

**Good Mornings**

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- Stand with your feet about shoulder width apart, holding a light barbell or a broomstick at your shoulders behind your neck
- Keep your legs slightly bent, head up throughout the exercise
- Keep your posture tall, shoulders back, eyes looking across the room near the ceiling
- Maintaining strong stomach muscles, bend forward at your hips, not your back, as far as you can without rounding your back
- Raise your torso back to the starting position under control.
- **IMPORTANT:** Do not allow your back to round out or arch at anytime. This is an extremely lightweight exercise, don't use any weight until you have done this for several months with just a broomstick
- The emphasis is on the lower back muscles; keeping your shoulders back and your eyes forward will allow for these muscles to be used in the safest manner
  
- For best results, aim for 1-3 sets of 8-12 repetitions. Rest 2 minutes between sets and only do this every 48-72 hours at the most.

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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