

## **Low Back Strength Stage Two**

**If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.**

Rest 1-2 minutes between sets and exercises. Work only to a comfortable level, but gradually increase your ability to do more reps, sets or load over time. Do day one exercises, then day two the following day, followed a by a rest day. Then repeat for as long as needed.

All exercises in this program will be done for 3-4 sets of a repetition range of 6-12 repetitions.

So for example: The easiest version will be to use your own bodyweight and work up to 4 sets of 12 repetitions. When you add weight, drop down to 3 sets of 6 repetitions and keep the same weight until 4 sets of 12 is possible. Then increase the weight and repeat the process.

## **Day 1**

[Good Morning Seated](#)

[Deadlift](#)

[Goblet Squat](#)

## **Day 2**

[Suitcase Deadlift](#)

[GHD Extensions](#)

[Single Leg RDL](#)