



PULLOVERS

Lumbar Stabilization →
Controlled Mobility Program

This exercise is designed to help you progressive from inner core control to outer core strengthening. It strengthens the trunk muscles that blend into one another (latissimus dorsi into serratus anterior into obliques into rectus abdominis).



Exercise Steps

1. Lie on your back with knees bent
2. Raise a small weight or medicine ball overhead with both hands.
3. Do not allow your back to arch during this movement
4. Then return to starting position with the weight/ ball overhead
5. Push the weight/ball up toward the ceiling (protraction)
6. Finish with a crunch
7. Hold for 5 seconds while slowly exhaling

Exercise Tips (T)/Progressions (P)

1. P: Add a higher abdominal crunch for controlled lumbar flexion
2. P: Sit up all the way up (during stage 9)
3. P: Add a diagonal crunch for oblique muscle strengthening (stage 10)