

Erector Spinae/Multifidus 3.9.13 Program for Muscle Groups

Trainer: Stacey Valentas

Introduction

No Introduction has been specified

Warm Up

Cardio Program

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Activity	Intensity	Duration	Comments

Summary of the program

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Activity	Туре	Sets	Reps	Duration	Tempo	Intensity	Rest
Dumbbell Deadlift	Exercise						
Cobra - Floor	Exercise						
Quadruped Arm Opposite Leg Raise	Exercise						
Back Extension	Exercise						
Erector Spinae – Cross Leg	Flexibility						

Cool Down

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Reps: Sets: Intensity: Tempo: Rest: Duration:

Preparation

- Stand tall, retract scapulas and draw in navel towards spine while squeezing glutes.
- Important that the hip, knee and toes are tracking in line.
- Core must remain activated throughout deadlift.
- Watch for compensation in your client. Don't let misalignment of legs or flexion of the lower lumbar occur.

Movement:

- Keep arms straight at all times.
- Lower the weights down as deep as neutral spine angles can be maintained.
- Maintain good posture throughout the exercise with shoulder blades retracted and depressed.
- Ensure no compensations of the knee, ankle or hip.
- Return to the starting position, pushing through the glutes (to keep pressure off the lower back) and keeping the head and chest up, this will ensure that pressure is not placed solely on the lower back.
- Inhale on the way down and exhale on the way up.
- Don't rush through the exercise.
- Keep transverse activated at all times.



Reps:Sets:Intensity:Tempo:Rest:Duration:

Preparation

- Laying face down on the floor in prone position, have arms beside your hips.
- Activate core by drawing in navel towards spine and squeezing glutes.

Movement:

- With core and glutes activated, lift chest off the floor, lift arms up and back towards the hips rotating thumbs towards the ceiling.
- Pause momentarily at the top of the lift then return to starting position; at all times keeping the chin tucked into the chest.
- Upon completion of the movement, repeat.
- Don't over emphasize arching of the back to lift the chest off the floor. Only lift to where the client is comfortable no lower back pain should be felt. If so check sequencing of glute, erectors and hamstrings.











Quadruped Arm Opposite Leg Raise

Reps: Sets: Intensity: Tempo: Rest: Duration:

Preparation

- Begin on all fours, in neutral spine, with abdomen drawn in and chin tucked.

Movement:

- Slowly raise one arm (thumb up) and the opposite leg, toe pointed away (triple extension).
- Keep both arm and leg straight while lifting to body height.
- Hold and return both arm and leg slowly to the ground, maintaining optimal alignment and repeat alternating sides.



Back Extension

Reps: Sets: Intensity: Tempo: Rest: Duration:

Preparation

- If training the erectors is the goal (i.e. spinal extension), place the pad high enough to "block" the hip joint from motion and encourage spinal motion.
- If training the glutes & hamstrings is the goal (i.e. hip extension), place the pad below the hip joint to allow for the correct motion.

Movement:

- Keeping legs straight and toes pointing straight ahead, draw-in abdomen and use glutes to raise upper body to a neutral position.
- Keep chin tucked and shoulder blades retracted and depressed the entire time.
- Hold and then slowly lower upper body back towards the ground to AVAILABLE end range.



Erector Spinae - Cross Leg

Reps: Sets: Intensity: Tempo: Rest: Duration:

Preparation

- Lie supine on ground with left leg straight out, and right leg bent and crossed over left side as shown.

Movement:

- Draw your belly button inward.
- Slowly use your left arm against your right crossed leg to apply pressure to the point of tension.
- Hold for 20-30 seconds, repeat for 2-3 reps.

