

Piston

Start on your hands and knees, knees under your hips and wrists under your shoulders. Keep your spine in neutral with your chest and face lifted away from the floor. Draw your navel in towards your spine as you lift your right hip up using the small back muscles along the spine (multifidi.) Your right hip should lift straight up towards the ceiling and your knee will lift off the floor. Slowly lower the knee and hip controlling with the multifidi. Repeat 5 times slowly, 3 sets on each side. Purpose is to strengthen the multifidi muscle.

