

CORE STRENGTH 4:

The Sphinx

Muscles Strengthened: Lower back (erector spinae)

The “Sphinx” is an easier version of the classic yoga pose known as the “Cobra”. Although the Sphinx puts less stress on the lower back than the Cobra, it should not be performed if you have had recent back surgery or if you feel any discomfort while holding the pose.



Technique:

1. Lie on your stomach and extend your legs back.
2. Bend your elbows at a 90 degree angle and place them below your shoulders.
3. Prop yourself up on your elbows with your hands clasped in front of you (or with your hands flat on the mat and in front of your shoulders, if more comfortable).
4. Breathe out and relax. Inhale, press down onto your forearms, and use your back muscles to slowly and gently lift your chest to the extent comfortable. Keep your elbows and hips on your mat. Engage your abdominals. Look up slightly.
5. Hold for a few breaths, exhale and then slowly lower your upper body to the mat.

Repeat 1 to 3 times.