Grab & Go Workouts
Presented by the Fitness Centers
Created by: Drew Stevens

<table>
<thead>
<tr>
<th>Name of Workout:</th>
<th>Ctrl + Alt + Delete Your Back Pain</th>
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</thead>
<tbody>
<tr>
<td>Primary Target Area:</td>
<td>Glutes, hip flexors, core</td>
</tr>
<tr>
<td>Approximate Time:</td>
<td>15-20 minutes</td>
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<tr>
<td>Skill Level:</td>
<td>Novice</td>
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Introduction:

Chronic low back pain is something that nearly every person will experience in their life. It can severely affect one’s performance in the gym as well as every day function. The most common causes of this pain are: tight hip flexors, weak/improper use of glutes, and a weak core. All of these add up to an “anterior pelvic tilt” (pelvis tilts up in the back, butt sticks out and lower back rounds) and lead to lower back pain. This pain is easily negated by correcting postural defects and learning proper use of the core/glutes in everyday life. This program will allow you to control your core, alter your posture, and delete your back pain.

Warm-up:

1. Thoracic extensions on foam roller
   a. 8-10 repetitions, aim for a slightly different spot on back each repetition
   b. Purpose: Mobilize thoracic spine (middle portion) to allow proper function and movement of core
   c. How to:
      i. Sit on floor in front of foam roller and lean back until your upper back (just below shoulder blade) comes in contact with foam roller
      ii. Clasp hands behind head, tuck chin down and back, push elbows upward towards to of head
      iii. Arch back by leaning over foam roller while maintaining chin/arm position as well as keeping glutes and feet flat on floor
      iv. Return to start by activating abs (as in a crunch)
      v. Reposition foam roller in a slightly lower position on back, repeat

2. Hip hinges with dowel
   a. 10 repetitions
   b. Purpose: Mobilize hamstrings, glutes, and hip flexors using proper spine positioning to reinforce/develop good habits
   c. How to:
      i. Stand tall with dowel held behind head in contact with head and lower back, chin should be tucked and back
      ii. Begin to lean forward while pushing glutes backwards, pressing lower back into dowel, maintaining contact with head and lower back, allowing for a slight bend of the knees
iii. Once you lose contact with dowel at any point, return to start or if you feel a slight stretch in hamstrings return to start

iv. Repeat

3. Active hip flexor/hamstring stretch
   a. 10 repetitions per leg
   b. Mobilize hip-flexors and hamstrings to counteract the negative effects of long-term sitting
   c. How to:
      i. Position self in lunge with back knee on the ground (may want a mat for comfort) and at a 90-degree angle, knee of forward leg at slightly more than 90-degree angle
      ii. Pull yourself forward with the front leg, stretching the hip flexors on the back leg side and activating hamstrings of forward leg
      iii. Sit backwards towards heel of back foot, leaning forward and allowing toes of forward foot to come off the ground, stretching the hamstrings of forward leg
      iv. Repeat

Exercise Routine

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps/Time</th>
<th>Rest Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pelvic tilts</td>
<td>1</td>
<td>60s</td>
<td>30s</td>
</tr>
<tr>
<td>Glute bridges</td>
<td>1</td>
<td>30s</td>
<td>30s</td>
</tr>
<tr>
<td>Kettlebell stiff-leg deadlifts</td>
<td>1</td>
<td>30s</td>
<td>60s</td>
</tr>
<tr>
<td>Band Pallof press</td>
<td>1</td>
<td>30s (per side)</td>
<td>30s (no rest between sides)</td>
</tr>
<tr>
<td>Full plank</td>
<td>1</td>
<td>30-60s</td>
<td>60s</td>
</tr>
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Cool Down:

1. Standing hamstrings stretch
   a. 30 seconds per side
2. Standing quad stretch
   a. 30 seconds per side
3. Seated glutes stretch
   a. 30 seconds per side
4. Psoas stretch
   a. 30 seconds per side
5. Repeat any as necessary

Additional Notes:

When trying to correct something such as the causes of back pain listed above, frequency is more important than intensity. This workout should not be very taxing on you and can be repeated as often as you like. You can even add it in to the beginning of any other workout to hit the reset button on your back after a long day of sitting in class and improve how you feel and perform!

Questions or Comments? Please e-mail fitness@oswego.edu
Sample Diagrams

Thoracic extensions on foam roller hinges with dowel

Pelvic tilts

Glute bridges

Stiff leg kettlebell deadlift

Band Pallof press