

# Bulletproof your Back

## Beginners Guide to improving back pain in 6-Weeks



**be**STRONG

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.

**beSTRONG**

# Week 1

## Exercise

click the image for a movement demonstration

## Sets x Reps

### Day 1



**Arrested  
Superman Hold**  
3x30sec



**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

click the image for a movement demonstration

## Sets x Reps

### 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

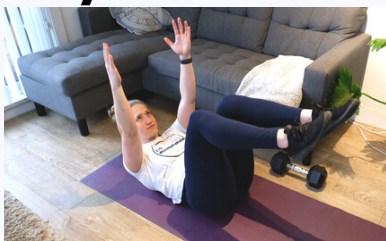


**Side Bend**  
3x14 alternating

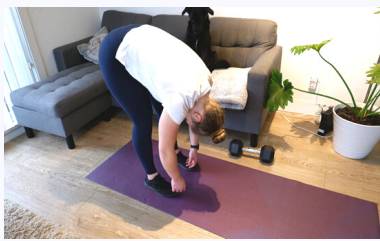


**Mountain Climber**  
3x16 alternating - step or jump

### 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



**Arrested Superman**  
Hold  
3x10 pulses + 30sec



**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

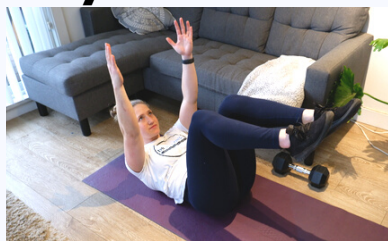


**Side Bend**  
3x16 alternating

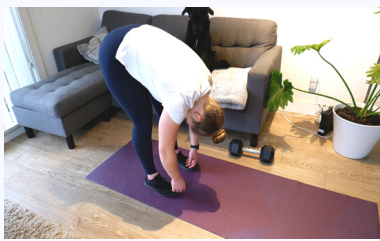


**Mountain Climber**  
3x16 alternating –  
step or jump

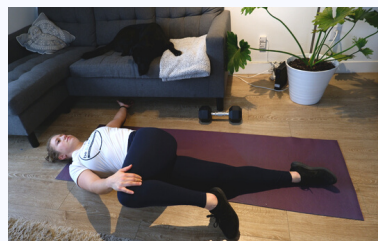
### Day 2



**Deadbug**  
3x30–60sec hold

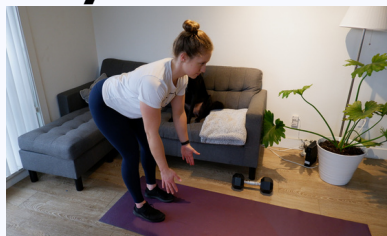


**Rounded Back Toe  
Touches**  
3x8 (slow down, slow up)



**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:  
[www.beststrongtraining.ca](http://www.beststrongtraining.ca)

Follow us on Instagram:  
[@beststrongtraining.ca](https://www.instagram.com/beststrongtraining.ca)

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