15 reps



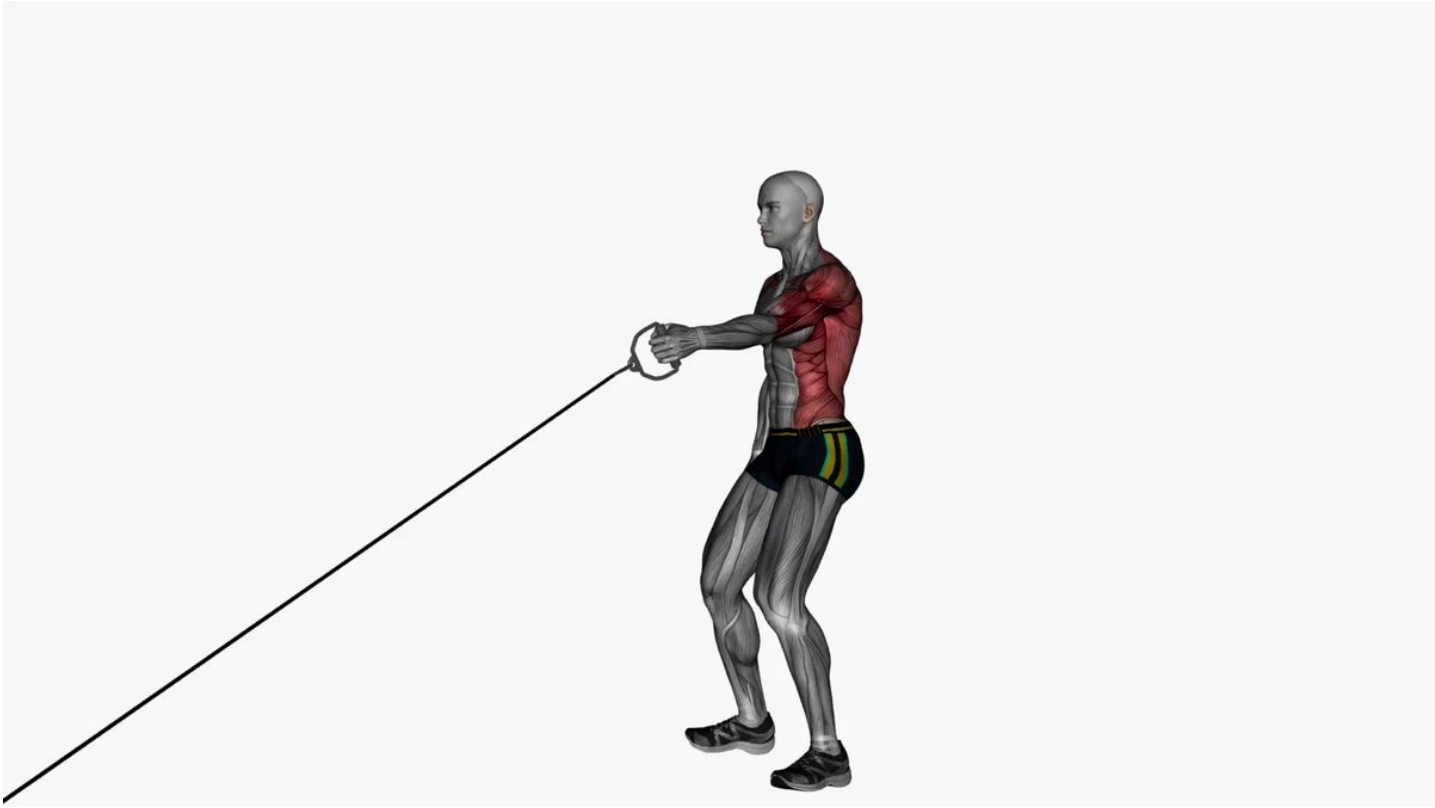
3. Plank

3 sets of 20 - 60 seconds



4. Standing Single Arm Cable Row

3-4 sets of 10-12 reps



5. Single Leg Hip Thrusts

3-4 sets of 10-15 reps



That's a wrap!

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>
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>
> — Aldo Barahona (@aldothetrainer) March 8, 2023