

# NO BACK STRAIN WORKOUT

*30 DAY FULL BODY PROGRAM*



**ELIMINATES COMPRESSION,  
FLEXION AND EXTENSION**

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**By Chris Wilson, HSC**

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## No Back Strain Workout

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How in the world can you put your body through a grueling resistance routine without aggravating your back? Is that even possible? The answer is YES believe it or not! If you asked me this question several years ago I wouldn't be confident in my answer. Fortunately for me, I've surrounded myself with experts in the fitness industry over the past decade and learned how to deal with chronic back pain.

Most people experience some level of back discomfort throughout their strength training lives. Unfortunately, most of these same people have no idea how to:

- A.) Deal with the problem
- AND**
- B.) Keep it from getting worse.

This is why I've always given the Stability Ball in particular a ton of respect. Okay, let me give you some useful information to open up your mind to this program.

Listen, I know this is not a tough looking, intimidating strength tool like a yolk, power rack or atlas stone...I understand that very well! You're not going to win a Strongman contest because you focused all of your time and energy on Stability Ball training.

Okay, do I have your attention now? My guess is yes, so let's start talking nuts and bolts.

The Stability Ball, Physio Ball or Swiss Ball (I have a few more in mind) has been

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around for over 20 years and was first used in physical therapy centers throughout the country. It was not a popularized strength tool until some very intelligent folks decided to start advertising it as a preventative strength tool.

What is a “Preventative Strength Tool?” Well, it is something that when done with regularity and precision, can strengthen and support the areas of the body that often succumb to sports injuries. This is my own personal definition, you may have your own. Simply stated, the Stability Ball (SB) can help alleviate pain by getting you to fire deep muscles as well as superficial muscles in the body.

Our body is truly a work of art. Our structure has many dimensions, not just what you see. Underneath our outer layer of skin, fat and muscle is our deep musculature. Often times, these deeper muscles get neglected with the exercises we are performing at the gym. Many gym rats and fitness freaks are obsessed with cosmetic exercises. Movements that build muscle and help us look good but don't have tremendous performance enhancing qualities.

Is looking good the ultimate goal? For some it is but honestly looking good is just a side effect of doing quality exercises with consistency and skill. This very nicely leads me into the meat and potatoes of this 30 day program.

When used as supplemental work or as your main training routine, SB exercises will force your body to work as a chain. **By connecting the dots and demanding more of your body through basic lifts, forcing you to fire the deep muscles, the SB can be humbling, frustrating and extremely fatiguing.** I hope now it is easier to understand the importance and necessity of SB training.

Why incorporate the SB into your training if you feel you don't need it? Is there value in training with a SB if you have a great squat, bench press and deadlift already? Yes, there is merit in adding SB lifts. As stated earlier, it can help prevent

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future injury that you currently aren't concerned with. Engaging the body with the movements I've assembled in this 30 day full body training workout will take your traditional lifts to another level while at the same time, alleviate chronic pain.

Because we are all 1 bad repetition away from hurting our back, doing everything in our power to add strength, mobility and flexibility to our body is essential. Having strong glutes, hamstrings, spinae erectors, rhomboids and latissimus dorsi will benefit not only our bench press, squat and pull up ability but help us avoid the consequences of that single bad rep. The links of our body's chain need to be of the same strength from one end to the other. What good is a chain if the middle link is made of plastic and the rest are steel. That chain won't last a second when great demand is placed on it.

This is why SB exercises are invaluable to athletes everywhere trying to get the most out of their training. The anterior and posterior chain of our body can move loads that defy logic while at the same time it can cave in while picking up a feather. How can that be?

The answer is simple. An imbalance in strength throughout the chain on either side of the body but notably the posterior chain and **specifically your back**. Without question, the back causes a majority of the discomfort and chronic pain people will contend with. We sit and stand and sit again. We sleep in all kinds of crazy positions and then we do it all over again the next day. Our spine wants perfect alignment at all times but typically doesn't get what it wants. Our culture spends a ton of time sitting and even if you do all the right things in the gym for 1-2 hours each day, you may still suffer with back pain.

If you want to eliminate the pain, minimize the strain and increase strength in the chain, it is time to begin this 30 day Stability Ball Program!

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## Workout Parameters

This is a 4 week training program. It is progressive. It has been designed in such a way to build on your ability from week to week. We begin with level 1 in the first week and proceed to level 2 in weeks two and three. Level 3 comes in week 4 which is more demanding and will undoubtedly challenge you!

The exercises are arranged in groups to create a circuit style approach. These groups are known as “flights” and each flight is numbered. The “A” flight is to be completed before continuing on to the “B” flight. First do exercise A1, then A2 and if applicable, A3, before moving ahead to B1.



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Since this program is based on targeting all of the muscles in the body with each workout, the best protocol to adhere to is one day on and the next day off.

## FOR EXAMPLE:

**Monday/Workout A**  
**Tues/OFF**  
**Wednesday/Workout A**  
**Thurs/OFF**  
**Friday/Workout A**  
**Sat/OFF**  
**Sun/OFF**

Three days of training per week is the optimal number of sessions. Considering the volume with each workout in the program, this will also allow for the proper recovery time.

What's even more amazing about this 30 day program is that I have you avoid lumbar flexion, extension and compression with all the movements. Yes, this is NOT stability ball training 101. As the title of the program indicates, this workout is specifically crafted to all but eliminate spinal discomfort and strengthen your core muscles. The 36 exercises that have been incorporated into the 4 weeks of training will stabilize the spine and force you to have alignment in all phases of the movements.

Sounds impossible? Just wait and see. When you have completed this 30 day program, I'm confident your CHAIN will be stronger, your CORE will be balanced and *your back will feel as good as it ever has!*

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## Workout A

### WEEK 1 ONLY

Level 1 Exercises	SETS	REPS	WEIGHT*
A1 <a href="#">SB Wall Squats</a>	2	10-15	BW
<b>NOTE*:</b> Check foot position, ball placement and knee bend			
A2 <a href="#">SB Low Plank</a>	2	20-30 sec	BW
<b>NOTE*:</b> Stiff like a board, squeezing glutes, quads, abs and lats			
A3 <a href="#">SB Push Up – Hands on Floor</a>	2	10-15	BW
<b>NOTE*:</b> Perfect line, tight core, squeezing glutes, quads and lats			
B1 <a href="#">SB Oblique Bridge</a>	2	10-20 sec	BW
<b>NOTE*:</b> Legs are scissored. This is very important to help create a strong foundation			
B2 <a href="#">SB Overhead Forward Lunge</a>	2	8-12 per	BW
<b>NOTE*:</b> Tall spine, shoulders back, head neutral, arms straight			
B3 <a href="#">SB Lying Supine Adductor</a>	2	10-15	BW
<b>NOTE*:</b> Apply pressure for 3 sec with each repetition			
C1 <a href="#">SB Seated DB Arm Curl</a>	1-2	8-12	
<b>NOTE*:</b> Tall spine, shoulders back, abs tight			
C2 <a href="#">SB Seated DB Side Raise</a>	1-2	8-12	
<b>NOTE*:</b> Tall spine, shoulders back, abs tight			
C3 <a href="#">SB Seated DB Front Raise</a>	1-2	8-12	
<b>NOTE*:</b> Tall spine, shoulders back, abs tight			
C4 <a href="#">SB Seated 1 Arm Cable Row</a>	1-2	10-15 per	
<b>NOTE*:</b> Tall spine, shoulders back, abs tight and DO NOT rotate your trunk			

\*BW = Body Weight \*REST = Maximum of 60 sec between sets

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## Workout B

### WEEK 2 ONLY

Level 2 Exercises	SETS	REPS	WEIGHT*
A1 <a href="#">SB Wall Split Squats</a>	2	6-8 per	BW
<b>NOTE*:</b> Check foot position, ball placement and knee bend			
A2 <a href="#">SB High Plank</a>	2	20-30 sec	BW
<b>NOTE*:</b> Stiff like a board, squeezing glutes, quads, abs and lats			
A3 <a href="#">SB Push Up – Hands on Ball</a>	2	10-15	BW
<b>NOTE*:</b> Perfect line, tight core, squeezing glutes, quads and lats			
B1 <a href="#">SB Oblique Bridge</a>	2	10-20 sec	BW
<b>NOTE*:</b> Legs are stacked. This is more challenging than Workout A in Week 1			
B2 <a href="#">SB Overhead Backward Lunge</a>	2	8-12 per	BW
<b>NOTE*:</b> Tall spine, shoulders back, head neutral, arms straight			
B3 <a href="#">SB DB Supine Chest Press</a>	2	8-10	
<b>NOTE*:</b> Squeeze glutes, abs tight, upper back and head supported by the ball			
C1 <a href="#">SB Prone Y-T-I</a>	2	5-5-5	BW
<b>NOTE*:</b> Perfect line, tight core, squeezing glutes with arms extended and head neutral			
C2 <a href="#">SB Seated 2 Arm Cable Row</a>	2	8-12	
<b>NOTE*:</b> Tall spine, shoulders back, abs tight and DO NOT rotate your trunk			

\*BW = Body Weight \*REST = Maximum of 60 sec between sets

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## Workout C

### WEEK 3 ONLY

Level 2 Exercises	SETS	REPS	WEIGHT*
A1 <a href="#">SB DB Wall Squats</a>	2	10-15	
<b>NOTE*:</b> Check foot position, ball placement and knee bend			
A2 <a href="#">SB Single Leg Low Plank</a>	2	20-30 sec	BW
<b>NOTE*:</b> Stiff like a board, squeezing glutes, quads, abs and lats. Raised leg on 6-8 inches from floor			
A3 <a href="#">SB DB Seated Shoulder Press</a>	2	8-12	
<b>NOTE*:</b> Tall spine, shoulders back, head neutral, elbows stay close to body			
B1 <a href="#">SB DB Wall Split Squat</a>	2	6-8 per	
<b>NOTE*:</b> Check foot position, ball placement and knee bend			
B2 <a href="#">SB DB Supine Chest Fly</a>	2	8-12	
<b>NOTE*:</b> Squeeze glutes, abs tight, upper back and head supported by the ball			
B3 <a href="#">SB DB Prone Reverse Fly</a>	2	8-12	
<b>NOTE*:</b> Perfect line, tight core, squeezing glutes with arms extended and head neutral			
C1 <a href="#">SB Seated Close Grip Pulldown</a>	2	8-12	
<b>NOTE*:</b> Tall spine, shoulders back, abs tight, head neutral and DO NOT rotate your trunk			
C2 <a href="#">SB DB Supine Arm Extension</a>	2	8-12	
<b>NOTE*:</b> Squeeze glutes, abs tight, upper back and head supported by the ball. DB's come to ears and elbows point at ceiling			

\*BW = Body Weight \*REST = Maximum of 60 sec between sets

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## Workout D

### WEEK 4 ONLY

Level 3 Exercises	SETS	REPS	WEIGHT*
A1 <a href="#">SB Wall Partial Front Squats</a>	2	10-15	BW
<b>NOTE*:</b> Check foot position, ball placement and knee bend			
A2 <a href="#">SB Single Leg High Plank</a>	2	20-30 sec	BW
<b>NOTE*:</b> Stiff like a board, squeezing glutes, quads, abs and lats. Raised leg on 6-8 inches from floor			
A3 <a href="#">SB Single Leg Push Ups – Hands on Floor</a>	2	6-8 per	BW
<b>NOTE*:</b> Perfect line, tight core, squeezing glutes, quads and lats			
B1 <a href="#">SB Overhead Front to Back Lunge Combo</a>	2	6-8 per	BW
<b>NOTE*:</b> Tall spine, shoulders back, head neutral, arms straight			
B2 <a href="#">SB Seated Cable Facepulls</a>	2	8-12	
<b>NOTE*:</b> Tall spine, shoulders back, abs tight, head neutral and DO NOT rotate your trunk			
B3 <a href="#">SB Seated Single Leg DB Curl and Press Combo</a>	2	6-8 per	
<b>NOTE*:</b> Tall spine, shoulders back, abs tight, head neutral and DO NOT rotate your trunk			
C1 <a href="#">SB Rolling Back Lunge</a>	1	6-8 per	BW
<b>NOTE*:</b> Tall spine, shoulders back, head neutral, arms can be used for balance			
C2 <a href="#">SB Single Leg Push Ups – Hands on Ball</a>	1	6-8 per	BW
<b>NOTE*:</b> Perfect line, tight core, squeezing glutes, quads and lats			
D1 <a href="#">2 SB Push Up – Hands on Ball</a>	1	AMRAP*	BW
<b>NOTE*:</b> Perfect line, tight core, squeezing glutes, quads and lats			
D2 <a href="#">2 SB Prone Chest Fly – Forearms on Ball</a>	1	AMRAP*	BW
<b>NOTE*:</b> Perfect line, tight core, squeezing glutes, quads and lats			

\*BW = Body Weight \*AMRAP = As many reps as possible \*REST = Maximum of 60 sec between sets

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## About the Author

Chris Wilson has worked in the fitness industry for 15 years. He has seen and done it all from working the front desk at health clubs to personal training to managing entire fitness facilities. Chris became a Certified Personal Trainer in 1999 and has trained over 15,000 hours with clients from 10-100 years old. He specializes in functional exercise as well as balance to better develop the core muscles of the body.

Chris is very passionate about exercise and regularly participates in Tough Mudder events as well as the occasional 5K, 10K, Half Marathon or Adventure Race. He is a lifelong follower of Critical

Bench and has contributed workouts and exercise information since 2005 but officially became Head Strength Coach in May of 2013. Chris is close personal friends with Founder and Bench Pro Mike Westerdal. Together they helped win their High School's first football championship and they spent considerable time developing their abilities in the weight room.



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Some fun facts about Chris are:

-From 1998-2000 while working for World Gym in Stamford CT, Chris also worked for World Class Powerlifter and Instructor Lloyd Weinstein

-While at a 1999 Certification Workshop for NASM in Norwalk, CT future Mr. Olympia Jay Cutler was also in attendance to get his certification.

-In Darien, CT from 2000-2002 Chris worked closely with and learned from internationally known Strength Coach Charles Poliquin.

-In Deerfield Beach, FL from 2002-2005 Chris worked alongside fellow Personal Trainer and Competitive Bodybuilder Darrem Charles.

What matters most to Mr. Wilson when it comes to exercise and movement is doing it right every time. "Moving the body properly is how you avoid injury and create muscular maturity," he says with a glare! His belief is evident whether you ask former coworkers or clients. "Chris will never allow someone to do something incorrectly," says one of his former clients. Technically speaking, Chris is a perfectionist when it comes to biomechanics and understanding how the body should move under loads. His enthusiasm for exercise and general fitness is evident in his words and actions.

Chris now resides in sunny Clearwater Florida with his wife Samantha and their beautiful baby boy Kellan. He is a HUGE fan of college and pro football and has a love for animals especially his dogs and cats.



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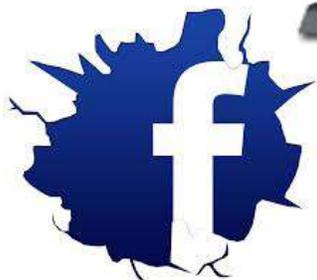


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#### Get Back To Pain Free Workouts

Fix My Shoulder Pain was created by Injury Specialist Rick Kaselj, MS. Utilizing his trademarked SR3 Method which is short for “Shoulder Reshaping 3-Part Method“, Rick is literally making headlines world wide. Rather than just

stretching and strengthening which only provides temporary relief Rick’s Method actually reconstructs the shoulder joint from the outside and inside.

Fix My shoulder Pain and the SR3 Method is the first shoulder injury system ever created to help you get back to pain free workouts by focusing on alignment, tissue quality and activation & endurance. The best part; this program has been specifically designed to help serious fitness enthusiasts who want to avoid expensive and time consuming appointments and would prefer an alternative to medication or surgery.

[Get Back To Pain Free Workouts By Fixing Your Shoulders Without Appointments, Medications or Surgery](#)

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## Fix My Knee Pain

### Get Back To Pain Free Workouts

Get Back To Pain Free Workouts By Fixing Your Knees Without Appointments, Medications or Surgery.

Escape a Major Blowout & Fix Your Knees in Just Minutes... So You Can Get

Back to Your 100% Intensity Pain-Free Workouts...WITHOUT Feeling Bullied Into Time-Wasting Appointments, Expensive Medications or Going Under the Knife.

[Get Back To Pain Free Workouts By Fixing Your Knees Without Appointments, Medications or Surgery](#)