

# FITNESS BACK PAIN

## Basic Warm Up for Back Pain

These 2 are staples in my program!

If one of the movements hurts, stop immediately and make adjustments

Exercise	Reps - Sets - Time	How did your back feel after?
Fast Paced Walk	8-10 Minutes	
1 Arm Farmers Carry	3 x 30 second holds each arm	
Stir The Pots	3 x 5-10 revolutions clockwise and counter clockwise	
Bird Dogs (flat back with zero lower back shifting or movement)	2 x 8-10 reps	

Exercise	Reps - Sets - Time	How did your back feel after?
Fast Paced Walk	8-10 Minutes	
Front Plank (brace core with glutes engaged and posterior tilted pelvis)	3 x 30-45 second holds	
Dead Bugs	3 x 8-10 reps	
Bird Dogs	2 x 8-10 reps	