

Program built for diagnosis:

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

## Lenth Level 1

4 weeks

### Purpose/Goal

Use the strength and skill you have developed to challenge your fitness

## Part 1

## Day 1

## Active Recovery

## Day 2

## Live Class

## Day 3

## Your Choice

## Day 4

## Live Class

## Day 5

## Live Class

## Day 6

Any L4  
Low back/hip class

## 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 movement

## Tips

Repeat in 4 weeks cycles to continue to work any specific classes or skills

Program built for diagnosis:

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

Lenth Level 1

4 weeks

Purpose/Goal

Use the strength and skill you have developed to challenge your fitness

Part 1

Day 1

Active Recovery

Day 2

Live Class

Day 3

Your Choice

Day 4

Live Class

Day 5

Live Class

Day 6

Any LB L4 class

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 movement

Tips

Repeat in 4 weeks cycles to continue to work any specific classes or skills

Program built for diagnosis:

Lower back: Pain with movement

Lenth Level 1

8 weeks

Purpose/Goal

Use the strength and skill you have developed to challenge your fitness

Part 1

Day 1

Active  
Recovery

Day 2

Live Class

Day 3

Your Choice

Day 4

Live Class

Day 5

Live Class

Day 6

Any LB L4 class

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 movement

Tips

Repeat in 4 weeks cycles to continue to work any specific classes or skills

## Program built for diagnosis:

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

## Length Level 1

4 weeks

## Purpose/Goal

Use the strength and skill you have developed to challenge your fitness

## Part 1

### Day 1

Active Recovery

### Day 2

Live Class

### Day 3

Your Choice

### Day 4

Live Class

### Day 5

Live Class

### Day 6

Any LB L4 class

### 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 movement

## Tips

Repeat in 4 weeks cycles to continue to work any specific classes or skills