

LUMBAR LOVE consists of 8 sequential exercises for those with **low back pain**.

LUMBAR LOVE is a routine that is meant to be put into BODY MEMORY.

I have provided 3 training wheel tools until you have them memorized.

- Memory Cards
- Note Cards
- Video Clips

MEMORY CARDS are meant to be by your side for quick reference. They simply list the names of the 8 exercises in order.

NOTE CARDS are a one page written description for each exercise. Please take the time to read and/or print out each one.

VIDEO CLIPS – sometimes a picture is better than a 1000 words.

Lumbar Love has been sequenced to flow from one exercise to the next with as little wasted movement as possible. **The whole routine is designed to be performed in under 8 minutes.**

Based on the principle of The Human Ladder, other routines to consider for those with **low back pain** are as follows:

The Human Ladder

- Thorax – upper chest and upper back
- Lumbar – lower back and lower abs
- Hips – related to glute and thigh muscles

THORAX THEATRE follows LUMBAR LOVE since the thorax is located on the rung above the lumbar. A strong thorax, which supports the weight of the head above, plus its own weight, lightens the heavy load the lumbar below needs to carry.

The first 4 exercises of the **HIP HAPPY** routine focus on hip MOBILITY. Open and clear hips on the ladder rung below the lumbar spine relieve pressure on the lumbar by transferring the load past the hips and into the bigger glute and thigh muscles.