

BACK PAIN PROGRAM

Welcome to your mini-back pain relief course.

We'll tackle the root causes of your discomfort and pave the way for long-term healing. I will teach you to strengthen your core, crucial to supporting your back. Guide you to good alignment and better posture. Which will reduce your muscular imbalances and weaknesses.

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 Tutorial : 5 min Find Your Faulty Posture ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 45 min Stretch & Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆

WEEK 2

 45 min Pelvis & Core Stability ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 45 min Stretch & Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 45 min Pelvis & Core Stability ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
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WEEK 3

 45 min Hips Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 45 min Back Mobility & Strengthen ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 45 min Functional Standing + Full Body ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
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WEEK 4

 45 min Hips Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 45 min Back Mobility & Strengthen ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 45 min Functional Standing + Full Body ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
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BONUS

 15 min Upper Body Stretch ☆☆☆☆☆	 15 min Hip Strength ☆☆☆☆☆	 15 min Foundation Standing 1 Flow ☆☆☆☆☆	 15 min Back Strength ☆☆☆☆☆	 15 min Lower Body Stretch ☆☆☆☆☆
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You are welcome to add bonus classes anywhere your body needs them.