

the back **reset**

A 30-DAY MOVEMENT METHOD

The Back Reset

A simple daily method to relieve back pain
caused by sitting too much.

30 DAYS

NO EQUIPMENT

10 MINUTES A DAY

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BEFORE YOU BEGIN

How to use this program

This program is built to be simple. Each day you open to a single page, do what it says, and close it again. The whole thing takes about ten minutes in the morning.

The pages at the start explain why your back hurts and what each movement does. Read them once, slowly. Understanding the cause is what keeps you going when motivation fades. After that comes a short self check, then a weekly guide that shows every movement in full, with an illustration and a video you can scan.

From there, you simply follow the daily pages. Each day is short and tells you the movements, the sets and the tempo, and points back to the guide if you need a reminder. The depth lives in the guides, so the day to day stays light and easy to follow.

A note on pace

Go slowly. This is not a race, and pushing harder will not get you there faster. Showing up for ten minutes every day for thirty days will change more than any single hard session ever could. Some days you will feel a difference quickly. Other days nothing. Both are completely normal. Trust the consistency and let it add up.

UNDERSTANDING THE CAUSE

Why your back hurts

If you sit for most of the day, there is a good chance your back pain has very little to do with your back itself. It has to do with what sitting does to the muscles around it.

Sitting changes how your body works

Your body adapts to whatever you ask it to do most. If you spend six, eight, ten hours a day folded into a chair, that is the shape it learns. Certain muscles are switched off for hours on end and grow quiet. Others are held short and grow tight. None of this happens overnight, which is exactly why most people never connect their back pain to their chair.

Two muscles go quiet, two get tight

The muscles that suffer most are your glutes, which switch off when you sit on them all day, and your deep core, which stops bracing the way it should. At the same time the muscles at the front of your hips stay shortened for hours and slowly tighten. The result is a body that is weak where it should be strong and tight where it should be free.

And your back is left to cope

When the muscles that are meant to support and move you stop pulling their weight, the work does not disappear. It lands on your lower back instead. Your spine ends up doing a job it was never designed to do alone, every time you stand, walk, bend or lift. That daily overload, repeated for months, is where most sitting related back pain comes from. The next pages look at each muscle, and then at how we fix it.

UNDERSTANDING THE CAUSE

Which muscles are involved

Four groups of muscles decide how your lower back feels day to day. When you sit for hours, two of them go quiet and two are left to pick up the slack they leave behind. Here is each one, and the job it is meant to do.

The glutes, your power and support

The largest muscles in your body. They straighten your hip, keep your pelvis steady, and drive almost everything you do standing up, from walking to lifting. Two parts matter here. The gluteus maximus gives you power, and the gluteus medius on the side keeps your pelvis level. Sitting all day switches both of them down, and they lose the habit of firing when you need them.

The hip flexors, the front of the hip

A group led by a muscle called the iliopsoas that lifts your knee and connects your spine to your legs. When you sit, they rest in a shortened position for hours. Over time they adapt to that position, become tight, and start pulling on your lower spine every time you stand and move.

The deep core, your inner support

The transverse abdominis and the multifidus wrap around and brace your spine from the inside. This is not about a visible six pack. It is a quiet, automatic support system, and long periods of sitting dull how well it switches on when you need it.

The spinal muscles, the victim

The erector spinae run the length of your spine and are meant to assist your movement, not carry it alone. When your glutes are quiet and your hips are tight, these muscles end up doing far more than their share. That overload is the deep ache you feel at the end of a long day.

UNDERSTANDING THE CAUSE

The fix, and why order matters

The good news is that all of this is reversible. The muscles that went quiet can be woken up, and the muscles that got tight can be loosened. The order you do it in matters.

First, loosen and reconnect

There is little point trying to build strength on top of a body that is tight and out of sync. So the early weeks focus on releasing the hip flexors that pull on your spine and waking up the glutes that have gone quiet. This takes pressure off your back almost straight away, and it rebuilds the connection between your brain and the muscles that should be doing the work.

Then, add load gradually

Once those muscles are switched on and your hips move more freely, you slowly ask them to do more. Gentle load is what turns a muscle that can switch on into a muscle that is genuinely strong and reliable. This is why the program builds week by week rather than throwing everything at you on day one.

Why gradual beats hard

Your body adapts to load, but only when that load climbs slowly. Add a little at a time and your muscles, tendons and joints all get stronger together. Add too much too soon and you simply flare your back and end up back where you started. Patience here is not being soft. It is the fastest route that actually works.

The order in plain terms

Loosen the hips. Wake the glutes. Then build strength on top of both. Doing it in this order is what lets your lower back finally stop compensating, and it is the logic behind every week of this program.

UNDERSTANDING THE CAUSE

What each kind of movement does

Every movement in this program has a clear job. Knowing what each one is for makes it far easier to do it well, and to stick with it.

Stretches loosen what is tight

The hip flexor stretches lengthen the muscles at the front of your hips that sitting keeps short. As they release, they stop pulling on your lower spine, which removes a steady source of strain from your back.

Activation wakes up what is quiet

Movements like the pelvic tilt, the glute bridge and the backward walk are not about lifting heavy. They are about teaching muscles that have gone quiet to switch back on and take their share of the work. This is the reconnection your body needs before anything else.

Mobility frees up your spine

The cat cow teaches your spine to move smoothly through its full range again, one section at a time, without any load. A back that moves well is a back that copes far better with everyday life.

Strength makes it last

The single leg bridges, the weighted spinal work, the side lying abduction and the optional split squat all build genuine strength. This is what turns short term relief into a back that holds up over the long run, which is the real goal of the month.

SETTING EXPECTATIONS

What this program is, and is not

A quick, honest page before you begin, so you know exactly what you are holding and who it is for.

This program is

- For general back pain linked to sitting and inactivity, with no specific injury or diagnosis.
- A gradual path from gentle reconnection to genuine, lasting strength.
- Short enough to actually do every day, and built around movements that need no equipment.
- Based on the same kinds of movements used in good physiotherapy, arranged in a sensible order.

This program is not

- Medical advice, or a substitute for seeing a professional in person.
- For diagnosed conditions like a disc herniation, fracture, or nerve compression.
- For severe pain, or pain that is rapidly getting worse.

When to see someone first

If your pain is severe or worsening, travels down your leg, or comes with numbness, weakness, or any loss of bladder or bowel control, stop and see a healthcare professional before starting. If you have a diagnosed back condition, get their clearance first. This program is not designed for those situations, and there is no shame in starting with expert help.

YOUR STARTING POINT

The self check

Before day one, run through these five simple tests at home. They are not a diagnosis. They are a baseline, a snapshot of where you are today so you can measure real change on day thirty. Take a photo or jot the results in your notes.

1. Single leg bridge

Lie on your back, knees bent. Lift one foot off the floor and push your hips up through the planted heel. Then switch sides. Notice which side feels weaker, shakier, or makes your hips tilt. This shows your left to right imbalance.

2. Kneeling hip flexor check

Kneel in a lunge, back knee down, and gently tuck your pelvis under. Notice how strong the pull is at the front of each hip, and whether one side is clearly tighter. This shows how restricted your hips have become.

3. Morning stiffness score

First thing tomorrow, before you move around much, rate your lower back stiffness from zero to ten. Zero is none at all, ten is barely able to move. Write the number down. This is the score you will track each day.

YOUR STARTING POINT

The self check, continued

4. Sit to stand

Sit in a normal chair and stand up slowly without using your hands. Watch how you do it. Does your back round heavily, do you lean to one side, does it feel stiff or sore? This shows how well your hips and glutes share everyday load.

5. Bodyweight squat

Stand with feet hip width apart and lower into a squat as far as is comfortable, then hold for a moment. Notice how far you can go, whether your heels lift, and whether your lower back rounds. This shows your hip mobility baseline.

Write it all down

Record a short note for each test. Which side was weaker, how tight your hips felt, your morning score, how standing and squatting felt. It takes two minutes and it is the only way to see, with certainty, how far you have come in a month.

You will repeat these on day thirty

That is the whole point. Most people underestimate their own progress because change is gradual and they forget where they began. These five notes are your proof. Keep them somewhere you will find them again.

Your starting point

Based on your self check, pick the description that fits you best. This simply guides how hard to push in the first week. You can move between them as you go.

Just starting out

High morning stiffness and a clear imbalance, and you rarely move during the day. Use the gentler end of every movement, lean on the five minute version whenever you need it, and feel free to repeat week one before moving on. There is no rush.

Somewhere in the middle

Some stiffness and a little imbalance, and you move now and then but sitting still dominates your day. Follow the program as written, use the short version only on genuinely difficult days, and move to the next week when the current one feels manageable.

Already fairly active

Low stiffness and only minor imbalance, and you exercise occasionally but desk sitting still bothers your back. Move through the early movements a little faster and take the optional additions when they appear. You may be ready for the next stage quickly.

The five minute version

Every day in this program can be done in full, or in a short five minute version. The short version is not a shortcut or a failure. It is the most important idea in the whole program.

The only way this stops working is if you miss days and then do not come back. Doing something always beats doing nothing. Five minutes keeps the habit alive in a way that skipping entirely never can. On a hard day, the short version counts as a full day. Do it, tick it off, and move on.

Your five minutes, any day

One set of the hip flexor stretch, each side, and one set of the slow glute bridge. That is it. It keeps your hips loose and your glutes switched on, and it protects everything you have built.

Two simple rules

- Never skip entirely. Five minutes is always available, even on your worst day.
- Do not double up after a missed day. Just carry on from where you were. Trying to make up for lost days leads to overload, and overload leads to quitting.

STAYING SAFE

Pain during the program

A little discomfort as you start moving is normal and expected. Knowing the difference between productive discomfort and a real warning sign is what lets you keep going with confidence.

Normal, keep going

- Mild muscle soreness a day or two after a session.
- A stretching sensation in tight areas, easing as you warm up.
- Gentle fatigue in the glutes and hips during the movements.

Stop and seek advice

- Sharp or shooting pain during a movement.
- Pain that travels down your leg, or numbness and tingling that linger.
- Pain clearly worse the next morning than before you started.

The good day trap

On a good day, when pain is low, the urge is to do extra. Resist it. A burst of effort today often means a flare in two days. On good days, do exactly what the page says and no more. On hard days, do the five minute version. A steady line upward always beats a jagged one.

Back facts

A lot of what people believe about back pain is outdated and, frankly, frightening for no good reason. Here are ten things worth knowing. They are as important as any exercise in this program.

1. Hurting does not always mean harm

Pain is your body being protective, not proof that something is damaged. The amount you hurt is a poor guide to how much, if anything, is wrong.

2. Your back is strong

The spine is one of the most robust structures in your body, built to bend, twist, lift and carry. It is far sturdier than it feels on a bad day.

3. Scans rarely explain it

Bulges, wear and other scary words show up on the scans of plenty of people with no pain at all. They usually do not explain ordinary back pain or predict how you feel.

4. Movement is safe

Some soreness when you start moving is normal and settles with time. Movement is one of the most effective things you can do for a sore back, not a risk to avoid.

5. Posture is not the villain

There is no single correct way to sit that is causing your pain. Bodies are built to vary their position. Moving often matters far more than sitting perfectly still.

Back facts, continued

6. You do not need a clenched core

Constantly bracing your stomach is not the fix, and is often a response to pain rather than a cure for it. You want muscles that switch on when needed, then relax.

7. Rest is not the cure

Long periods of rest leave the back stiff and weak. Gentle, regular movement is what helps it settle and recover, which is exactly what this program is built around.

8. Flare ups are not setbacks to fear

A flare is usually triggered by stress, poor sleep, or doing too much too soon, not by fresh damage. Stay calm, ease back, and keep moving gently through it.

9. Age is not the reason

Back pain is not an inevitable part of getting older, and people of every age improve with the right movement. Your age is not working against you here.

10. The best fix is the least dramatic

For ordinary back pain, daily movement and patience tend to outperform strong painkillers, injections and surgery over the long run. Quiet consistency is what wins.

THE JOURNEY

The 30 days at a glance

The program moves through four stages, each building on the one before. Here is the whole month in one view, so you can see exactly where you are going before you begin.

WEEK 1

Reconnect

Days 1 to 7

Wake the glutes and open the hips. Pelvic tilt, hip flexor stretch and slow glute bridge. The backward walk joins on day 5.

8 to 10 min

WEEK 2

Awareness

Days 8 to 14

Find and start to fix the weaker side, and free up your spine. The single leg glute bridge and the cat cow join this week.

12 to 15 min

WEEK 3

Load

Days 15 to 21

Add gentle load. A deeper hip stretch, a light weight for the spine, and the side lying hip abduction from day 17.

15 to 20 min

WEEK 4

Cement

Days 22 to 30

Make it permanent with pauses and slow tempo, plus an optional split squat. Rest days are built in, and you retest on day 30.

15 to 20 min

WEEK 1 EXERCISE GUIDE

Week 1 • Reconnect

This week is about waking up the muscles that sitting switched off, and building the daily habit. Read this guide once, then follow the daily pages. Here is everything you do this week and where to find the full guide for each.

Pelvic Tilt

2 × 10

Full guide

p. 18

Hip Flexor Lunge Stretch

2 × 30 to 45s each side

Full guide

p. 19

Slow Glute Bridge

3 × 10, slow tempo

Full guide

p. 20

Backward Walk (added day 5)

5 minutes

Full guide

p. 21

HOW TO USE THIS WEEK

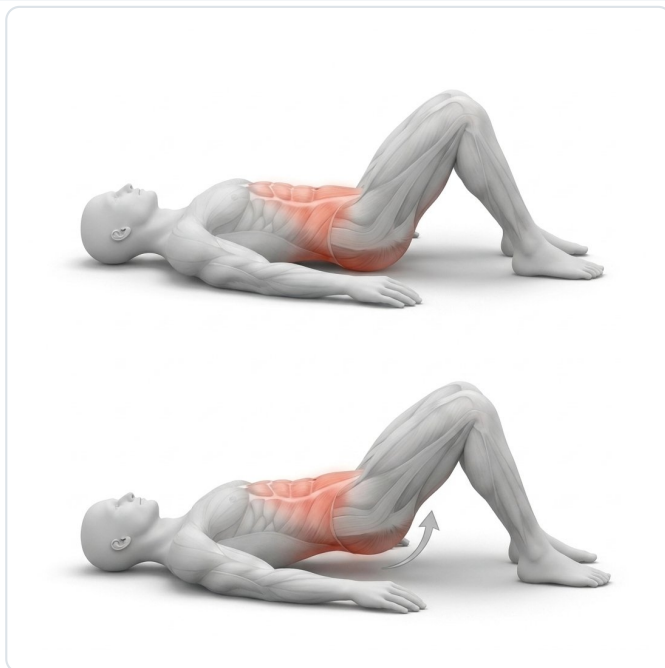
On any day you are short on time, do one set of the hip flexor stretch and one set of the glute bridge. That is your five minute version, and it counts as a full day.

Pelvic Tilt

TARGETS

Deep core • pelvic control

2 sets of 10



What it does for your back

This is the gentlest way to wake up the deep muscles that brace your spine, and to learn to move your pelvis on purpose. It teaches the control that every other movement in this program builds on, which is why it comes first.

How to do it

- 1 Lie on your back with your knees bent and feet flat on the floor.
- 2 Gently flatten your lower back into the floor by tightening your lower stomach.
- 3 Hold for a few seconds, breathing out as you press down.
- 4 Release slowly and let your back return to its natural position.

Where you should feel it

A light engagement low in your stomach. You should not feel this in your lower back or your hips.

Common mistakes

- Pushing too hard and gripping your whole stomach.
- Holding your breath instead of breathing through it.

Do it safely

- Keep the movement small and gentle. This is about control, not effort.
- Stop if you feel any pinching in the lower back.



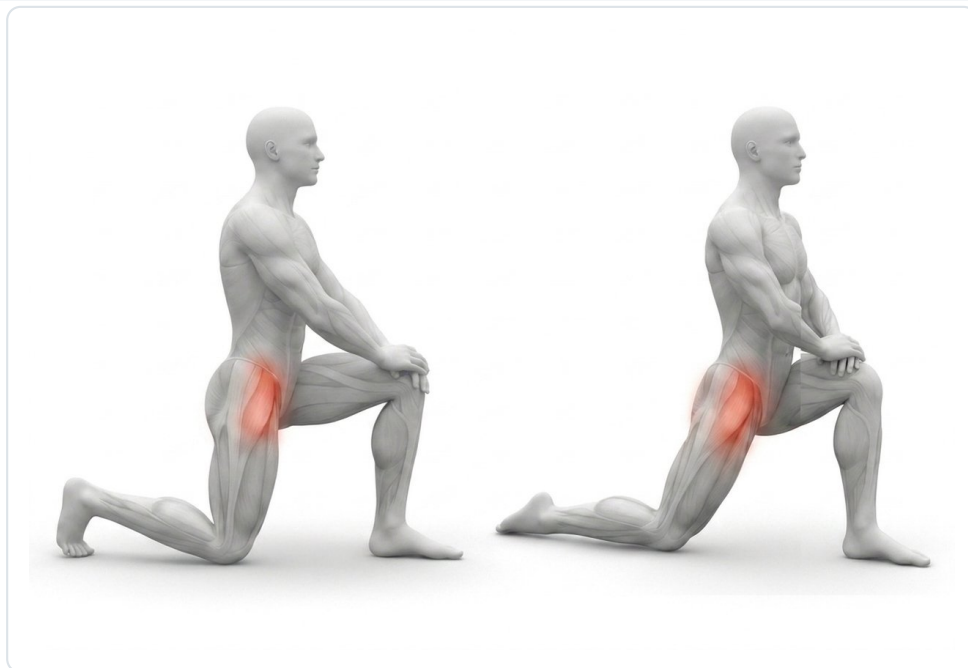
Video guides

Hip Flexor Lunge Stretch

TARGETS

Hip flexors (iliopsoas)

2 sets • 30 to 45s each side



What it does for your back

This lengthens the muscles at the front of your hip that sitting keeps short and tight. As they release, they stop pulling on your lower spine, which removes a constant source of strain from your back. Done daily, this is what gradually gives your hips their normal movement back.

How to do it

- 1 Kneel in a lunge, one knee down and the other foot flat in front with the knee over the ankle. Pad the down knee if needed.
- 2 Keep your upper body tall and your chest lifted.
- 3 Gently tuck your pelvis under, as if starting to round your lower back, until you feel a stretch at the front of the kneeling hip.
- 4 Hold and breathe slowly, sinking a little deeper on each exhale. Then switch sides.

Where you should feel it

A strong but comfortable pull across the front of the kneeling hip and into the top of the thigh. You should not feel it in your knee or your lower back.

Common mistakes

- Leaning forward instead of tucking the pelvis, which removes the stretch.
- Arching the lower back to chase a deeper stretch.

Do it safely

- Ease in slowly and never bounce or force the stretch.
- Pad the down knee so the position itself is comfortable.



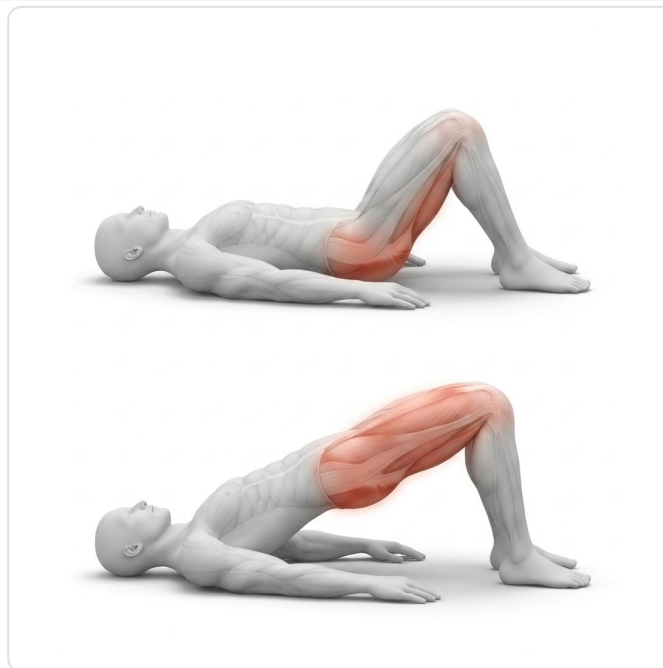
Video guides

Slow Glute Bridge

TARGETS

Gluteus maximus • deep core

3 sets of 10 • slow



What it does for your back

This is the movement that wakes your glutes back up. By lifting your hips under control and squeezing hard at the top, you teach the largest muscle in your body to switch on and support your lower back again. The slow lowering is where most of the work happens, so never rush it.

How to do it

- 1 Lie on your back with your knees bent and feet flat, about hip width apart.
- 2 Push through your heels and lift your hips by squeezing your glutes, taking three seconds to rise.
- 3 Hold at the top for two seconds, with your stomach gently braced so you do not arch your back.
- 4 Lower over three seconds with control. Do not let your hips drop.

Where you should feel it

A clear working sensation in your glutes and the back of your hips. If you feel it mostly in your lower back, lift a little less high and squeeze your glutes harder.

Common mistakes

- Arching the lower back at the top instead of squeezing the glutes.
- Rushing the lower. The slow descent is the most valuable part.

Do it safely

- Keep it pain free. A working burn in the glutes is fine, sharp back pain is not.
- If your hamstrings cramp, move your feet slightly closer to you.



Video guides

Backward Walk

TARGETS

Glute activation · hip mobility

5 minutes

THE MOVEMENT

Walking backward gently wakes up your glutes and opens the front of your hips, which makes it a simple warm up before the main movements. It also asks your body to move in a direction it almost never does, which wakes up coordination that sitting dulls.

How to do it

- 1 Find a clear space, a room or a hallway, and stand tall.
- 2 Step backward slowly, reaching each foot back and placing the ball of the foot down first.
- 3 Push gently off that foot to drive yourself back, keeping your posture upright.
- 4 Stay near a wall or counter if your balance feels unsteady.

Where you should feel it

The front of your hips opening and your glutes gently working with each step.

Common mistakes

- Rushing. This is a slow, deliberate warm up.
- Leaning forward instead of standing tall.

Do it safely

- Keep a clear path behind you and glance over your shoulder if needed.
- Use a wall for support until you feel steady.



Video guides

WEEK 2 EXERCISE GUIDE

Week 2 • Awareness

This week you find and start to fix the imbalance between your two sides, and add movement back into your spine. Two new movements join, and two carry over from week one.

Backward Walk

5 minutes

See

[p. 21](#)

Hip Flexor Lunge Stretch

2 × 30 to 45s each side

See

[p. 19](#)

Single Leg Glute Bridge (new)

3 × 8 each side

Full guide

[p. 23](#)

Cat Cow (new)

3 × 10 cycles

Full guide

[p. 24](#)

HOW TO USE THIS WEEK

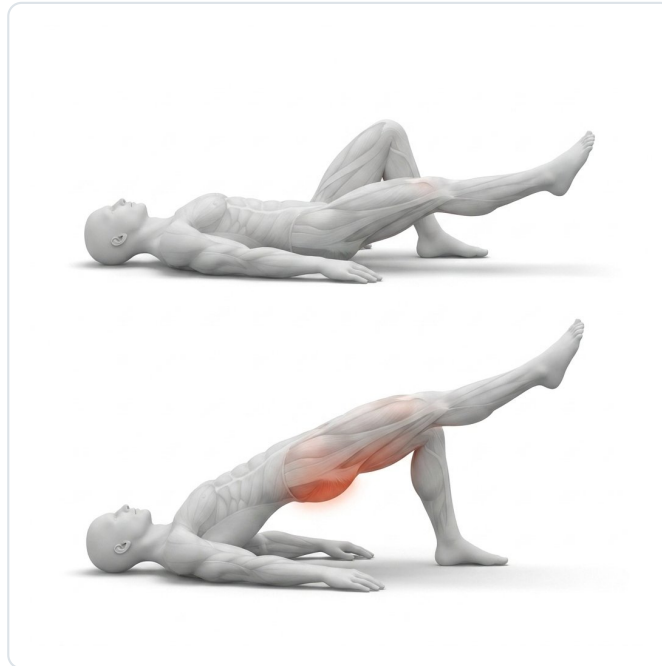
Your weaker side gets one extra set on the single leg glute bridge. This is how you even out the imbalance that sitting created. Short on time? The same five minute version as week one.

Single Leg Glute Bridge

TARGETS

Gluteus maximus · pelvic stability

3 sets of 8 each side



What it does for your back

This is the step up from the slow glute bridge. Working one side at a time exposes the weaker side that sitting created, and forces each glute to support your pelvis on its own. This is where you even out the imbalance most people carry without knowing it.

How to do it

- 1 Set up as a normal bridge, knees bent and feet flat.
- 2 Lift one foot off the floor, keeping that knee bent or the leg extended.
- 3 Drive your hips up through the planted heel, keeping your pelvis level and even.
- 4 Lower with control, finish your reps, then switch sides.

Where you should feel it

The working glute carrying the load, and the muscles around your hip working to keep your pelvis from dropping. Notice which side is harder.

Common mistakes

- Letting the pelvis tilt or drop on one side.
- Pushing through the toes instead of the heel.

Do it safely

- Give your weaker side one extra set, as the program tells you.
- Keep the lift pain free in your lower back.



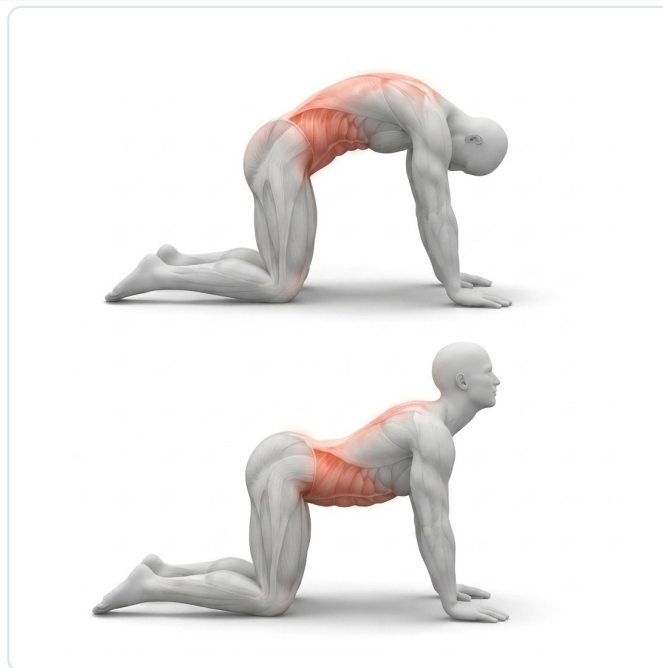
Video guides

Cat Cow

TARGETS

Spinal mobility · control

3 sets of 10 cycles



What it does for your back

Sitting leaves your spine stiff and used to one position. The cat cow teaches it to move smoothly through its full range again, one section at a time, with no load or compression. It is one of the safest ways to restore movement to a stiff back.

How to do it

- 1 Start on your hands and knees, hands under your shoulders and knees under your hips.
- 2 Slowly drop your belly and lift your chest and tailbone, breathing in.
- 3 Reverse the movement, rounding your back toward the ceiling and tucking your chin, breathing out.
- 4 Move slowly and smoothly, letting each part of your spine move in turn.

Where you should feel it

Your spine moving freely and evenly. No part should pinch or catch.

Common mistakes

- Rushing through the range instead of moving slowly.
- Forcing the ends of the range rather than moving comfortably.

Do it safely

- Keep it within a comfortable, pain free range.
- Pad your knees if the floor is uncomfortable.



Video guides

WEEK 3 EXERCISE GUIDE

Week 3 • Load

This week adds gentle load. Your hips stretch deeper, your spine works against a light weight, and a new movement targets the side of your glutes. The single leg bridge also steps up to ten reps a side.

Backward Walk

5 minutes

See

p. 21

Elevated Hip Flexor Stretch (new)

3 × 30 to 45s each side

Full guide

p. 26

Single Leg Glute Bridge

3 × 10 each side

See

p. 23

Seated Cat Cow (new)

3 × 12, light weight

Full guide

p. 27

Side Lying Hip Abduction (new, day 17)

3 × 12 each side

Full guide

p. 28

HOW TO USE THIS WEEK

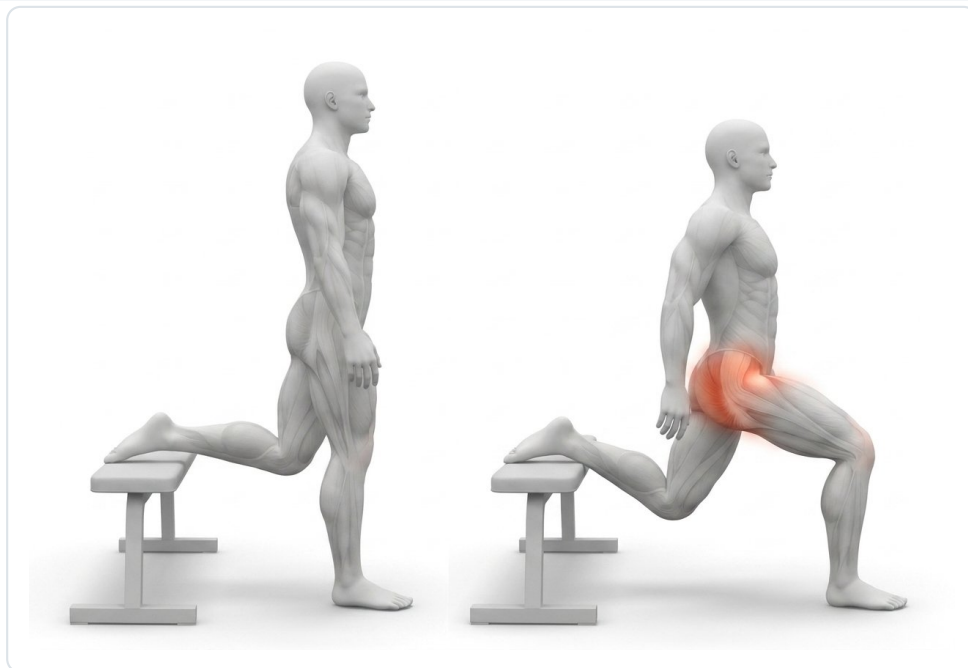
The side lying hip abduction joins on day 17, not day 15, so you settle into the deeper stretch and the light weight first. Short on time? The same five minute version as before.

Elevated Hip Flexor Stretch

TARGETS

Hip flexors (iliopsoas)

3 sets • 30 to 45s each side



What it does for your back

This is the deeper version of the hip flexor stretch. Raising your back foot increases the stretch through the front of the hip, which is useful once the floor version starts to feel easy. It keeps the stretch progressing as your hips open up.

How to do it

- 1 Set up in a kneeling lunge with your back foot resting on a low chair or couch behind you.
- 2 Pad the down knee and keep your upper body tall.
- 3 Gently tuck your pelvis under until you feel a strong stretch at the front of the raised leg hip.
- 4 Hold and breathe slowly, then switch sides.

Where you should feel it

A deeper pull through the front of the hip and the top of the thigh than the floor version. Never in the knee or lower back.

Common mistakes

- Setting the back foot too high too soon.
- Arching the lower back to reach further.

Do it safely

- Use a low, stable surface for the back foot.
- Ease in gradually and never bounce.



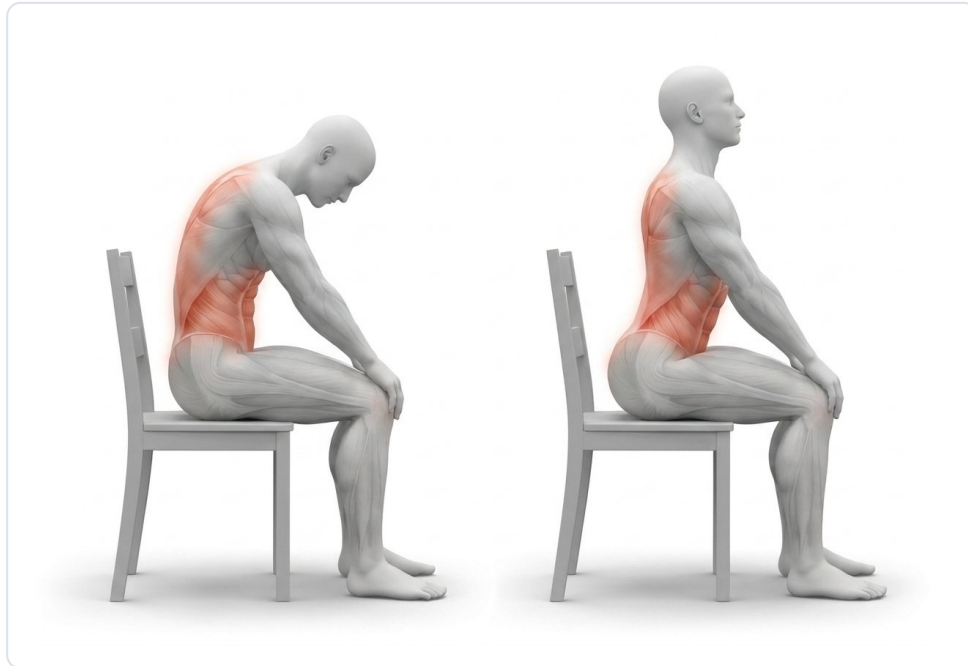
Video guides

Seated Cat Cow

TARGETS

Spinal mobility · control under load

3 sets of 12 · light weight



What it does for your back

Once your spine moves well, adding a light weight asks it to control that movement, not just perform it. This builds the kind of controlled mobility that protects your back during everyday bending and reaching. The weight should be light. The focus is control, not effort.

How to do it

- 1 Sit tall on a chair holding a light weight against your chest.
- 2 Slowly arch your spine, lifting your chest and looking slightly up.
- 3 Reverse, rounding your back and tucking your chin, moving with control.
- 4 Move slowly through a comfortable range, letting the light load ask for more control.

Where you should feel it

Controlled, even movement through your whole spine, with your core gently working to manage the weight.

Common mistakes

- Using a weight that is too heavy.
- Letting the movement become fast or jerky.

Do it safely

- Start with a very light weight, even a water bottle.
- Keep the range comfortable and pain free.



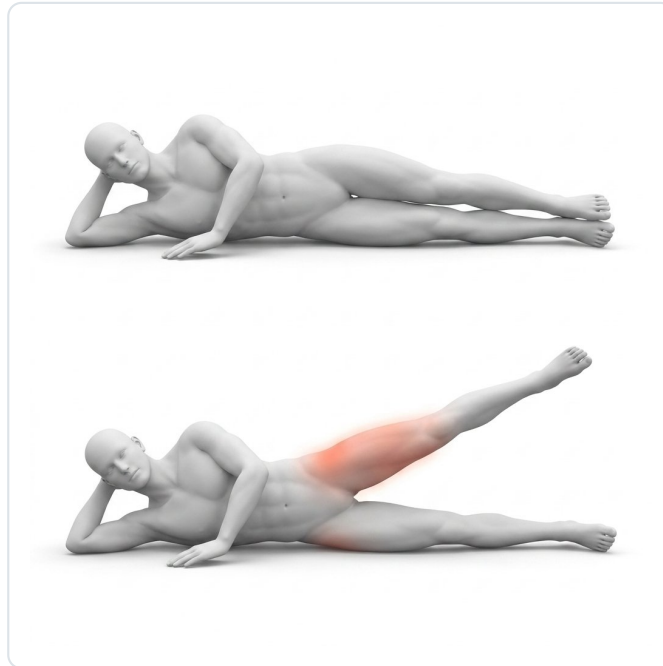
Video guides

Side Lying Hip Abduction

TARGETS

Gluteus medius

3 sets of 12 each side



What it does for your back

This targets the gluteus medius, the muscle on the side of your hip that keeps your pelvis level when you walk and stand. It is often the weakest link in people with one sided back pain, and the bridges do not fully reach it. This fills that gap.

How to do it

- 1 Lie on your side with your legs stacked and straight, head resting on your arm.
- 2 Keep your hips stacked and facing forward, not rolling back.
- 3 Slowly lift your top leg toward the ceiling, leading with your heel.
- 4 Lower with control, finish your reps, then switch sides.

Where you should feel it

A clear working sensation on the side of the top hip. If you feel it mostly in the front of the thigh, roll your hips slightly forward.

Common mistakes

- Rolling the hips back so other muscles take over.
- Swinging the leg up fast instead of lifting slowly.

Do it safely

- Keep the lift controlled and within a comfortable range.
- A band above the knees is optional, only once it feels easy.



Video guides

WEEK 4 EXERCISE GUIDE

Week 4 • Cement

The final week makes everything permanent. You add pauses and slow tempo to the movements you already know, and an optional split squat for those who feel ready. Three rest days are built in, and you retest on day 30.

Elevated Hip Flexor Stretch

3 × 45s each side, with pause

See

p. 26

Single Leg Glute Bridge

3 × 10 each side, 2s pause

See

p. 23

Seated Cat Cow

3 × 12, with holds

See

p. 27

Side Lying Hip Abduction

3 × 12 each side, band optional

See

p. 28

Split Squat (optional, day 25)

2 × 6 each side

Full guide

p. 30

HOW TO USE THIS WEEK

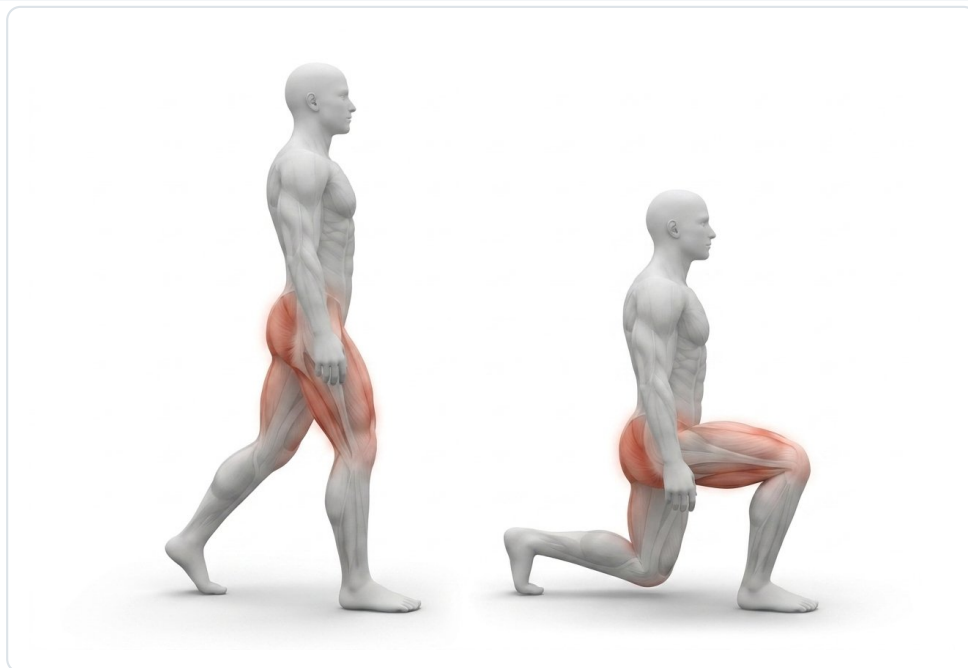
This week is about control. The pauses and holds make familiar movements harder without adding any new ones. The split squat is entirely optional. Skip it if anything hurts.

Split Squat

TARGETS

Legs • hips • balance

2 sets of 6 each side • optional



What it does for your back

This is the most advanced and entirely optional movement in the program, included for those who already feel strong. A controlled split squat, sometimes called the ATG split squat, builds single leg strength and hip mobility that carries into real life, like climbing stairs and standing from low chairs. It is not required to get results.

How to do it

- 1 Stand in a split stance, one foot forward and one back, holding a wall or chair for support.
- 2 Lower slowly and straight down, only as far as is comfortable and pain free.
- 3 Keep your front foot flat and your torso tall.
- 4 Press back up through your front foot. Finish your reps, then switch sides.

Where you should feel it

Your front leg and glute working, with a stretch through the back hip. Nothing sharp in the knee or back.

Common mistakes

- Going too deep before you have the strength and mobility.
- Letting the front knee collapse inward.

Do it safely

- Hold support throughout, and only add depth slowly over time as it feels easy.
- Skip this entirely if it causes any knee or back pain. It is optional.



Video guides

THE PROGRAM

The 30 Days

One page a day. Open it in the morning, do what it says, and close it again. Each page gives you the movements, the sets and the tempo, and points back to the guide if you need a reminder. Begin with day one tomorrow.

Day 1

Reconnect with the muscles sitting switched off.



SCAN FOR VIDEOS

1

Pelvic Tilt

Slow and controlled

2 sets of 10

Full guide on page 18

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Slow Glute Bridge

3s up • 2s hold • 3s down

3 sets of 10

Full guide on page 20

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 2

Notice which side feels tighter today.



SCAN FOR VIDEOS

1

Pelvic Tilt

Slow and controlled

2 sets of 10

Full guide on page 18

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Slow Glute Bridge

3s up • 2s hold • 3s down

3 sets of 10

Full guide on page 20

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 3

Focus on the slow lowering of the bridge.



SCAN FOR VIDEOS

1

Pelvic Tilt

Slow and controlled

2 sets of 10

Full guide on page 18

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Slow Glute Bridge

3s up • 2s hold • 3s down

3 sets of 10

Full guide on page 20

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 4

The stretch should feel more familiar now.



SCAN FOR VIDEOS

1

Pelvic Tilt

Slow and controlled

2 sets of 10

Full guide on page 18

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Slow Glute Bridge

3s up • 2s hold • 3s down

3 sets of 10

Full guide on page 20

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 5

The backward walk joins today. Five minutes first.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Pelvic Tilt

Slow and controlled

2 sets of 10

Full guide on page 18

3

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

4

Slow Glute Bridge

3s up • 2s hold • 3s down

3 sets of 10

Full guide on page 20

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 6

Settle into the backward walk.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Pelvic Tilt

Slow and controlled

2 sets of 10

Full guide on page 18

3

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

4

Slow Glute Bridge

3s up • 2s hold • 3s down

3 sets of 10

Full guide on page 20

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 7

Week one check. Compare your single leg bridge to day one.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Pelvic Tilt

Slow and controlled

2 sets of 10

Full guide on page 18

3

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

4

Slow Glute Bridge

3s up • 2s hold • 3s down

3 sets of 10

Full guide on page 20

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 8

The bridge becomes single leg. Find your weaker side.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Single Leg Glute Bridge

Weaker side gets one extra set

3 sets of 8 each side

Full guide on page 23

4

Cat Cow

Slow, with your breath

3 sets of 10 cycles

Full guide on page 24

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 9

Give your weaker side one extra set.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Single Leg Glute Bridge

Weaker side gets one extra set

3 sets of 8 each side

Full guide on page 23

4

Cat Cow

Slow, with your breath

3 sets of 10 cycles

Full guide on page 24

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 10

Move smoothly through the cat cow.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Single Leg Glute Bridge

Weaker side gets one extra set

3 sets of 8 each side

Full guide on page 23

4

Cat Cow

Slow, with your breath

3 sets of 10 cycles

Full guide on page 24

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 11

Notice the single leg bridge feeling steadier.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Single Leg Glute Bridge

Weaker side gets one extra set

3 sets of 8 each side

Full guide on page 23

4

Cat Cow

Slow, with your breath

3 sets of 10 cycles

Full guide on page 24

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 12

Halfway. Your glutes are waking up.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Single Leg Glute Bridge

Weaker side gets one extra set

3 sets of 8 each side

Full guide on page 23

4

Cat Cow

Slow, with your breath

3 sets of 10 cycles

Full guide on page 24

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 13

Quality of movement over speed today.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Single Leg Glute Bridge

Weaker side gets one extra set

3 sets of 8 each side

Full guide on page 23

4

Cat Cow

Slow, with your breath

3 sets of 10 cycles

Full guide on page 24

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 14

Week two check. Compare to day eight.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Hip Flexor Lunge Stretch

Hold and breathe

2 sets • 30 to 45s each side

Full guide on page 19

3

Single Leg Glute Bridge

Weaker side gets one extra set

3 sets of 8 each side

Full guide on page 23

4

Cat Cow

Slow, with your breath

3 sets of 10 cycles

Full guide on page 24

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 15

A little more load this week. The stretch goes deeper.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

Back foot raised

3 sets • 30 to 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

Level pelvis

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

Light weight, controlled

3 sets of 12

Full guide on page 27

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 16

Add a light weight to the seated cat cow.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

Back foot raised

3 sets • 30 to 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

Level pelvis

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

Light weight, controlled

3 sets of 12

Full guide on page 27

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 17

The side lying abduction joins today.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

Back foot raised

3 sets • 30 to 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

Level pelvis

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

Light weight, controlled

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Slow lift, hips forward

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 18

Five movements now. Take your time.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

Back foot raised

3 sets • 30 to 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

Level pelvis

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

Light weight, controlled

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Slow lift, hips forward

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 19

Strength is quietly building.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

Back foot raised

3 sets • 30 to 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

Level pelvis

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

Light weight, controlled

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Slow lift, hips forward

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 20

Controlled effort, steady breathing.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

Back foot raised

3 sets • 30 to 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

Level pelvis

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

Light weight, controlled

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Slow lift, hips forward

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 21

Week three check. Compare to where you started.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

Back foot raised

3 sets • 30 to 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

Level pelvis

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

Light weight, controlled

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Slow lift, hips forward

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 22

The final week. Add the pauses and slow tempo.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

With a pause

3 sets • 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

2s pause at the top

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

With holds at each end

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Band optional

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 23

Hold the pauses without losing your form.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

With a pause

3 sets • 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

2s pause at the top

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

With holds at each end

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Band optional

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

Day 24

Rest

A rest day is part of the plan, not a break from it. Move gently today. A relaxed fifteen minute walk is perfect. Let the work of the week settle into your body, and notice how your back feels when you simply move at an easy pace.

Day 25

The optional split squat is available if you feel ready.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

With a pause

3 sets • 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

2s pause at the top

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

With holds at each end

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Band optional

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

OPTIONAL

Split Squat - 2 sets of 6 each side

Only if you feel ready

Day 26

Move with intention. You know these well now.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

With a pause

3 sets • 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

2s pause at the top

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

With holds at each end

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Band optional

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

OPTIONAL

Split Squat - 2 sets of 6 each side

Only if you feel ready

Day 27

Rest

Another rest day. Walk, breathe, and notice how much calmer your back feels than it did a few weeks ago. This quiet steadiness, not any single hard session, is the whole goal of the program.

Day 28

Last full session. Your steady best.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

With a pause

3 sets • 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

2s pause at the top

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

With holds at each end

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Band optional

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

OPTIONAL

Split Squat - 2 sets of 6 each side

Only if you feel ready

Day 29

Rest

One quiet rest day before you measure your progress tomorrow. Walk gently, rest well, and get ready to see how far you have come over these thirty days.

Day 30

Day thirty. Repeat all five tests and compare.



SCAN FOR VIDEOS

1

Backward Walk

Slow, tall posture

5 minutes

Full guide on page 21

2

Elevated Hip Flexor Stretch

With a pause

3 sets • 45s each side

Full guide on page 26

3

Single Leg Glute Bridge

2s pause at the top

3 sets of 10 each side

Full guide on page 23

4

Seated Cat Cow

With holds at each end

3 sets of 12

Full guide on page 27

5

Side Lying Hip Abduction

Band optional

3 sets of 12 each side

Full guide on page 28

FIVE MINUTE VERSION

Short on time? One set of the hip flexor stretch and one set of the glute bridge. That is your five minutes, and it counts as a full day.

OPTIONAL

Split Squat - 2 sets of 6 each side

Only if you feel ready

TODAY

Repeat all five self check tests from page 9 and compare your results to day one. Write down what changed. This is your result.

WELL DONE

You finished it

Thirty days of showing up is genuinely difficult, and most people who start a program never reach the end. You did. That alone says something about how you will handle what comes next.

Look back at the five tests you recorded before day one. Most people are surprised, because change happens so gradually that you stop noticing it day to day. The single leg bridge that used to tilt. The hip that used to feel locked. The morning score that has quietly dropped. That is your glutes sharing the load again and your hips letting go of your spine.

If some tests barely moved, that is fine too. Bodies change at different speeds, and thirty days is a beginning, not a finish line. The point is that you now know how to move in a way that helps, and you have proven you can keep a daily habit.

After the 30 days

If your pain comes back

It might, especially after a stressful week, poor sleep, or a long stretch of extra sitting. That is not failure or fresh damage. Go back to week two for a few days, move gently, and let things settle. Your body remembers these movements far faster the second time around.

How to know if you are slipping

The first sign is usually morning stiffness creeping back. The second is that familiar tightness after a long day at your desk. If either returns, simply add a few more sessions that week. Catching it early keeps a small dip from becoming a full setback.

Where to go next

If you want to build on this, the next stage moves from gentle reconnection to genuine strength and resilience, with new movements your body is now ready for. But there is no rush. Repeating these thirty days, or simply keeping the five minute habit, is a perfectly good place to stay.

Motion is the maintenance

You do not need to do everything forever. You do need to keep moving. A few short sessions a week is enough to hold almost all of what you have built. The worst thing you can do now is stop completely and let it all go quiet again.

PLEASE READ

A note on safety

This program is a general movement and education guide for back pain related to sitting and inactivity. It is not medical advice, diagnosis, or treatment, and it cannot account for your individual circumstances.

Always consult a qualified healthcare professional before starting any new exercise program, particularly if you have a diagnosed condition, are pregnant, are recovering from injury or surgery, or have any concern about your health. If you experience severe pain, pain that travels down your leg, numbness, weakness, or any loss of bladder or bowel control, stop and seek medical attention promptly.

By following this program you accept that you do so at your own risk, and that the author is not responsible for any injury or adverse effect arising from its use. Listen to your body, work within your own limits, and when in doubt, get advice from a professional who can see you in person.

PROGRESS

Your progress tracker

Mark a dot for each day you move, even the five minute version. Write your morning pain score beside it, from 0 to 10, so you can watch the line settle over the month.

	M	T	W	T	F	S	S
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐