



Program built for diagnosis:

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

Length Level 1

8 weeks

Purpose/Goal

Build outer and posterior hip strength

Part 1

Day 1

Warrior 3 or
Half moon

Day 2

Active recovery

Day 3

Lateral stability
or Hip rotations

Day 4

Your choice

Day 5

Live class or Squat

Day 6

Deadlift

Day 7

Full recovery

Program Recommendations

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

Live Classes

Yes!!

Recovery

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

Tips

Continue to monitor your hip
and knee alignment

Program built for diagnosis:

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

Lenth Level 1

8 weeks

Purpose/Goal

Build strength for low back pain prevention

Part 1

Day 1

Half moon or warrior 3

Day 2

Active recovery

Day 3

Live class or DL

Day 4

Your choice

Day 5

Live class or DL

Day 6

Wheel or squat

Day 7

Full recovery

Program Recommendations

Repeat this program if you you are still needing to heavily modify classes to complete

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

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

Program built for diagnosis:

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

Length Level 1

8 weeks

Purpose/Goal

Build strength for low back pain prevention

Part 1

Day 1

Warrior 3 or deadlift

Day 2

Active recovery

Day 3

Wheel or Deadlift

Day 4

Your choice

Day 5

Live class or Squat

Day 6

Wheel or squat

Day 7

Full recovery

Program Recommendations

Repeat this program if you are still needing to heavily modify classes to complete

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

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

Program built for diagnosis:

Low back pain: Flexion intolerant and Extension intolerant.

Length Level 1

8 weeks

Purpose/Goal

Build strength for low back pain prevention

Part 1

Day 1

Wheel or Camel

Day 2

Active recovery

Day 3

Warrior 3

Day 4

Your choice

Day 5

Live class or Squat

Day 6

Squat or Deadlift

Day 7

Full recovery

Program Recommendations

repeat this program if you are still needing to heavily modify classes to complete

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

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