

# GABRIELE

FITNESS & PERFORMANCE



## How Does Your Back Feel? Part 2

By Vince Gabriele

A few weeks ago big Tom had a great article about keeping your lower back healthy. He made some great points:

- 1- Be aware of your Posture
- 2- Strength Training
- 3- Mobility

This week we want to introduce to you a few exercises to keep your lower back healthy in the gym. Enjoy the videos!

### [Strength/Posture Exercises Video](#)

1. Knee Hug Single Leg Bridge
2. KB Deadlift
3. KB Swing
4. Band Pull Apart

### [Mobility/Flexibility Exercises Video](#)

1. Hip Flexor Stretch- 1/2 Kneeling Reach
2. Hip Rotator Stretch-Pigeon Pose
3. Hip Internal Rotation-Knee to Knee Stretch

### [Core Stability Exercises Video](#)

1. Side Plank
2. 1 Arm Farmers Walk

Have a great week,  
Vince

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