

Bulletproof your Back

Beginners Guide to improving back pain in 6-Weeks



Use this 6- week guide to
strengthen your back, hips,
glutes and core.

All it takes is 10-20mins 3x per week.

It's a progressive program.

This means that it's designed to help you build
strength and resilience
slowly over time!

Through the 6-weeks, I ask that you connect with your
body. Think about the muscles that you are moving.
Learn the difference between a stretch, muscle pain
and 'bad' pain i.e what we shouldn't be experiencing
while moving.

Not sure about the difference?

Reach out and let's talk!

As you're going through the motions, remember to
breathe deeply - in through your nose and out
through your mouth. Expanding and relaxing your
abdomen with each rep.

beMOMSTRONG

Let's talk more about breathing and your pelvic floor.

Your pelvic floor muscles need to be trained to get stronger (just like any other muscle in your body!)

Understanding how to contract and relax your pelvic floor is step one.

Try this:

Lying on your side or back, breathe in deeply.

As you exhale, contract your pelvic floor.

To do this, think about pulling your vagina and anus up towards your belly button.

Now on the inhale, relax your pelvic floor and come to a neutral state.

You can do this as a breathing exercise by itself. But in the program, you'll be practicing your breathing with a different exercise each week!

Look for this symbol  next to an exercise to indicate that you should work on pelvic floor contraction and relaxation in tandem with the prescribed movement.

Week 1 Exercise

click the image for a movement demonstration

Sets x Reps

Day 1



Glute Bridge
3x10



Clamshell
3x10 per side



Deadbug
3x14 alternating



Day 2



Side Plank
Clamshell
3x10 per side

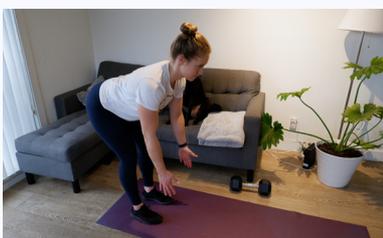


Tall Kneeling Hip
Thrust
3x10 (3seconds down)



Windmill
3x16 alternating

Day 3



Goodmorning
3x12



Rounded Back Toe
Touches
3x8 (slow down, slow up)



Side Plank
Pulses
3x10 per side

Week 2 Exercise

Sets x Reps

click the image for a movement demonstration

Day 1



Straight Leg
Glute Bridge
3x12



Bodyweight
Hamstring Curl
3x10+10



Russian Twist
3x20 alternating

Day 2



Seated Back
Extension
3x8



Quadruped T-Spine
Rotation
3x8 per side



Bird Dog
3x16 alternating

Day 3



Staggered Stance
Goodmorning
3x8 per side



Glute Bridge March
3x30-60sec



Plank
3x30-60sec

Week 3 Exercise

click the image for a movement demonstration

Sets x Reps

Day 1



Hip Thrust
3x8 - 2 sec pause at top, slowly lower

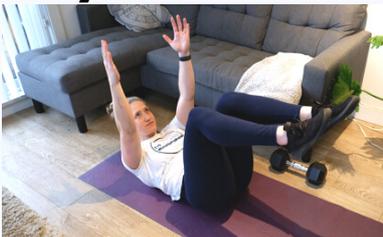


Side Bend
3x14 alternating



Mountain Climber
3x16 alternating - step or jump

Day 2



Deadbug
3x20-40sec hold



Rounded Back Toe Touches
3x8 (slow down, slow up)

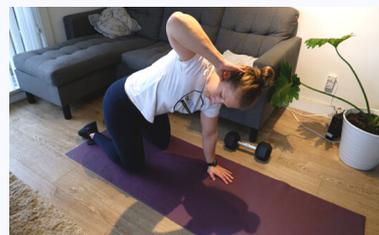


Lower Back Stretch
2mins per side

Day 3



Staggered Stance Goodmorning
3x12 per side



Quadruped T-Spine Rotation
3x8 per side



Bird Dog
1 x 20-40sec hold per side

Week 4 Exercise

click the image for a movement demonstration

Sets x Reps

Day 1



Glute Bridge
3x10 + 30sec hold



Clamshell
3x10 per side/
pause 2sec at top



Deadbug
3x20 alternating

Day 2



Side Plank
Clamshell
3x14 per side



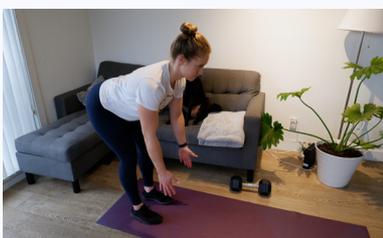
Tall Kneeling Hip Thrust
- hold weight at chest
3x10 (3seconds down)



Windmill
3x16 alternating



Day 3



Goodmorning
3x20



Rounded Back Toe
Touches
3x8 (slow down, slow up)



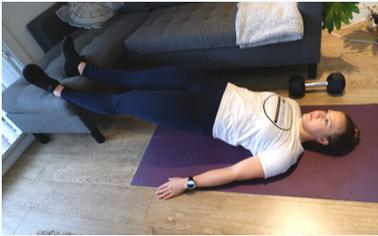
Side Plank
3x20-40sec
per side

Week 5 Exercise

click the image for a movement demonstration

Sets x Reps

Day 1



Straight Leg
Glute Bridge
2x25



Bodyweight
Hamstring Curl
3x10+10



Russian Twist
3x20 alternating
Add Weight

Day 2



Seated Back
Extension
3x12



Quadruped T-Spine
Rotation
3x8 per side



Bird Dog
3x20 alternating

Day 3



Staggered Stance
Goodmorning
3x12 per side



Glute Bridge March
3x40-80sec



Plank
3x40-80sec

Week 6 Exercise

click the image for a movement demonstration

Sets x Reps

Day 1



Hip Thrust
3x15 - add band
around knee



Side Bend
3x16 alternating



Mountain Climber
3x16 alternating -
step or jump

Day 2



Deadbug
3x30-60sec hold



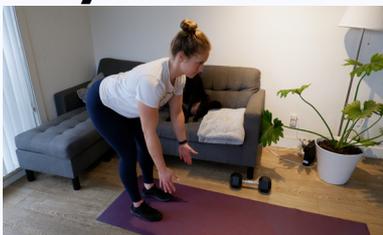
Rounded Back Toe
Touches
3x8 (slow down, slow up)



Lower Back Stretch
2mins per side



Day 3



Goodmorning
3x20 - hold weight
at chest



T-Spine Bridge
3x8 alternating



Bird Dog
1 x 20-40sec
hold per side

Congratulations!

You've made it through the 10-weeks.

How do you feel?

Let us know on social, e-mail or leave us a
Google Review.

Your running and strength journey doesn't
have to stop there.

Want to keep working together and
experience personalized coaching and
workouts you're guaranteed to love and
see results with?

Let's connect:

Book in a complimentary consultation:
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Follow us on Instagram:
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