

Program Overview

TRX® Biomechanics: Healthy Back is a Suspension Training® program specifically designed to correct muscular imbalances; improve back strength, alignment, and flexibility; and develop greater range of movement.

The first set of six exercises will increase blood flow and improve mobility in the hips and lower back. The second set of six exercises will build strength and stability.

Prerequisites

This program is not designed to diagnose or treat people with severe back injuries. Anyone with ongoing back pain should seek the advice of a qualified healthcare professional before starting the program.

All users should have the ability to maintain good body alignment throughout the entire movement of each exercise.

Program Instructions

Before beginning any portion of this program, go for a short 5-10 minute walk or take a hot shower to increase blood flow throughout the body.

Perform each exercise with precision, maintaining correct form and technique throughout the movements. If possible, have someone watch you perform the exercises to ensure that you maintain correct alignment throughout.

Breathe smoothly throughout the workout. Inhale before beginning each exercise and exhale while doing the exercise.

No pain should be felt in the lower back. If you do feel pain, reassess your technique to alleviate any discomfort.

How to Progress

As you progress, try to increase the range of movement in each exercise, doing so will help your body adapt as it gains more strength, control and flexibility.

Recover fully between workouts until your muscles are no longer sore.

Your Goals

- Increased strength and stability
- Improved range of motion
- Reduction of lower back pain (with the guidance of a healthcare professional)