



BACKSTABLE™ PROGRAM

LEVEL I (A)

-HOLD AS LONG AS YOU CAN OUT FLAT.

TWICE PER DAY (AM & PM), EVERY OTHER DAY.

When you can hold more than 30 seconds twice in a day move onto Level II after 1 day rest.

LEVEL II (A+B+C)

-DO AS MANY RANGE OF MOTION REPETITIONS AS POSSIBLE.

TWICE PER DAY (AM & PM), EVERY OTHER DAY.

When you can do 20 repetitions twice in a day, move onto Level III after 1 day rest.

LEVEL III (A+B+C)

-DO AS MANY REPETITIONS AS POSSIBLE.

-REST 60 SECONDS.

-DO AS MANY REPETITIONS AS POSSIBLE.

ONCE PER DAY (AM OR PM), EVERY OTHER DAY.

When you can do 2 sets of 30 repetitions, move onto Level IV after 1 day rest.

LEVEL IV (A+B+C)

-DO AS MANY REPETITIONS AS POSSIBLE.

-REST 60 SECONDS.

-DO AS MANY REPETITIONS AS POSSIBLE.

THREE TIMES A WEEK. (i.e. Mon., Wed., Fri or Tues., Thurs., Sat.)

When you can do 2 sets of 50 repetitions, move onto Level V after 1 day rest.

LEVEL V (A+B+C)

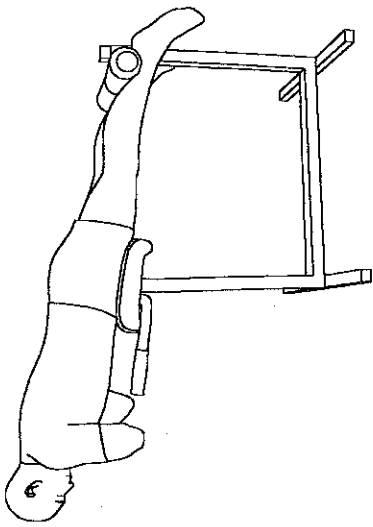
-DO AS MANY REPETITIONS AS POSSIBLE. (Goal is 50+)

-REST 60 SECONDS.

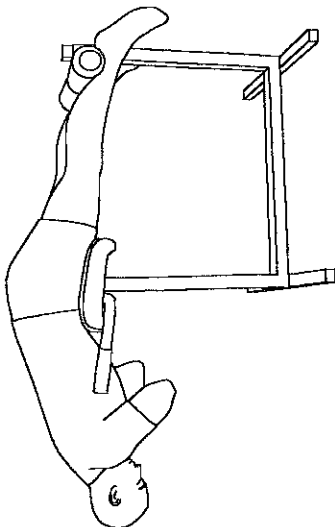
-DO AS MANY REPETITIONS AS POSSIBLE. (Goal is 50+)

-HOLD AS LONG AS YOU CAN OUT FLAT. (Long term goal is 4 minutes)

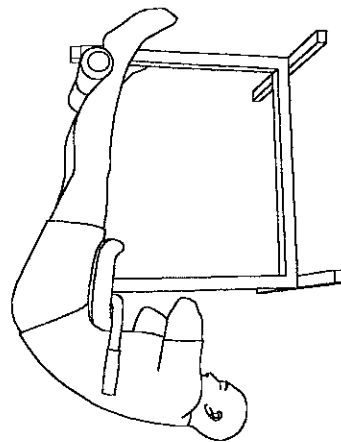
THREE TIMES A WEEK. (i.e. Mon., Wed., Fri or Tues., Thurs., Sat.)



A



B



C

Place bony part of the front of the pelvis on the lead edge of the hip pads. Cross arms high across front of shoulders.

As with any exercise program, consult with a physician before starting the BackStable™ program