



Store



Workouts



Diet Plans



Expert Guides



Videos

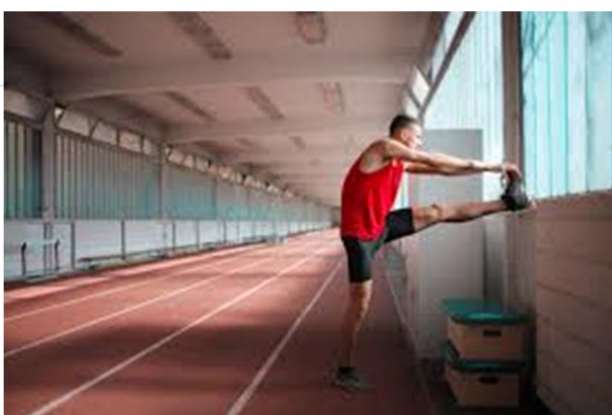



Tools





BACK - MOBILITY PLAN:


Main Goal: To improve back strength to enable daily movements and training to become easier. Improve pain and sleeping comfort.


Stretch	FLOOR	STANDING
Standing Hamstring Stretch		3 x Per Week
		Each Leg: 30 Seconds Hold 3 x on Each Leg


Stretch	FLOOR	STANDING
Quadruped Arm/Leg Raise	3 x Per Week	
	Each Side: 30 Seconds Hold 3 x on Each Side	

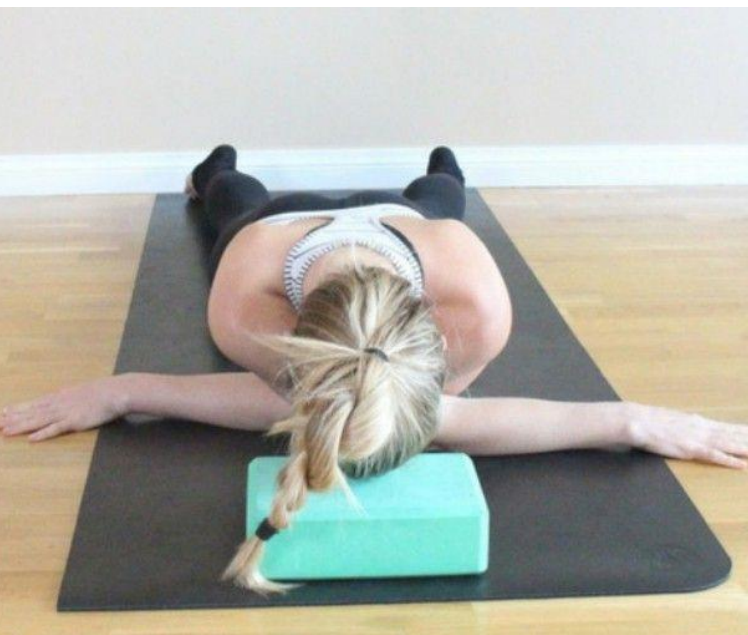
Stretch	FLOOR	STANDING
Gluteal Stretch	3 x Per Week	
	Each Side: 30 Seconds Hold 3 x Each Side	


Stretch	FLOOR	STANDING
Cat and Camel Stretch	3 x Per Week	
	30 Seconds Hold - Each Direction 3 x Sets	

Stretch	FLOOR	STANDING
Pelvic Tilt	3 x Per Week	
	30 Seconds Hold 3 x Sets	

Stretch	FLOOR	STANDING
Extension Exercise	3 x Per Week	
	30 Seconds Hold 3 x Sets	

Stretch	FLOOR	STANDING
Side Plank	3 x Per Week	
	Each Side: 30 Seconds Hold 3 x Each Side	

Stretch	FLOOR	STANDING
Double V Pose	3 x Per Week	
	30 Seconds Hold 3 x Sets	

Stretch	FLOOR	STANDING
Quadruped on Elbow Hand Behind Back T -Spine Extension/Rotation	3 x Per Week	
 Thoracic Rotation in Quadruped	Each Side: 30 Second Hold Each Side 3 x Each Side	