

# The 4 Best Strength Stabilizer Exercises To Build Your Lower Back Muscles, And Help Relieve Back Pain

So a lot of health experts used to say rest and immobilisation was the best way to help back pain.

It did help to avoid the pain and eventually get back to regular daily activities but any movement that caused you to move out of “alignment” caused the pain to come back.

Today the notion of moving through pain is more popular and has been proven to be effective. It depends on everyone’s situation but, in general, moving muscles around the pain area will help blood circulate to the area, helping with the healing process.

The ideal situation is to prevent lower back pain.

The best way to prevent lower back pain is to build your core and back muscles strong.

You accomplish this by exercising regularly and strength training.

Stretching exercises are best for performing after your strength training session.

If you already have back pain, you can and should start exercising to strengthen your body.

You just need to start slower and give your body a chance to adapt...  
...but you need to exercise.

The muscles that you want to strengthen are your glutes, hip adductors, core, abs and back muscles.

The goal is to challenge them gradually so that they get stronger over time.

An advanced lifter can't just bang out a heavy set of deadlifts and expect to get away with it...

... just as a beginner can't hit 100 reps in one sitting.

You'll need to take it slow so you don't make it worse.

Here's a few exercises that can help with back pain. Most are low impact and will not aggravate your condition.

These exercises are effective when done regularly.

Sometimes it can be difficult to find motivation to do them. I found it easier when I had someone keeping me accountable.

A great coach makes the difference in getting results. A coach with experience and client results to show for it.

## **SPECIAL OFFER AT THE END OF THIS PDF**

At the end of this pdf, I'll share where you can get access to a FREE report with a chance to get in a great training program for people like you and me who suffer from back pain.

Back to the exercises...

Use common sense and don't overdo it.

It's also important to get approval from your doctor before engaging in any exercise routine when you're suffering from a bad back.

## 1. Planks

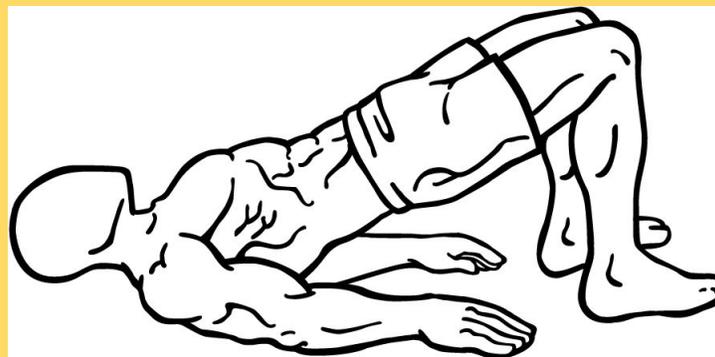


There are many different types of planks such as forearm planks, side planks, knee planks, reverse planks and many more.

Start with the basic plank. Build the plank up to 60 seconds.

These planks are the base to strengthen your core... and a strong core is the first step to preventing back pain, or reducing it.

## 2. Bridging



This is a great exercise for strengthening the glutes and stabilizing the pelvis, yet it's often neglected.

Lie on your back and bend your knees so that your feet form a right angle. Now push off your heels and raise your hips off the ground.

Your knees, hips and shoulders should be aligned and form a straight line. Lower your hips and lower back to the floor, then repeat again.

Do this for 10 to 12 reps, build up to 50 reps.

### 3. Core Squats



This is the king of full body strengthening.

It requires good technique and proper form. You can learn how to do it from a trainer at the gym or by watching videos online. Don't use any weights.

Slow, controlled reps is what you're aiming for.

Make sure to always keep the glutes and abs engaged throughout the whole squat.

This practices engaging these muscles to help stabilize the spine throughout a global movement.

Start with 15-20 reps, build up to 50.

## 4. Bird dog



Similar to the plank, and challenging too. There is minimal impact.

Get into a kneeling position with your palm on the floor. Now, straighten your right leg outwards and back, while you straighten your left arm forwards.

The goal is to keep the spine and pelvis straight by stabilizing through the movement.

Hold the position for about 5 to 10 seconds...build up to 60 seconds when possible.

Now repeat on the other side.

If you do these four exercises regularly, you'll strengthen your back and core, which in turn will make you less susceptible to back pain.

Approach your training slow and steady for best results.

If You're Suffering From Back Pain...  
[It's NOT Your Fault, And You're Not Alone...](#)

There's no wrong or right exercises.

There's good exercises, better exercises, and then there's the fitness "experts". Fit pros with businesses, trying to get more customers to buy more training programs and anti-inflammatory diets.

It's not everyday a health professional like Steve Young, who's helped more than 7,500 people, comes along and shares his process to help relieve back pain once and for all.

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Newsletter and Learn About The 3 Back Pain  
Triggers You MUST Avoid If You Want To Get And  
Stay Pain Free In As Little As 7 Days...

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