

# FIX MY BACK PAIN



## GET BACK TO

# PAIN FREE

## WORKOUTS

 **CRITICAL BENCH**.com  
MULTIPLY YOUR POTENTIAL

By Rick Kaselj, MS & Mike Westerdal, CPT

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Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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# ALL OTHERS EXERCISES

**For Use Before and After Your Workout**

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## ALL OTHERS

### BEFORE YOUR WORKOUT

Limber Up for 5 minutes — Performing Breathing for Back Pain Relief — 5 good breathes

	EXERCISES	SETS	REPS
Core Training Exercises	Push-up Wall Walking on Wall	1	5
	Side Plank on Wall	1	5
	Front – Side – Front Plank	1	5
	Front – Side – Front Plank with Leg Movement	1	5
Hip Hinging	Bar to thigh	1	10
Additional Core Training	Double Suit Case Carry		1
	(there and back) for 30 feet		
	Waiter and Suit Case Carry		
	Waiter and Suit Case Carry		

Remember to Protect the Back During Extension & Twisting Exercises:

Deadlift  
Pushing  
Pulling – rowing  
Squatting  
Leg Extension

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### AFTER YOUR WORKOUT

Performing Breathing for Back Pain Relief — 5 good breathes

	<b>EXERCISES</b>	<b>SETS</b>	<b>REPS</b>
Loosen Up the Hips & Mid-back	On back rotating thigh in and out (leg straight, leg at 45)	1	6-10
	Rolling Mid-back on full foam roller	1	6-10
	Cross Arms, Sitting & Side Bending	1	6-10
Release Tension in the Muscles Around the Back	Ball sitting - rectus femoris	1	6-10
	Ball sitting - hamstring	1	5
	Ball sitting - piriformis	1	5
Lengthen the Muscles Around the Back	90-90 stretch – rectus femoris	2 on each side	held for 20 secs.
	Standing hamstring	2 on each side	held for 20 secs.
	Standing piriformis	2 on each side	held for 20 secs.