



# LEVEL 2 HIP

## Program built for diagnosis:

Hip pain: anterior or lateral hip pain, history of ankle sprains

## Lenth Level 1

6-8 weeks

## Purpose/Goal

Progress and challenge a neutral hip and knee

### Part 1

2-4 weeks

Day 1

Active recovery

Day 2

Deadlift

Day 3

Live class

Day 4

Your choice

Day 5

Tree

Day 6

Warrior 3 intro or  
Deadlift

Day 7

Full recovery

### Part 2

Repeat  
for 4 weeks

Day 1

Active recovery

Day 2

Lateral stability

Day 3

Live class

Day 4

Your choice

Day 5

Squat

Day 6

Warrior 3 intro  
or Deadlift

Day 7

Full recovery

## Program Recommendations

Extend week 1 if any pain is lingering and extend week 2 if you are not able to do all classes with minimal modifications

## Live Classes

Yes

## Recovery

Yes: 2 week break before leveling up or repeating the cycle. Use lower level classes or other low impact movement

## Tips

Monitor your knee and hip alignment with all movements

# LEVEL 2 LOWER BACK FLEXION

Program built for diagnosis:

Low back pain: Flexion intolerant, hamstring inflexibility, discogenic low back pain without leg pain, pain with sitting

Length Level 1

6-8 weeks

Purpose/Goal

Tolerate forward bending with a neutral supported spine

## Part 1

Repeat alternating weeks for 2-4 weeks

Day 1

Active recovery

Active recovery

Day 2

Hip hinge

Hip hinge

Day 3

Back Activation

Back Activation

Day 4

Your Choice

Your Choice

Day 5

Mermaid

Mermaid

Day 6

Hinge or back activation

Tree or camel

Day 7

Full recovery

Full recovery

## Part 2

Repeat for 4 weeks

Day 1

Active recovery

Day 2

Hip hinge

Day 3

Back activation or mermaid/camel

Day 4

Your Choice

Day 5

Deadlift

Day 6

Squat

Day 7

Full recovery

### Program Recommendations

Extend week 1 if any pain is lingering and extend week 2 if you are not able to do all classes with minimal modifications.

### Live Classes

No

### Recovery

Yes: 2 week break before leveling up or repeating the cycle. Use lower level classes or other low impact movement

### Tips

Keep the pelvis neutral and low belly engaged to support and protect the low back

### Program built for diagnosis:

Low back pain: Flexion intolerant and Extension in tolerant.

### Lenth Level 1

6-8 weeks

### Purpose/Goal

Tolerate bending in the spine

## Part 1

Repeat alternating weeks for 2-4 weeks

Day 1

Active recovery

Day 2

Mid back-rot

Day 3

Squat

Day 4

Your choice

Day 5

Hip hinge or Deadlift

Day 6

Mermaid

Day 7

Full recovery

## Part 2

Repeat for 4 weeks

Day 1

Active recovery

Day 2

Mermaid

Day 3

Squat

Day 4

Your choice

Day 5

Hip hinge or Deadlift

Day 6

Hip hinge or Deadlift

Day 7

Full recovery

### Program Recommendations

Extend week 1 if any pain is lingering and extend week 2 if you are not able to do all classes with minimal modifications

### Live Classes

No

### Recovery

Yes: 2 week break before leveling up or repeating the cycle. Use lower level classes or other low impact movement

### Tips

Your choice day: any level, outside work, recovery

# LEVEL 2 LOWER BACK EXTENSION

## Program built for diagnosis:

Low back pain: Extension intolerant, prolonged standing, anterior hip tension, poor posture

## Length Level 1

6-8 weeks

## Purpose/Goal

Tolerate back bending with a active supported back

### Part 1

Repeat  
alternating weeks  
for 2-4 weeks

#### Day 1

Active recovery

Active recovery

#### Day 2

Hip hinge

Hip hinge

#### Day 3

Back activation

Back activation

#### Day 4

Your choice

Your choice

#### Day 5

Mermaid

Mermaid

#### Day 6

Hip hinge  
or back activation

Tree or camel

#### Day 7

Full recovery

Full recovery

### Part 2

Repeat for  
4 weeks

#### Day 1

Active recovery

#### Day 2

Hip hinge

#### Day 3

Back activation  
or camel

#### Day 4

Your choice

#### Day 5

Deadlift

#### Day 6

Squat

#### Day 7

Full recovery

## Program Recommendations

Extend week 1 if any pain is lingering and extend week 2 if you are not able to do all classes with minimal modifications

## Live Classes

No

## Recovery

Yes: 2 week break before leveling up or repeating the cycle. Use lower level classes or other low impact movement

## Tips

Your choice day: any level, live class, outside work, recovery