

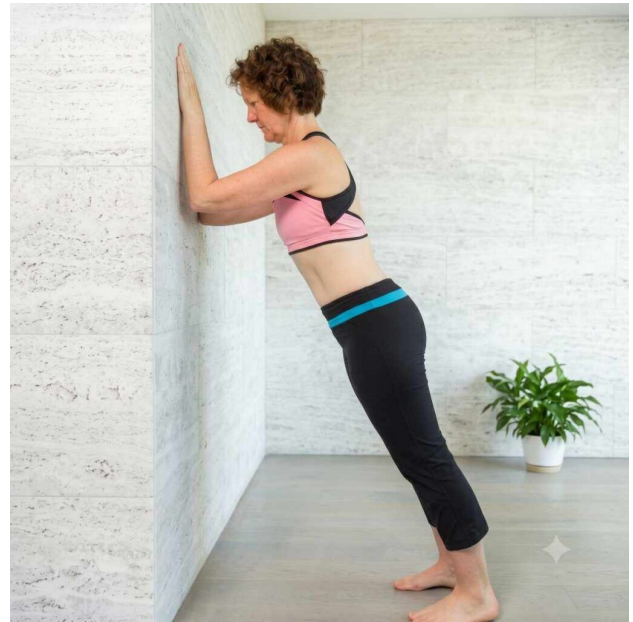
Core Stabilization & Lower Back Isometric Strengthening Home Exercise Program (HEP)

1. PLANK: progression 1-3

LEVEL 1: Wall Plank

Stand facing a wall and place your hands or forearms flat against it at shoulder height and shoulder-width apart. Step your feet back a short distance until your body leans slightly and forms a straight line from your head to your heels. Pull your belly button in toward your spine to engage your core.

Progression: Beginner: 2 × 10–15 sec → Intermediate: 3 × 20–30 sec → Advanced: 3 × 30–45 sec. Resting 90–120 seconds between sets.



LEVEL 2: Modified Plank

A modified plank is an easier version of a regular plank where you support yourself on your hands instead of your elbows/ forearms. It is similar to the top position of a push-up. [How to Do a Straight-Arm Plank | HealthYouTube·Health·Jan 26, 2016](#)

Progression: Beginner: 2 × 10–15 sec → Intermediate: 3 × 20–30 sec → Advanced: 3 × 30–45 sec. Resting 90–120 seconds between sets.



LEVEL 3: Plank

A plank strengthens your core (abs and lower back) while also working your shoulders, arms, hips, and legs. Hold your body straight while supporting yourself on your forearms or hands and toes. Keep your core tight and avoid letting your hips drop or rise. This is an isometric exercise that strengthens the core, shoulders, and back. [Core Exercise: PlankYouTube · Children's Hospital Colorado2.7M+ views · 8 years ago](#)

Progression: Beginner: 2 × 10–15 sec → Intermediate: 3 × 20–30 sec → Advanced: 3 × 30–45 sec. Resting 90–120 seconds between sets

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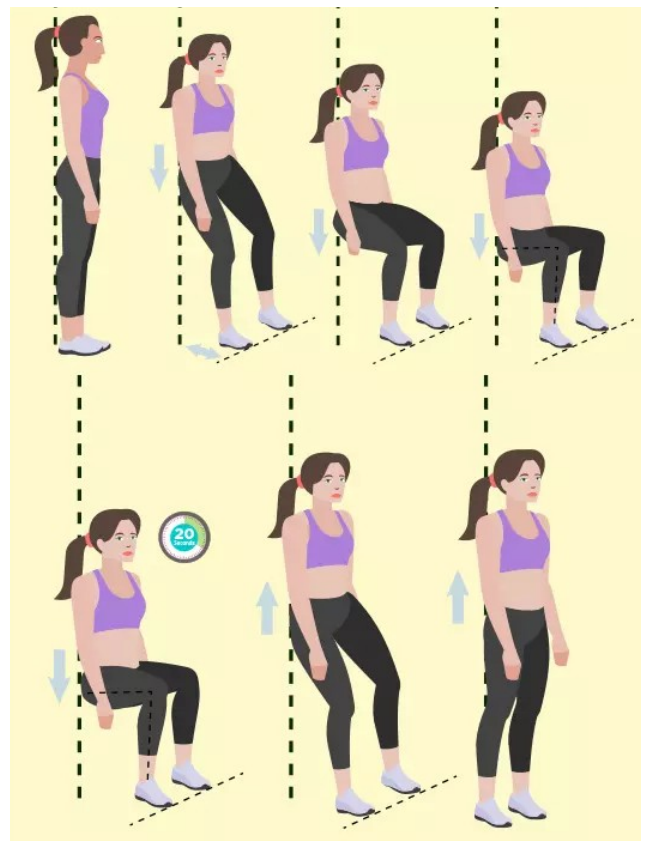


2. Wall Sit

A wall sit is an isometric exercise that strengthens the legs and glutes by holding a seated position against a wall.

<https://www.youtube.com/watch?v=JaZNYM3zAP0>

Progression: Stand with your back against a wall and feet shoulder-width apart. Slide down into a wall sit, keeping your back against the wall. Progress from $45^\circ \rightarrow 60^\circ \rightarrow 90^\circ$, start with 10-20 sec hold, 3-4 reps. Keep your knees aligned with your toes and increase the angle as strength improves.

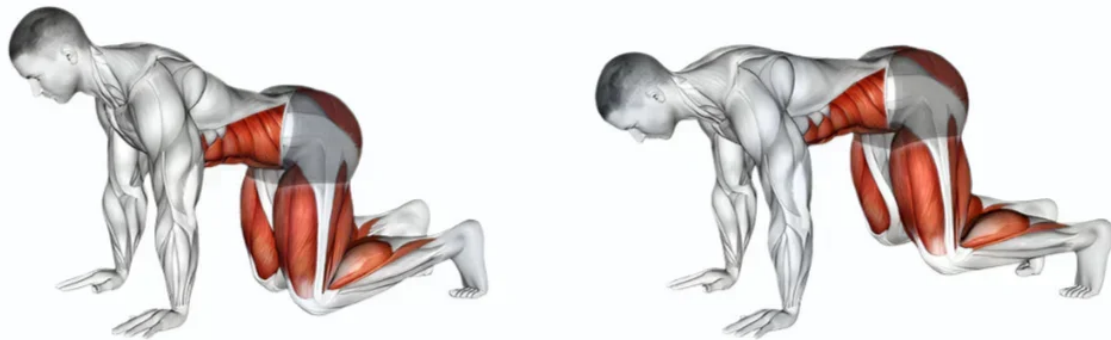


3. Bear Hug Hold

Start on your hands and knees, tuck your toes, and lift your knees slightly off the floor while keeping your back flat. This exercise strengthens your core, shoulders, arms, and legs and improves balance and stability. Start on hands and knees, lift your knees slightly off the floor, and hold your body steady. [How To Do A Bear Plank with Traci Copeland | The Right Way ...YouTube·Well+Good·Aug 24, 2021](#)

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Progression: Beginner: 2 × 10–15 sec → Intermediate: 3 × 20–30 sec → Advanced: 3 × 30–45 sec. Resting 90–120 seconds between sets.



4. Superman Progression: level 1-3

LEVEL 1: Prone on Elbows Isometric Exercise:

Lie on your stomach and prop yourself up on your elbows and forearms. Keep your body straight and hold the position without moving. This is an isometric exercise that strengthens the core, back, and shoulder muscles.

Progression: Beginner: 2 × 10–15 sec → Intermediate: 3 × 20–30 sec → Advanced: 3 × 30–45 sec. Resting 90–120 seconds between sets



LEVEL 2: Alternating Superman

Start by lying on your belly with your arms and legs extended. Pull your belly button in toward your spine (think of peeling it off the floor) to turn on your core muscles. While maintaining your gaze on the floor, slightly lift your head off the floor. Lift your right arm and left leg three five inches off the floor as you inhale. Exhale to lower your limbs. Hold each side for 10–20 seconds x3



to

LEVEL 3: Superman

Lie on your stomach and lift your arms and legs off the floor. This help

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improve strengthens your lower back, glutes, and core. [How To Do Superman Hold YouTube·Calixpert·Feb 18, 2025](#)

Progression: Beginner: 2 × 10–15 sec → Intermediate: 3 × 20–30 sec → Advanced: 3 × 30–45 sec.

5. Hollow Body Hold: Progress 1-3

LEVEL 1: Dead Bug Hold

Lie on your back with knees bent at 90 degrees and feet flat on the floor or shins parallel to the ceiling, keep your arms pointing up to the ceiling or down by your sides. Flatten your lower back entirely into the mat, lift your head and shoulders slightly, and hold. <https://youtu.be/VQG--xz0EIA?si=SDMyGkvjCanZn6y>

Progression: Beginner: : 2 × 10–15 sec → Intermediate: 3 × 20–30 sec → Advanced: 3 × 30–45 sec.



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LEVEL 2: Single Leg Hollow Body Hold

Keep your lower back flat on the floor and your upper body curled up with arms either by your sides or overhead. Keep one leg bent in tabletop and extend the other leg straight out, hovering it 15 to 45 degrees off the floor. Switch legs halfway through your hold time. https://youtu.be/_2NhOrUgjHM?si=NH7SzDf4deDaVpAY

Progression: Beginner: BOTH SIDES: 2 × 10–15 sec → Intermediate: 3 × 20–30 sec → Advanced: 3 × 30–45 sec.

Level 3: Hollow Body Hold

Lie on your back, lift your arms and legs slightly off the floor, and hold your body in a curved position to strengthen your core. This strengthens your core and improves body control and stability. [How to do a Hollow Hold | The Right Way | Well+GoodYouTube·Well+Good·Dec 29, 2021](#)

Progression: Beginner: 2 × 10–15 sec → Intermediate: 3 × 20–30 sec → Advanced: 3 × 30–45 sec.

