



ULTIMATE GUIDE

7 Simple Low Back Exercises You Can Do At Home Right Now

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<https://www.rocksolidfitnessfl.com/lowbacksolution/>

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INTRODUCTION



If you're reading this, chances are you've experienced low back pain at some point in your life. Maybe it started as a dull ache after a long day at work, or perhaps it hit you suddenly, making even simple movements feel impossible. You're not alone. Nearly 80% of adults will deal with back pain at some point, and for many, it becomes a frustrating cycle of discomfort and limitation.

But here's the truth: pain does not have to define your life. At Rock Solid Fitness, we believe in giving people the tools to take control of their health—starting with their strength.

80% of us – 4 out of 5 people – will experience low back pain in our lives.

Low back pain is the #1 cause of disability in the workplace worldwide.

Back pain is often seen as something you just have to live with, but in reality, simple, targeted movement can make all the difference. The right exercises, performed consistently, can help reduce pain, improve mobility, and build the strength needed to prevent future issues.

This guide is for anyone who wants to move better and feel stronger. It's for the parent who wants to lift their child without wincing. The retiree who wants to stay active and independent. The busy professional who refuses to let back pain slow them down.

These seven simple exercises are designed to be done at home, no special equipment required. They're safe, effective, and backed by science. More importantly, they're the same principles we use at Rock Solid Fitness to help people just like you reclaim their strength and confidence every day.

You deserve to move freely. You deserve to feel strong. And you deserve to live without pain holding you back.

UNDERSTANDING LOW BACK PAIN: CAUSES AND SOLUTIONS

If you struggle with low back pain, you're not alone. It's the leading cause of disability worldwide, affecting millions of people every day. For some, it's a nagging discomfort that flares up after sitting too long.

For others, it's a sharp, debilitating pain that makes even basic movements feel impossible. But no matter where you fall on that spectrum, one thing is clear—living with back pain can be exhausting and frustrating.

Why Does Low Back Pain Happen?

Most cases of low back pain don't come from a single, dramatic injury. Instead, they develop over time due to:

- **Weak or inactive muscles** – When the muscles that support your spine aren't strong enough, your lower back takes on more strain than it should.
- **Poor posture** – Sitting for long hours, slouching, or standing with poor alignment can put excessive pressure on your lower back.
- **Lack of movement** – The more we sit, the stiffer and weaker our muscles become, increasing the risk of pain.
- **Improper lifting** – Lifting with your back instead of legs or twisting while carrying weight can cause strain.
- **Tight hips and hamstrings** – Limited flexibility in these areas can pull on the lower back and lead to discomfort.

The good news? Most of these factors are within your control. Strengthening key muscles, improving mobility, and making small adjustments to how you move can help reduce and prevent pain.

The Role of Strength and Stability

Your lower back doesn't work alone. It relies on a network of muscles—including your core, glutes and hips—to keep it stable. When these muscles are strong and engaged, they help absorb stress to protect your spine. That's why the exercises in this guide aren't just about stretching or temporary relief. They're about building lasting strength so your back can support you through every movement, every day.

DYNAMIC LUMBAR STABILIZATION: THE KEY TO A STRONG, PAIN-FREE BACK

What is a Dynamic Lumbar Stabilization Program?

If you've been dealing with low back pain, you might have heard the phrase "strengthen your core." But what does that really mean? And how does it help your back?

The answer lies in something called dynamic lumbar stabilization—a simple but powerful way to train your body to support your spine automatically, whether you're sitting, standing, lifting, or bending.

What is Lumbar Stabilization?

Your lower back (or lumbar spine) isn't meant to work alone. It's supported by a deep network of muscles, including:

- **The core** – Not just abs, but also the deep muscles that wrap around your midsection like a built-in brace.
- **The glutes** – Your hip muscles help control movement and absorb impact.
- **The back muscles** – These work to support and align your spine.

When these muscles are strong and working together, they create a natural support system for your lower back, reducing stress on your spine and helping to prevent pain.

Special Bonus: Low Back Exercise Program

[Click here to access this free video.](#)



Below is a step-by-step description of the exercise program. (For your convenience we've included video timestamps for each step, showing where you can find each of the steps below in the video.)

Step-by-Step Guide to Strengthening and Stabilizing Your Lower Back

Here's a step-by-step description of the exercise program. (For your convenience we've included video timestamps for each step, showing where you can find each of the steps below in the video.)

The exercises in this guide are designed to be safe, simple, and effective—no fancy equipment required. But before you begin, it's important to set yourself up for success with proper positioning and technique.

Step 1: Get into Position - Safely on Your Back on a Mat

00:58-01:38

Before we start strengthening your back, we need to get you into the right position to minimize strain and maximize stability. Follow these steps:

- **Find a comfortable space.** Choose a firm but cushioned surface, like a yoga mat or carpeted floor.
- **Lower yourself gently.** If standing, kneel down first. Then, place your hands on the floor and slowly transition to a seated position.
- **Roll onto your back.** Move as a unit—without twisting—lie flat on the floor with knees bent and feet flat
- **Adjust your posture.** Your head, shoulders, and hips should be aligned, and your lower back should feel neutral (not pressed into the floor or overly arched).



Step 2: Find Your Neutral Spine Position

01:38-03:51

A neutral spine is your back's natural, pain-free position. It's the foundation for everything we'll be doing.

- While lying on your back, tilt your pelvis forward slightly to increase the arch in your lower back.
- Now, tilt your pelvis backward so that your lower back flattens against the floor.
- Find the middle position between those two extremes—this is your neutral spine.
- Maintain this position throughout all the exercises.

Step 3: Abdominal Bracing—Activating Your Core Support

03:51-07:38

Abdominal bracing is a simple but powerful technique that teaches your core muscles to protect your spine.

- While maintaining your neutral spine, take a deep breath and exhale slowly.
- As you exhale, tighten your abdominal muscles as if preparing to take a light punch in the stomach.
- Hold this contraction—this is your internal back brace.
- To test if you're engaging correctly, gently press your fingertips into your sides. If you feel firmness around your waist, you're doing it right.
- Keep breathing normally as you hold the brace.

Practice this bracing technique often—it will be the foundation for all strength exercises ahead.



Step 4: Core Stability Exercises

Simple, effective exercises that will help strengthen your lower back and core.

Your core isn't just about six-pack abs—it's your body's built-in back brace. The stronger your core, the more protected your spine is from pain and injury.

Exercise #1: Bracing Hold – See Step 3 above | 03:51-07:38

- Hold your abdominal brace for 10-30 seconds while lying down.
- Breathe normally and focus on keeping your core engaged.
- Repeat 3 times before moving on.

Exercise #2. Arm Lifts | 07:38-08:45

- Start in a braced position.
- Raise one arm overhead without arching or flattening your back.
- Return to the start and switch sides.
- Repeat 10 times per side.



Exercise #3. Abdominal Bracing With Leg Thrusts | 08:45-10:08

- While bracing, lift one foot off the ground a few inches.
- Hold for a second, then lower and switch legs.
- Keep your core tight—your lower back should not move.
- Repeat 10 times per leg. Your goal is 1-3 minutes.

These small movements train your body to stay stable during everyday activities, like walking, bending, and lifting.

Now that you've activated your core and built a solid foundation, it's time to add more movement while maintaining stability. These next exercises increase strength, mobility, and control, helping you move through life with confidence and without pain.



Exercise #4. Arms and Legs Together – Supported | 10:08-11:24

This movement teaches your core and lower back how to stabilize while your limbs move—a critical skill for daily activities like walking, lifting, and bending.

- Start in a hands and knees position (tabletop), keeping your spine neutral.
- Brace your core and slowly extend your right arm forward and left leg back.
- Keep your hips and shoulders level—avoid twisting.
- Hold for 3-5 seconds, then return to the starting position.
- Repeat on the opposite side (left arm, right leg).
- Perform 10 reps per side.
- Goal: Continue for 1-3 minutes or until you can no longer maintain proper form.

What to Watch For

Keep your core engaged—your lower back should not sag or arch.

If balancing is difficult, start by lifting only one limb at a time (just your arm or just your leg).

Exercise #5. Arms and Legs Together – Unsupported | 11:24-12:51

This exercise builds core control and full-body coordination, training your muscles to stabilize your lower back while your arms and legs move freely. It's a step up in difficulty from the previous exercise, requiring greater core engagement and balance.

- **Start Position:** Lie on your back with knees bent, feet flat, and arms reaching toward the ceiling. Engage your abdominal brace and lift both feet off the floor so your hips and knees form 90-degree angles.
- **Movement:** Lower your right arm near your head while extending your right leg straight. Keep your core engaged—your lower back should not arch or tilt.
- **Return & Switch:** Bring your right arm and leg back, then repeat with the left arm and left leg. Continue alternating smoothly and with control.
- **Breathe Steadily:** Exhale as you extend, inhale as you return.
- **Goal:** Continue for 1-3 minutes or until you can no longer maintain proper form.



Why It Works

This movement trains your core to stabilize during real-life motions, improving strength for walking, bending, and lifting while reducing back strain.

Exercise #6. Abdominal Bracing With Single Leg Lowering | 12:51-13:45

This exercise builds core strength and lower back stability by training your muscles to control movement while keeping your spine supported.



- Start Position: Lie on your back with knees bent, feet flat, and arms at your sides. Engage your abdominal brace to keep your spine stable.
- Straighten One Leg: Extend your right knee fully while keeping your core engaged.
- Lower Slowly: Lower your right leg toward the floor in a controlled motion, stopping when you feel your core working but your back stays stable.
- Return & Switch: Bring your right leg back up and repeat with your left leg.
- Breathe Steadily: Exhale as you lower, inhale as you return.
- Goal: Continue for 1-3 minutes, stopping if your lower back lifts or wobbles.

Why It Works

This movement strengthens deep core muscles and teaches spinal stability, helping to prevent back strain in daily activities like walking, bending, and standing.

Exercise #7. Abdominal Bracing With Bridging | 13:45-14:58

This exercise strengthens the glutes, core, and lower back, improving stability and reducing strain on the spine.

- **Start Position:** Lie on your back with knees bent, feet flat, and arms at your sides. Engage your abdominal brace to keep your spine stable.



- **Straighten One Leg:** Extend your right knee fully while keeping your core engaged.
- **Lower Slowly:** Lower your right leg toward the floor in a controlled motion, stopping when you feel your core working but your back stays stable.
- **Return & Switch:** Bring your right leg back up and repeat with your left leg.
- **Breathe Steadily:** Exhale as you lower, inhale as you return.
- **Goal:** Continue for 1-3 minutes, stopping if your lower back lifts or wobbles.

Practice these lower back workouts twice a week, and before you know it, your lower back will be bulletproof!

Step 5: Stretching for Flexibility and Back Health

The Importance of Flexibility

Flexibility plays a crucial role in keeping your spine, muscles, and joints mobile and pain-free. As we age, flexibility naturally declines—by as much as 20–50% between ages 30 and 70. Tight muscles, especially in the low back, hips, and legs, can lead to discomfort, restricted movement, and even nerve impingement.

The good news? Just like strength training preserves muscle, stretching preserves flexibility. A few minutes of consistent, controlled stretching can help maintain range of motion, reduce stiffness, and prevent pain.

General Rules for Effective Stretching

- Relax into it. Find a comfortable position where your body feels supported.
- Stretch warm muscles. The best time to stretch is after your strength exercises, when your muscles are more pliable.
- Move with control. Never force a stretch—ease into it and exit it slowly.
- Hold, don't bounce. Stretch until you feel tension, not pain, and hold steady.
- Listen to your body. If you experience sharp pain or trembling, ease off until the discomfort subsides.

A well-balanced approach to stretching keeps your body moving freely and supports your spine's long-term health.

Special Bonus: Low Back Stretching Program

[Click here to access this free video.](#)



Below is a step-by-step description of the stretching program. (For your convenience we've included video timestamps for each step, showing where you can find each of the steps below in the video.)

Step 5: Stretching for Flexibility and Back Health

Step-by-Step Low Back Stretching Program

Perform each stretch slowly and with control, **holding for 10-30 seconds** without bouncing.

Supine Stretches (lying on your back) | 00:35-01:08

Get into position

- Lower yourself onto all fours, then roll onto your belly.
- From there, roll as a unit onto your back with knees bent and feet flat.

Stretch #1: Double Knee to Chest | 01:08-01:46

Targets: Lower back, hips

- Bend both knees and grasp your shins or behind knees.
- Gently pull your knees toward your chest until you feel a comfortable stretch.



Stretch #2: Single Knee to Chest | 01:46-02:22

Targets: Lower back, hips

- Keep your left leg straight while pulling your right knee to your chest.
- Hold, then slowly switch sides.



Stretch #3: Hamstring Stretch | 02:22-03:37

Targets: Hamstrings, lower back

- Bend your right knee to a 90-degree angle and hold behind your thigh.
- Slowly straighten your knee as far as comfortable.
- Lower and repeat on the left leg.



STRETCHING

Stretch #4: Piriformis Stretch | 03:37-04:24

Targets: Outer hips, sciatic nerve relief

- Cross your right ankle over your left thigh.
- Gently pull your right knee toward your left hip until you feel a stretch.
- Repeat on the other side.



Stretch #5: Internal Hip Rotator Stretch | 04:24-05:00

Targets: Hips, lower back

- Cross your right ankle over your left thigh.
- Press gently on your right knee to increase the stretch.
- Hold, then switch sides.



Stretch #6: Lower Trunk Rotation | 05:00-05:33

Targets: Spine mobility, obliques

- Keep your knees and feet together and rotate both knees to one side.
- Keep your shoulders flat on the mat.
- Hold, then rotate to the opposite side.
- ⚠ Skip this if you've had a back injury or surgery.



Stretch #7: Hip Flexor Stretch | 05:33-07:23

Targets: Hip flexors, lower back

- Roll onto your stomach and prop yourself on your elbows, keeping hips down.
- If discomfort occurs, lower your chest and bend one knee, using a strap if needed.
- Hold, then switch sides.



After completing the stretching program, return to a standing position safely by reversing the steps you took when descending to the mat.

CONCLUSION



Thank you for taking the time to invest in your health. At Rock Solid Fitness, we know how frustrating back pain can be—but we also know that strength is the key to lasting relief.

A stable, well-supported spine is essential for everything you do—whether it's standing, bending, lifting, or simply moving through life with confidence. These exercises and stretches are designed to build strength, improve mobility, and prevent future pain. The more consistently you practice, the more second nature they'll become, helping you move freely and without fear.

But this is just the beginning. If you're looking for personalized support, expert coaching, and a proven system that delivers results, Rock Solid Fitness is here for you. We specialize in safe, effective strength training that fits into your life and helps you feel your absolute best.

Your body is built to move. Keep it strong, keep it mobile, and never let pain hold you back.

ABOUT ROCK SOLID FITNESS

At Rock Solid Fitness, we believe strength is more than just muscle—it's about moving better, feeling better, and living a life without limitations. Our mission is to help you train smarter, not longer, with science-backed, high-intensity strength training that delivers maximum results in minimal time.

We understand that safety and efficiency matter, especially when dealing with back pain or past injuries. That's why our expert trainers combine the principles of physical therapy and strength training to create customized programs that build strength without risk.

Since 2011, we've helped thousands of people—from busy professionals to retirees—move with confidence, stay independent, and live pain-free.

Whether you're recovering from an injury, looking to prevent future pain, or simply want to get stronger, we're here to support you every step of the way.

To meet the team, learn more about our proven process, or try out a free workout, contact us today:

727-282-1800

info@RockSolidFitnessFL.com

The No-Nonsense Strength Coach

Patty Durell, the co-founder of Rock Solid Fitness, is a highly experienced and passionate advocate for strength training that is both safe and effective. A licensed physical therapy assistant, Patty has spent years working with individuals to help them improve their health, strength, and mobility.

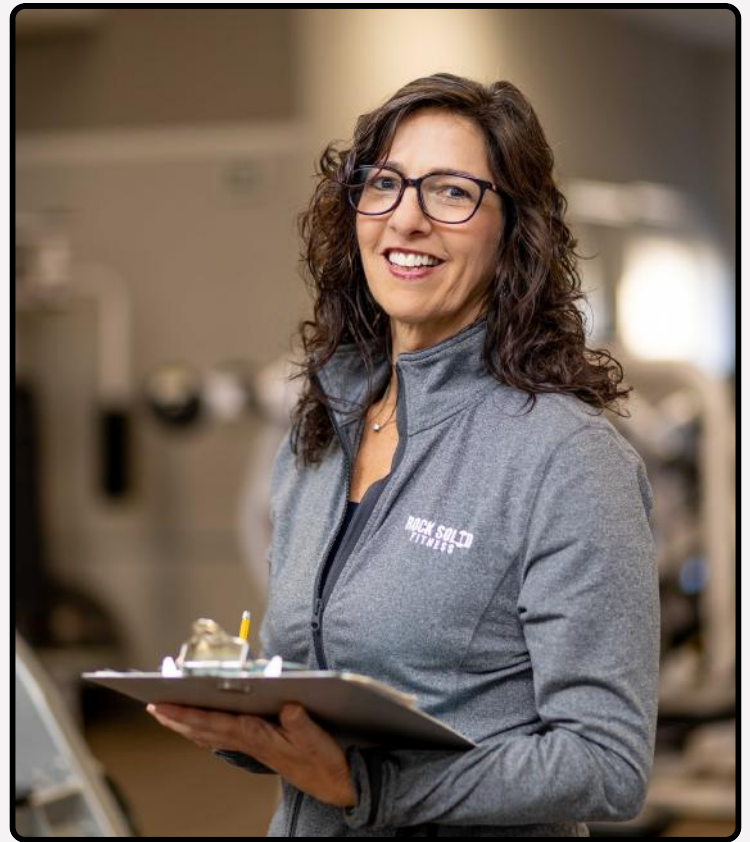
Her mission is rooted in the belief that everyone deserves to feel strong, confident, and pain-free, regardless of their age or fitness level.

Her journey in fitness began with a personal struggle to find a safe and efficient way to get in shape, which led her to explore strength training methods grounded in science and physical therapy principles.

Patty's extensive knowledge of body mechanics and injury prevention enables her to create personalized fitness programs that target specific needs, whether someone is recovering from an injury, improving athletic performance, or simply looking to build strength for daily life.

Since founding Rock Solid Fitness in 2012, Patty has been dedicated to helping people build the strength and resilience they need to thrive in life. Her work has empowered thousands of people to reclaim their health, enhance their mobility, and embrace a higher quality of life through strength training. At Rock Solid Fitness, she and her team apply a data-driven approach to training that's grounded in research, always prioritizing safety, form, and individual progression.

Patty's approach to fitness isn't just about physical transformation—it's about fostering a sense of empowerment and independence that lasts for life. Her deep understanding of both the physical and emotional benefits of strength training makes her uniquely qualified to guide others on their fitness journeys, providing support, expertise, and inspiration every step of the way.



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