

the back **reset**

PART TWO · THE BACK RESET SYSTEM

Resilience

Building a back that handles real life,
long after the pain is gone.

3 MONTHS

3 SESSIONS A WEEK

ONE LIGHT WEIGHT

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BEFORE YOU BEGIN

How to use this system

This is part two of the back reset. The 30 day reset got you out of pain. This phase builds the strength that keeps it from coming back.

The structure is the same as the reset, so it will feel familiar. A short education section explains what you are building and why. A set of exercise guides explains every new movement in full, with an illustration and a video you can scan. Then you follow the weekly pages.

The one real change is the rhythm. Instead of moving every day, you now train three times a week, with a rest day between sessions. Each week has three sessions, A, B and C. Do them on any three days that suit you, leaving a day in between where you can. Every session starts with the backward walk you already know.

Why three times a week, not daily

Strength is built between sessions, not during them. Your muscles adapt and rebuild on the rest days, which is why training hard every single day would actually slow you down here. Three quality sessions a week, with real rest between, is what makes you stronger.

What resilience really means

The reset was about relief. This phase is about something more durable. It is about building a back that does not just stop hurting, but can handle whatever a normal day throws at it.

From relief to capacity

Getting out of pain is the first step, not the finish line. A back that feels fine today but has no strength behind it is fragile. The moment life demands a bit more, a heavy bag, a long drive, a sudden twist, the old pattern can return. Resilience is built capacity. It is the difference between a back that is quiet and a back that is genuinely strong.

Why relief alone does not last

If you stop the moment the pain goes, the muscles you spent thirty days waking up slowly go quiet again. The hips tighten back up. Within a few months you can be right back where you started. The only way to make relief permanent is to keep building on it, which is exactly what these three months do.

What it looks like in real life

Resilience is carrying the shopping in from the car without thinking about it. Lifting a child, moving a piece of furniture, sitting through a long flight, then standing up and walking off easily. It is not a back that never feels anything. It is a back that is no longer the thing you plan your life around.

Why strength keeps the pain away

Strength is not about looking a certain way. For your back, strength is protection. It is the single most reliable thing you can build to keep pain from coming back.

Strength is spare capacity

Think of every muscle as having a limit, a maximum it can handle. The closer your daily demands get to that limit, the more strain your body feels. When you make a muscle stronger, you raise that limit. Suddenly the same heavy bag or long day uses a much smaller share of what you can do, and your back stops being overwhelmed by ordinary life.

It is one of the most reliable fixes there is

Across the research on back pain, progressive strengthening is consistently one of the most effective ways to reduce how often pain returns. It is not flashy and it is not quick, but few things work as dependably over the long run. This is why the second half of the system is built around getting genuinely stronger.

From waking up to building up

In the reset, the bridges and stretches woke your glutes and hips back up and taught them to switch on. That was step one. Now you load those same muscles, gradually and safely, so they move from simply being awake to being genuinely strong and dependable.

THE NEXT LEVEL

How your body adapts to load

Your body is always adapting to what you ask of it. Understanding how that works turns training from guesswork into something you can trust.

The simple engine of getting stronger

Ask your body to do a little more than it is used to, then give it rest and good food, and it rebuilds itself slightly stronger so it can cope next time. Repeat that over and over and you get steadily stronger. That is the whole engine, and every good training plan is just a smart way of turning it.

Progressive overload, in plain terms

Progressive overload simply means adding a small amount over time. One more rep. A slightly heavier weight. A longer hold. A little more depth. The important word is small. You are nudging your limit upward, not leaping at it.

Why small is the whole game

Add too much too soon and you overwhelm the muscle, flare your back, and end up resting instead of training. Add nothing and nothing changes. A little more each week, repeated patiently, is what produces real change without setbacks. This is why the weeks build so gently. The slow climb is not caution for its own sake. It is the fastest route that actually works.

Rest is part of the work

You get stronger between sessions, not during them. The rest days are when your body actually rebuilds. Three sessions a week with rest in between is not doing less. It is how the adaptation happens at all.

THE NEXT LEVEL

Training for real life, not just the floor

The reset happened mostly lying down and kneeling. That was the right place to start, because it let you wake muscles up safely. But real life does not happen on the floor.

Movements, not just muscles

This phase trains patterns, the basic shapes your body makes every day. The hinge, the squat, the carry and the balance. Each one maps directly onto something you actually do, and training the pattern teaches your whole body to coordinate, not just one muscle to contract.

What each new movement is really for

- The hinge, in the Romanian deadlift, is how you pick things up from the floor.
- The squat, in the goblet squat, is how you sit down and stand up.
- The carry, in the suitcase carry, is how you carry a bag or shopping without leaning.
- The balance work is how you handle stairs and uneven ground.
- The hinge with reach is how you bend and reach in one smooth motion.

This is what makes a back resilient

A resilient back is not a collection of strong muscles working alone. It is a body that moves well under load, in the exact ways daily life asks of it. By the end of these three months, the movements that used to bother your back will be the ones you have trained the most.

GETTING SET UP

Before you begin this phase

Who this is for

This phase is for you if you have finished the 30 day reset, or if you already exercise now and then and your back pain is linked to sitting rather than a specific diagnosis. If you have significant pain or a clear imbalance and you have not done the reset, start there first. This phase assumes the groundwork is already laid.

What you need

One light weight. A light dumbbell is ideal, but a kettlebell, a filled water bottle, or a backpack with a few books in it all work perfectly well to start. You will also want a wall or a sturdy chair nearby for the balance work. That is the whole kit.

How to choose your weight

Pick a weight light enough that the last repetition of a set still looks and feels clean and controlled. If your form falls apart or your back rounds, it is too heavy. It is always better to start too light and add later. You will get stronger, and you can simply use a heavier object when you do.

The pain rules still apply

The same guidance from the reset carries over. A working effort in your muscles is fine and expected. Sharp pain, pain that travels down a leg, or pain clearly worse the next morning means stop and check in with a professional. Load should challenge your muscles, never strain your back.

THE JOURNEY

The 3 months at a glance

This phase moves through three stages, each building on the last. You train three times a week, and every session starts with the backward walk. Here is the whole plan in one view.

MONTH 1

Stability

Weeks 1 to 4

Lock in everything the reset built and add the dead bug, the deep core control that protects your spine while you move.

MONTH 2

Capacity

Weeks 5 to 8

Build real strength. The Romanian deadlift teaches the hinge, and single leg balance trains the stability sitting takes away.

MONTH 3

Integration

Weeks 9 to 12

Put it together for real life. The goblet squat, the suitcase carry and the hip hinge with reach train the patterns of a normal day.

Month 1 • Stability

This month locks in everything the reset built and adds one new movement, the dead bug. It is the deep core control that keeps your spine steady while the rest of you moves, and it is the foundation the next two months are built on.

Dead Bug (new)

3 × 6 to 8 each side

Full guide

p. 11

MOVEMENTS YOU ALREADY KNOW

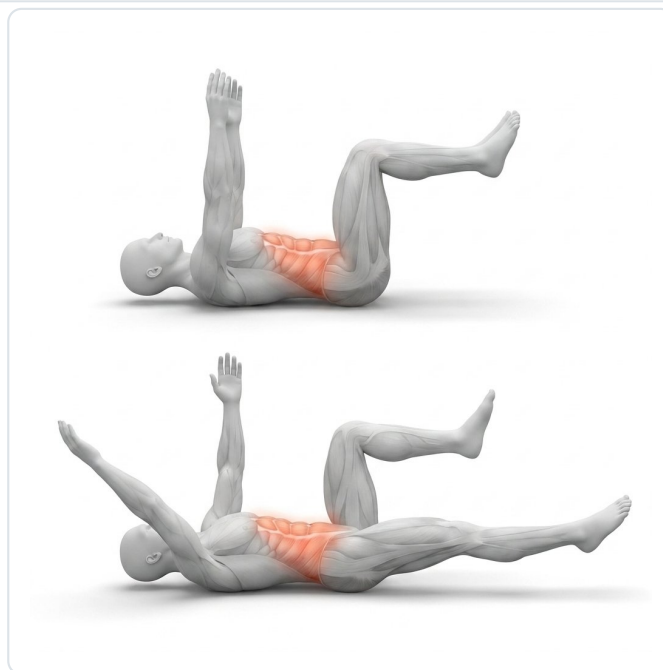
You also keep using movements from the reset: the backward walk, the elevated hip flexor stretch, the single leg glute bridge, the side lying hip abduction and the seated cat cow. You know these already, so this guide focuses only on what is new.

Dead Bug

TARGETS

Deep core · coordination

3 sets of 6 to 8 each side



What it does for your back

The dead bug trains your deep core to keep your spine stable while your arms and legs move. This is exactly what daily life asks of your back, and it is the foundation the rest of this phase is built on. It teaches your core to brace on its own, without you having to clench.

How to do it

- 1 Lie on your back with your arms reaching straight up and your knees bent up over your hips.
- 2 Press your lower back gently into the floor and keep it there the whole time.
- 3 Slowly lower one arm overhead and the opposite leg toward the floor, breathing out.
- 4 Return to the start with control and repeat on the other side.

Where you should feel it

Your deep stomach muscles working to keep your back flat against the floor. If your back arches up, do not reach as far.

Common mistakes

- Letting the lower back arch up off the floor as the leg lowers.
- Rushing. The slow control is the whole point.

Do it safely

- Only lower as far as you can while keeping your back flat.
- Start with arms only, then add the legs once that feels easy.



Video guides

Month 2 • Capacity

This month builds real strength. The Romanian deadlift teaches the hinge, the most useful strength pattern there is, and single leg balance rebuilds the stability that sitting quietly takes away. This is where the work starts to feel like genuine training.

Romanian Deadlift (new)

3 × 8

Full guide

p. 13

Single Leg Balance (new)

3 × 30s each side

Full guide

p. 14

MOVEMENTS YOU ALREADY KNOW

You keep the dead bug from month one, plus the backward walk, single leg glute bridge and side lying hip abduction from the reset. The optional split squat from the reset also returns for those who want it.

Romanian Deadlift

TARGETS

Glutes · hamstrings · back

3 sets of 8



What it does for your back

This is the first hinge pattern in the whole system, and it trains the exact movement you use to pick things up from the floor. It builds real strength through your glutes, hamstrings and the muscles along your spine, working them together the way real life demands.

How to do it

- 1 Stand tall holding a light weight in front of your thighs, feet hip width apart.
- 2 With a small bend in your knees, push your hips back and let the weight slide down your legs.
- 3 Keep your back flat and go only as far as your hamstrings allow without rounding.
- 4 Drive your hips forward to stand tall again, squeezing your glutes at the top.

Where you should feel it

A stretch through the back of your thighs on the way down, and your glutes working to stand back up. Never a strain in your lower back.

Common mistakes

- Rounding the back instead of hinging at the hips.
- Bending the knees too much and turning it into a squat.

Do it safely

- Start with bodyweight or a very light weight until the hinge feels natural.
- Keep the weight close to your legs throughout the movement.



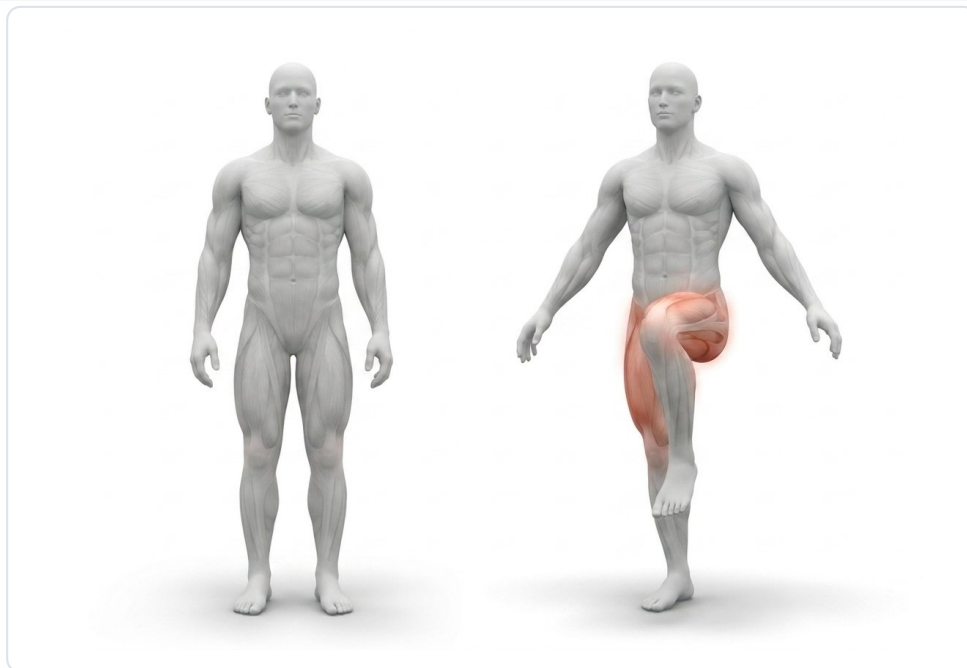
Video guides

Single Leg Balance

TARGETS

Hip stability · balance

3 sets of 30s each side



What it does for your back

Standing on one leg trains the small stabilising muscles around your hip and ankle that sitting completely bypasses. Good balance means your body controls itself well on stairs and uneven ground, which quietly takes pressure off your back during everyday movement.

How to do it

- 1 Stand near a wall or chair you can touch for support.
- 2 Shift your weight onto one foot and lift the other slightly off the floor.
- 3 Stand tall and steady, using a fingertip on the wall only as much as you need.
- 4 Hold, then switch sides. Over the weeks, aim to need less and less support.

Where you should feel it

The muscles around your standing hip and ankle working constantly to keep you steady.

Common mistakes

- Gripping the wall hard instead of using a light fingertip.
- Holding your breath. Breathe normally and stay relaxed.

Do it safely

- Always keep something within reach to grab.
- Progress to no support only once you feel genuinely steady.



Video guides

Month 3 • Integration

The final month puts everything together for real life. Three new movements join, each one a pattern you use every day: the squat for sitting and standing, the carry for carrying a load, and the hinge with reach for bending and reaching in one motion.

Goblet Squat (new, week 9)

3 × 8

Full guide

p. 16

Suitcase Carry (new, week 10)

3 × 20m each side

Full guide

p. 17

Hip Hinge with Reach (new, week 11)

3 × 8

Full guide

p. 18

MOVEMENTS YOU ALREADY KNOW

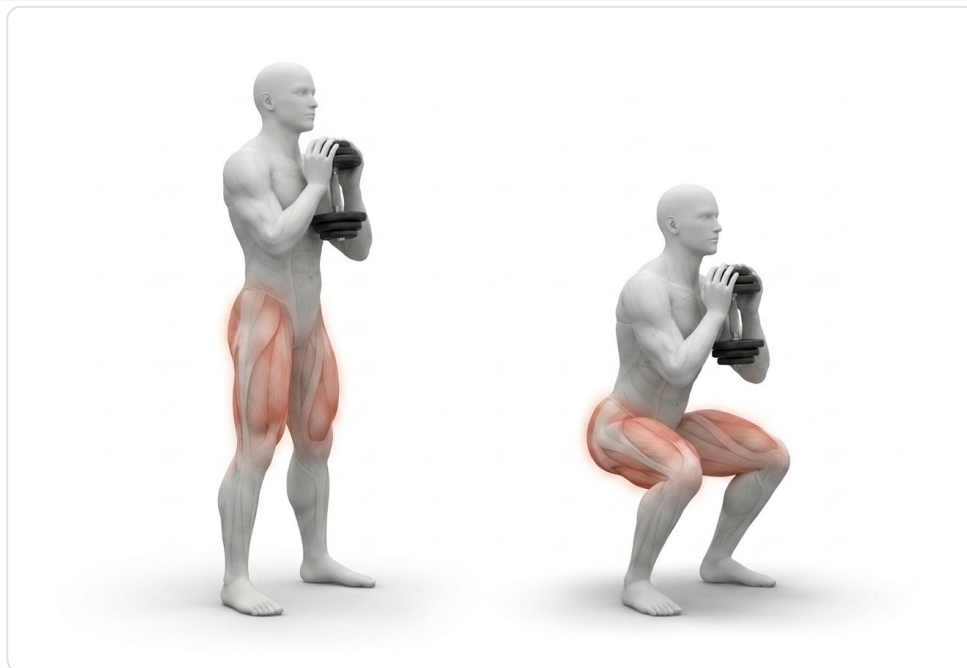
You keep the Romanian deadlift, dead bug, single leg balance and side lying hip abduction. The new movements are added one week at a time so you are never learning more than one thing at once.

Goblet Squat

TARGETS

Legs • glutes • core

3 sets of 8



What it does for your back

The goblet squat is the first full squat in the system, and it trains the exact pattern you use to sit down and stand up. Holding the weight at your chest keeps you upright and protects your back, which is why it is used so widely in rehab. It builds strong legs and hips without loading your spine directly.

How to do it

- 1 Hold a light weight against your chest with both hands, feet a little wider than hip width.
- 2 Push your hips back and bend your knees to lower down, keeping your chest tall.
- 3 Go only as deep as is comfortable, keeping your heels flat on the floor.
- 4 Drive up through your whole foot to stand, squeezing your glutes at the top.

Where you should feel it

Your legs and glutes working, and your core gently bracing to keep you upright. Nothing sharp in the knees or back.

Common mistakes

- Letting the heels lift or the knees fall inward.
- Leaning forward instead of keeping the chest tall.

Do it safely

- Start with a light weight and a comfortable depth.
- Only go deeper as your strength and mobility allow.



Video guides

Suitcase Carry

TARGETS

Side core · grip · whole body

3 sets of 20m each side

THE MOVEMENT

Carrying a weight in one hand while walking is one of the most useful things you can train, and almost nobody does it on purpose. It forces the muscles on the side of your core to keep you upright and stop you leaning, which is exactly what protects your spine when you carry a bag or shopping in real life.

How to do it

- 1 Hold a weight in one hand by your side, standing tall.
- 2 Brace your core and keep your shoulders level so you do not lean toward the weight.
- 3 Walk slowly and steadily for the set distance, staying tall the whole way.
- 4 Switch the weight to the other hand and repeat so both sides work equally.

Where you should feel it

The side of your core opposite the weight working hard to keep you upright and level.

Common mistakes

- Leaning toward the weight instead of staying level.
- Rushing. Walk slowly and stay tall.

Do it safely

- Start with a light weight and a short distance.
- Stop the set the moment your posture starts to tip.



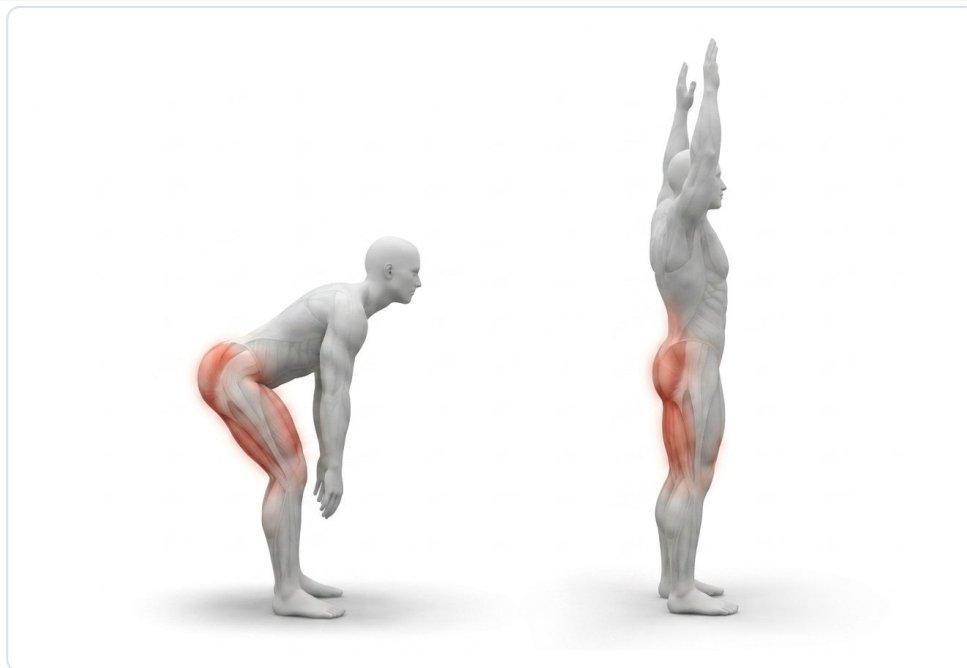
Video guides

Hip Hinge with Reach

TARGETS

Hips · back · coordination

3 sets of 8



What it does for your back

This combines the hinge you learned in the Romanian deadlift with an overhead reach, training your hips, spine and shoulders to work together. It mirrors the reaching and bending you do all day, and teaches your back to stay stable while the rest of you moves. It is the most life like movement in the system.

How to do it

- 1 Stand tall with your arms by your sides, feet hip width apart.
- 2 Push your hips back into a hinge, keeping your back flat, and lower your hands toward your shins.
- 3 As you stand back up, sweep your arms overhead and reach tall, squeezing your glutes.
- 4 Lower your arms and repeat, moving smoothly between the hinge and the reach.

Where you should feel it

Your hips and glutes driving the movement, and your back staying stable while your arms move.

Common mistakes

- Rounding the back during the hinge.
- Reaching with your lower back instead of your shoulders.

Do it safely

- Start with no weight until the pattern feels smooth.
- Keep the reach within a comfortable shoulder range.



Video guides

THE PROGRAM

The 12 Weeks

Three sessions a week, with a rest day between where you can. Each page is one week, with sessions A, B and C laid out for you, and one note on what changes that week. Start with week one.

Week 1

Month 1 · Stability · Weeks 1 to 4

SESSION A	Core and glutes
• Backward Walk	5 min
• Elevated Hip Flexor Stretch	2 × 45s each side
• Single Leg Glute Bridge	3 × 10 each side
• Dead Bug guide p. 11	3 × 6 to 8 each side
SESSION B	Side and stability
• Backward Walk	5 min
• Side Lying Hip Abduction	3 × 12 each side
• Single Leg Glute Bridge	3 × 10 each side
• Dead Bug guide p. 11	3 × 6 to 8 each side
SESSION C	Mobility and core
• Backward Walk	5 min
• Elevated Hip Flexor Stretch	2 × 45s each side
• Dead Bug guide p. 11	3 × 8 each side
• Seated Cat Cow	3 × 12

THIS WEEK

Learn the dead bug slowly. Keep your lower back flat against the floor the whole time. That single skill is what this month is built on.

Week 2

Month 1 · Stability · Weeks 1 to 4

SESSION A	Core and glutes
• Backward Walk	5 min
• Elevated Hip Flexor Stretch	2 × 45s each side
• Single Leg Glute Bridge	3 × 10 each side
• Dead Bug guide p. 11	3 × 6 to 8 each side
SESSION B	Side and stability
• Backward Walk	5 min
• Side Lying Hip Abduction	3 × 12 each side
• Single Leg Glute Bridge	3 × 10 each side
• Dead Bug guide p. 11	3 × 6 to 8 each side
SESSION C	Mobility and core
• Backward Walk	5 min
• Elevated Hip Flexor Stretch	2 × 45s each side
• Dead Bug guide p. 11	3 × 8 each side
• Seated Cat Cow	3 × 12

THIS WEEK

Add a one second pause at the end of each dead bug rep. Everything else stays the same as week one.

Week 3

Month 1 · Stability · Weeks 1 to 4

SESSION A	Core and glutes
• Backward Walk	5 min
• Elevated Hip Flexor Stretch	2 × 45s each side
• Single Leg Glute Bridge	3 × 10 each side
• Dead Bug guide p. 11	3 × 6 to 8 each side
SESSION B	Side and stability
• Backward Walk	5 min
• Side Lying Hip Abduction	3 × 12 each side
• Single Leg Glute Bridge	3 × 10 each side
• Dead Bug guide p. 11	3 × 6 to 8 each side
SESSION C	Mobility and core
• Backward Walk	5 min
• Elevated Hip Flexor Stretch	2 × 45s each side
• Dead Bug guide p. 11	3 × 8 each side
• Seated Cat Cow	3 × 12

THIS WEEK

Add the optional band to your single leg bridges if they feel easy. Hold the dead bug end position for two seconds.

Week 4

Month 1 · Stability · Weeks 1 to 4

SESSION A	Core and glutes
• Backward Walk	5 min
• Elevated Hip Flexor Stretch	2 × 45s each side
• Single Leg Glute Bridge	3 × 10 each side
• Dead Bug guide p. 11	3 × 6 to 8 each side
SESSION B	Side and stability
• Backward Walk	5 min
• Side Lying Hip Abduction	3 × 12 each side
• Single Leg Glute Bridge	3 × 10 each side
• Dead Bug guide p. 11	3 × 6 to 8 each side
SESSION C	Mobility and core
• Backward Walk	5 min
• Elevated Hip Flexor Stretch	2 × 45s each side
• Dead Bug guide p. 11	3 × 8 each side
• Seated Cat Cow	3 × 12

THIS WEEK

Hold the dead bug end position for three seconds. You should feel steadier than week one. Next month adds real load.

Week 5

Month 2 · Capacity · Weeks 5 to 8

SESSION A	Hinge and core
• Backward Walk	5 min
• Romanian Deadlift guide p. 13	3 × 8
• Dead Bug guide p. 11	3 × 8 each side
• Side Lying Hip Abduction	3 × 12 each side
SESSION B	Balance and glutes
• Backward Walk	5 min
• Single Leg Glute Bridge	3 × 10 each side
• Single Leg Balance guide p. 14	3 × 30s each side
• Split Squat (optional)	2 × 6 each side
SESSION C	Full capacity
• Backward Walk	5 min
• Romanian Deadlift guide p. 13	3 × 8
• Dead Bug guide p. 11	3 × 8 each side
• Single Leg Balance guide p. 14	3 × 30s each side

THIS WEEK

Romanian deadlift with bodyweight only this week. Learn the hinge: push your hips back, keep your back flat, feel your hamstrings. Keep a wall nearby for the balance.

Week 6

Month 2 · Capacity · Weeks 5 to 8

SESSION A	Hinge and core
• Backward Walk	5 min
• Romanian Deadlift guide p. 13	3 × 8
• Dead Bug guide p. 11	3 × 8 each side
• Side Lying Hip Abduction	3 × 12 each side
SESSION B	Balance and glutes
• Backward Walk	5 min
• Single Leg Glute Bridge	3 × 10 each side
• Single Leg Balance guide p. 14	3 × 30s each side
• Split Squat (optional)	2 × 6 each side
SESSION C	Full capacity
• Backward Walk	5 min
• Romanian Deadlift guide p. 13	3 × 8
• Dead Bug guide p. 11	3 × 8 each side
• Single Leg Balance guide p. 14	3 × 30s each side

THIS WEEK

Stay at bodyweight on the deadlift and focus on a longer stretch through the hamstrings. Try the balance with just a fingertip on the wall.

Week 7

Month 2 · Capacity · Weeks 5 to 8

SESSION A

Hinge and core

- Backward Walk 5 min
- Romanian Deadlift guide p. 13 3 × 8
- Dead Bug guide p. 11 3 × 8 each side
- Side Lying Hip Abduction 3 × 12 each side

SESSION B

Balance and glutes

- Backward Walk 5 min
- Single Leg Glute Bridge 3 × 10 each side
- Single Leg Balance guide p. 14 3 × 30s each side
- Split Squat (optional) 2 × 6 each side

SESSION C

Full capacity

- Backward Walk 5 min
- Romanian Deadlift guide p. 13 3 × 8
- Dead Bug guide p. 11 3 × 8 each side
- Single Leg Balance guide p. 14 3 × 30s each side

THIS WEEK

Add a light weight to the Romanian deadlift, held in both hands. Keep the same flat back. Try the balance with no support.

MONTH 2 · CAPACITY

Week 8

Month 2 · Capacity · Weeks 5 to 8

SESSION A	Hinge and core
• Backward Walk	5 min
• Romanian Deadlift guide p. 13	3 × 8
• Dead Bug guide p. 11	3 × 8 each side
• Side Lying Hip Abduction	3 × 12 each side
SESSION B	Balance and glutes
• Backward Walk	5 min
• Single Leg Glute Bridge	3 × 10 each side
• Single Leg Balance guide p. 14	3 × 30s each side
• Split Squat (optional)	2 × 6 each side
SESSION C	Full capacity
• Backward Walk	5 min
• Romanian Deadlift guide p. 13	3 × 8
• Dead Bug guide p. 11	3 × 8 each side
• Single Leg Balance guide p. 14	3 × 30s each side

THIS WEEK

Keep the light weight and add two reps to each deadlift set. Hold each balance a little longer. Next month puts it all together.

Week 9

Month 3 · Integration · Weeks 9 to 12

SESSION A	Squat and core
• Backward Walk	5 min
• Goblet Squat guide p. 16	3 × 8
• Dead Bug guide p. 11	3 × 8 each side
• Side Lying Hip Abduction	3 × 12 each side
SESSION B	Hinge and carry
• Backward Walk	5 min
• Romanian Deadlift guide p. 13	3 × 8
• Suitcase Carry guide p. 17	3 × 20m each side
• Single Leg Balance guide p. 14	3 × 30s each side
SESSION C	Real life
• Backward Walk	5 min
• Goblet Squat guide p. 16	3 × 8
• Hip Hinge with Reach guide p. 18	3 × 8
• Suitcase Carry guide p. 17	3 × 20m each side

THIS WEEK

Goblet squat with the lightest weight you have. Sit down between your hips, keep your heels down, and only go as deep as is comfortable.

Week 10

Month 3 · Integration · Weeks 9 to 12

SESSION A	Squat and core
• Backward Walk	5 min
• Goblet Squat guide p. 16	3 × 8
• Dead Bug guide p. 11	3 × 8 each side
• Side Lying Hip Abduction	3 × 12 each side
SESSION B	Hinge and carry
• Backward Walk	5 min
• Romanian Deadlift guide p. 13	3 × 8
• Suitcase Carry guide p. 17	3 × 20m each side
• Single Leg Balance guide p. 14	3 × 30s each side
SESSION C	Real life
• Backward Walk	5 min
• Goblet Squat guide p. 16	3 × 8
• Hip Hinge with Reach guide p. 18	3 × 8
• Suitcase Carry guide p. 17	3 × 20m each side

THIS WEEK

Add the suitcase carry in session B. Hold the weight in one hand, stand tall, and walk without leaning. Keep the goblet squat light.

Week 11

Month 3 · Integration · Weeks 9 to 12

SESSION A	Squat and core
• Backward Walk	5 min
• Goblet Squat guide p. 16	3 × 8
• Dead Bug guide p. 11	3 × 8 each side
• Side Lying Hip Abduction	3 × 12 each side
SESSION B	Hinge and carry
• Backward Walk	5 min
• Romanian Deadlift guide p. 13	3 × 8
• Suitcase Carry guide p. 17	3 × 20m each side
• Single Leg Balance guide p. 14	3 × 30s each side
SESSION C	Real life
• Backward Walk	5 min
• Goblet Squat guide p. 16	3 × 8
• Hip Hinge with Reach guide p. 18	3 × 8
• Suitcase Carry guide p. 17	3 × 20m each side

THIS WEEK

Add the hip hinge with reach in session C. Add a little weight or depth to the goblet squat if it feels genuinely easy.

Week 12

Month 3 · Integration · Weeks 9 to 12

SESSION A

Squat and core

- Backward Walk 5 min
- Goblet Squat guide p. 16 3 × 8
- Dead Bug guide p. 11 3 × 8 each side
- Side Lying Hip Abduction 3 × 12 each side

SESSION B

Hinge and carry

- Backward Walk 5 min
- Romanian Deadlift guide p. 13 3 × 8
- Suitcase Carry guide p. 17 3 × 20m each side
- Single Leg Balance guide p. 14 3 × 30s each side

SESSION C

Real life

- Backward Walk 5 min
- Goblet Squat guide p. 16 3 × 8
- Hip Hinge with Reach guide p. 18 3 × 8
- Suitcase Carry guide p. 17 3 × 20m each side

THIS WEEK

Final week. Add two reps or a little weight wherever a movement feels easy. Notice everything you can do now that you could not three months ago.

WELL DONE

You built something

Three months of training, three sessions a week. That is real commitment and real work, and most people never get this far. You did.

When you started this phase, picking something off the floor, carrying a bag, or standing from a low chair were things your back had an opinion about. Look at what you have trained since then. The hinge, the squat, the carry, the balance. Those are not gym tricks. They are the actual movements of a normal day, and you have built real strength and control in every one of them.

That is what resilience is. Not a back that never feels anything, but a back that handles real life without being the thing you think about. You did not just relieve your pain. You built the capacity that keeps it away.

WHAT NOW

Beyond the 3 months

Keep what you built

You do not have to keep progressing forever. A few sessions a week, using the month three structure, holds almost everything you have gained. The one rule is simple. Keep moving. The strength stays as long as you keep using it.

Keep adding, if you want more

The same principle that got you here keeps working. A little more weight, a few more reps, over time. Your body will keep adapting for as long as you keep gently asking it to. There is plenty of room to grow from here if you enjoy it.

If life gets in the way

When you miss a stretch of training, ease back in rather than picking up exactly where you left off. Drop the weight a little for a week and build back up. Your body remembers fast, but it pays to be gentle on the return.

If pain ever returns

It is not a failure, and it does not undo your progress. Go back to the 30 day reset for a week or two to settle things down, then return here. You now have a whole system to fall back on, which is something you did not have before.

Motion is the maintenance

You do not need to do everything forever, but never let it all go quiet again. The work you have done only stays done while you keep moving. A little, often, is all it takes from here.

PLEASE READ

A note on safety

This system 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.

This phase involves lifting light weights. 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. Learn each movement with no weight or a very light weight first, and add load only when your form is solid.

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 system you accept that you do so at your own risk, and that the author is not responsible for any injury arising from its use. Work within your own limits, and when in doubt, get advice from a professional who can see you in person.

PROGRESS

Your progress tracker

Tick each session as you finish it. Three a week, twelve weeks. Watching the boxes fill in is one of the simplest ways to keep yourself going.

	SESSION A	SESSION B	SESSION C
Week 1	☐	☐	☐
Week 2	☐	☐	☐
Week 3	☐	☐	☐
Week 4	☐	☐	☐
Week 5	☐	☐	☐
Week 6	☐	☐	☐
Week 7	☐	☐	☐
Week 8	☐	☐	☐
Week 9	☐	☐	☐
Week 10	☐	☐	☐
Week 11	☐	☐	☐
Week 12	☐	☐	☐