

Lang Volley's Lower Back Release Progression Card

1. Couch Stretch with Dowel Support – (30 sec to 1 min per side)

- Knee down near wall. Opposite foot forward. Tuck the pelvis, hold onto a stick or dowel for support. *Tip: Posterior pelvic tilt to increase psoas release.*

2. ATG Split Squat Hold – (30–45 sec hold per side)

- Front foot flat, back knee down, knee over toe. Tuck pelvis, chest up, back hip extended. *Progress: Add a weight or pulse lightly at bottom.*

3. Reverse Nordic Fallbacks – (6–8 reps, slow tempo)

- Keep hips extended. Lean back from the knees without hinging at hips. Core tight, reach arms forward. Use band or wall support if needed.

4. Calf Stretch on Slant Board or Step – (30 sec per side)

- Straight leg. Keep glutes tight and hips stacked. Drive heel down, maintain upright posture. *Optional: Bend knee for soleus bias.*

5. Elephant Walks – (10 reps per side)

- Stand, hinge at hips, reach to ground. Slowly alternate knee bends. Keep chest low and hips high. *Stretch through hamstrings, calves, and spine.*

6. Jefferson Curls – (5 reps, slow and segmented)

- Start standing tall with weight or arms hanging. Slowly curl spine down one vertebra at a time. Pause at bottom. Uncurl slowly. *Add light kettlebell or plate as strength builds.*

7. Loaded Butterfly Stretch – (30–60 sec hold)

- Sit tall, feet together. Press elbows into knees. Hold a kettlebell or plate on the ankles. *Focus on tall posture and breathing into the stretch.*

8. Pancake Stretch Hold – (30–60 sec hold)

- Straddle legs wide. Keep the spine long. Hinge forward from hips, reach arms out. *Optional: Add small weights in hands to increase intensity.*

9. Seated Good Mornings – (8 reps, slow tempo)

- Sit straddled, feet wide. Hinge forward with a neutral spine, then return upright. *Can add a band for light resistance or hold a plate.*

10. 90/90 Hip Switches – (10 total switches)

- Sit with knees bent at 90 degrees on both legs. Actively switch sides without using hands. *Progress to lifting hands or hovering transitions.*

11. Pigeon Stretch or Elevated Figure 4 – (30 sec to 1 min per side)

- Option 1: Classic pigeon pose with chest tall.
Option 2: Lie on back, cross ankle over knee, pull opposite leg in. *Pick whichever gives deeper external rotation & glute release.*

12. Wall Pelvic Tilts / Wall Bridges – (10 reps, slow & controlled)

- Lay on your back with your feet on the wall. Engage core, tuck pelvis and flatten spine. Lift hips. *Add 1-leg progression or a band for larger challenge.*

13. Cat/Cow + Child's Pose Reach – (6 slow reps)

- On hands and knees. Inhale into cow, exhale into cat. Flow into child's pose and reach arms long. *Focus on breath & spine mobility & decompression.*

Extras (Optional Add-Ons)

- Side-Lying Windshield Wipers (Dynamic internal/external hip rotation)
- Thoracic Open Books (Lay on side, rotate top arm over)
- Supine Knee Pulls to Chest (Single leg and double leg)