

MOVESTRONG HEALTH AND PERFORMANCE

30-DAY BACKSTRONG RESET GUIDE

A Research-Based Exercise Program for Frontline Workers.

Built for people who can't afford to be sidelined by back pain.

Nurses • Warehouse Workers • Retail Staff • Tradespeople • First Responders

ABOUT THIS GUIDE

You're on your feet for long hours. You lift, carry, bend, and push through the shift. Back pain isn't just uncomfortable — it affects your performance, your mood, and your ability to do your job safely.

This 30-day program is built around your schedule. No gym required. No equipment needed. Just 20–30 minutes a day — before your shift, on your break, or after you clock out. Every exercise, set, and rep is grounded in peer-reviewed evidence from over 6,000 frontline workers across systematic reviews and randomized controlled trials.

9/9

High-quality studies positive for workplace strength training

3x

Greater pain reduction with 80%+ adherence

33%

Reduction in LBP recurrence risk through consistent exercise

PROGRAM STRUCTURE

WEEK	FOCUS	SESSIONS/ WEEK	TIME/ SESSION	INTENSITY
Week 1 (Days 1–7)	Foundation: Core Activation & Motor Control	5 training + 2 rest	10–12 min	Low (RPE 3–4)
Week 2 (Days 8–14)	Building: Core Endurance & Hip Stability	5 training + 2 rest	12–15 min	Low–Moderate (RPE 4–5)
Week 3 (Days 15–21)	Strengthening: Posterior Chain Development	5 training + 2 rest	15–18 min	Moderate (RPE 5–6)
Week 4 (Days 22–30)	Integration: Functional Strength & Resilience	5 training + 2 active recovery	15–20 min	Moderate–Hard (RPE 6–7)

KEY PRINCIPLES

- **Pain monitoring rule:** Mild discomfort during exercise is acceptable (up to 3/10 on a pain scale). Pain should settle within 24 hours. If it doesn't, reduce intensity at the next session.
- **Shift-friendly design:** Every session is 20 minutes or less. Can be done at home, at the station, or in a break room.

- **Progressive overload:** Each week adds volume, duration, or complexity — never all at once.
- **Consistency over intensity:** Research shows 80–100% adherence produces nearly 3x greater pain reduction than moderate adherence. Showing up matters more than going hard.
- **Rest days are training days:** Rest days include light walking and mobility work. Complete inactivity worsens back pain.

EQUIPMENT NEEDED

- **Required:** Your bodyweight and a floor space (approximately 6 x 3 feet)
- **Optional (Week 3+):** A light resistance band, a towel for padding
- **Nice to have:** A yoga mat, a sturdy chair or bench

Disclaimer: This guide is for informational purposes only and does not constitute medical advice. Consult a qualified healthcare provider before beginning any exercise program, especially if you have acute or severe back pain, recent injury, or any medical condition. If symptoms get worse or spread down your leg, stop and see a physiotherapist or chiropractor before continuing.

WEEK ONE

FOUNDATION & RELIEF

Days 1–7 | 10–12 min/session
Core Activation & Motor Control

This first week is about calming the pain, getting your body moving, and understanding why your posture matters on the job. Don't push hard — let your body adjust. The goal is to teach your core muscles to activate correctly before adding load or endurance.

DAY 1

Learn the Basics

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Diaphragmatic Breathing	3 × 5 breaths	4 sec in, 6 sec out	Lie on back, knees bent. Expand belly, not chest.
Pelvic Tilt	2 × 10	2 sec hold at top	Gently flatten low back into the floor, then release.
Supine March (Dead Bug Prep)	2 × 8 each side	Slow and controlled	Keep low back pressed to floor. Alternate lifting knees.
Glute Bridge (Bodyweight)	2 × 10	3 sec hold at top	Squeeze glutes at top. Don't hyperextend.

DAY 2

Core Activation

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Diaphragmatic Breathing	2 × 5 breaths	4 sec in, 6 sec out	Quick warm-up to activate core.
Bird-Dog (Arm Only)	2 × 8 each side	2 sec hold extended	Kneel on all fours. Extend one arm. Keep hips square.
Dead Bug (Heel Tap)	2 × 8 each side	Slow descent	Extend one leg to tap heel to floor. Core stays braced.
Glute Bridge	2 × 12	3 sec hold at top	Drive through heels. Squeeze glutes at top.

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Pelvic Tilt	2 × 10	2 sec hold	Warm up the core connection.
Bird-Dog (Arm + Leg)	2 × 6 each side	3 sec hold extended	Opposite arm and leg. Move slowly.
Front Plank (from knees)	3 × 15 sec	Steady breathing	Straight line from knees to head. Don't sag.
Side-Lying Clamshell	2 × 10 each side	2 sec hold open	Knees bent 90°, heels together. Open top knee.

- 10–15 minute easy walk (outdoors if possible)
- Cat-Cow stretch: 2 × 10 (slow, focus on breathing)
- Child's Pose: 3 × 30 sec hold
- Supine Spinal Twist: 2 × 30 sec each side

DAY 5

Building Duration

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Bird-Dog (Full)	2 × 8 each side	3 sec hold	Controlled. No wobble. Hips stay level.
Dead Bug (Full)	2 × 8 each side	Slow 3 sec lower	Opposite arm + leg extend. Back stays flat.
Front Plank (from knees)	3 × 20 sec	Breathe steadily	Progress from Day 3. Add 5 seconds.
Glute Bridge	3 × 12	3 sec hold at top	Higher rep count. Focus on glute squeeze.
Side-Lying Clamshell	2 × 12 each side	2 sec hold	Added reps from Day 3.

DAY 6

Core Endurance Test

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Diaphragmatic Breathing	2 × 5 breaths	Centering warm-up	Set your breath pattern for the session.
Bird-Dog	3 × 8 each side	3 sec hold	3 sets now — volume increase.
Dead Bug	3 × 8 each side	3 sec lower	3 sets — core endurance challenge.
Front Plank (knees or toes)	3 × 20–25 sec	Breathe	Try toes if knees feels easy. Either is fine.
Glute Bridge + March	2 × 6 each side	Hold bridge, march	Hold bridge position, alternate lifting feet.

DAY 7

Active Recovery

- 15–20 minute easy walk

- Cat-Cow: 2 × 10
- Child's Pose: 3 × 30 sec
- 90/90 Hip Stretch: 2 × 30 sec each side
- **Weekly check-in:** Rate your average back pain this week (0–10). Write it down.

WEEK 1 SUMMARY

You've built the core activation patterns that form the foundation of every effective back pain program. The bird-dog, dead bug, plank, and glute bridge are the four pillars used in the most successful clinical trials. If any exercise felt too easy, that's by design — the goal this week was motor control, not fatigue.

WEEK 1 POSTURE PRACTICE

EXERCISE	SETS/ TIME	HOW TO DO IT
Wall Standing	2 min/ day	Stand with back against wall, heels 2–4 inches out. Head, shoulder blades, and glutes touch the wall. Tuck chin, engage core.
Chin Tucks	10 reps	Sit or stand tall, gently draw chin straight back (like a double chin). Hold 5 sec, release. Corrects forward head posture.
Screen & Desk Height	Daily habit	Set your phone, screen, or workstation at eye level whenever possible.

WEEK 1 NUTRITION: ANTI-INFLAMMATORY FOODS

- Turmeric, ginger, leafy greens, berries, and olive oil — add these where you can
- Drink 2+ litres of water throughout your shift — dehydration tightens muscles
- Cut back on sugar, processed snacks, and excess caffeine — these increase inflammation

WEEK TWO

CORE ENDURANCE & HIP STABILITY

Days 8–14 | 12–15 min/
session
Building Endurance

Now that pain is settling, it's time to wake up the muscles that protect your back. Core and glute strength are the #1 thing frontline workers lack — and the #1 thing they need. Week 2 increases hold times, adds new movement patterns, and introduces hip stability work.

DAY 8

Extended Holds

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Bird-Dog	3 × 10 each side	4 sec hold	Longer holds — build endurance.
Dead Bug	3 × 10 each side	3 sec lower	Focus on keeping ribs down.
Front Plank (toes)	3 × 25–30 sec	Breathe steadily	Full plank position. Modify to knees if needed.
Side Plank (from knees)	2 × 15 sec each	Stack hips	Elbow under shoulder. Straight line.
Glute Bridge	3 × 12	4 sec hold at top	Longer squeeze at top.

DAY 9

Hip Stability

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Clamshell	3 × 12 each side	2 sec hold open	Band around knees optional for progression.
Lateral Band Walk (or Side Step)	2 × 10 each way	Small, controlled steps	Slight squat position. No band? Widen stance.
Single-Leg Glute Bridge	2 × 8 each side	3 sec hold at top	One foot flat, other knee to chest. Drive through heel.

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
McGill Curl-Up	3 × 8	2 sec hold at top	Hands under low back. Lift head and shoulders only.
Bird-Dog	2 × 10 each side	3 sec hold	Maintenance volume.

DAY 10

Plank Progression

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Front Plank	3 × 30 sec	Breathe	Full toes or knees — pick your challenge.
Side Plank (from knees)	3 × 20 sec each	Hips stacked	Progress from 15 sec on Day 8.
Dead Bug	3 × 10 each side	Slow, controlled	Endurance day.
Glute Bridge + March	3 × 8 each side	Hold bridge, march	Keep hips level while marching.

DAY 11

Rest and Mobility

- 10–15 minute walk
- Cat-Cow: 2 × 10
- Pigeon Stretch (or Figure-4): 2 × 30 sec each side
- Seated Spinal Rotation: 2 × 8 each side
- Child's Pose: 3 × 30 sec

DAY 12

Full Core Circuit

Perform as a circuit: complete all exercises back-to-back, rest 60 seconds, repeat 2–3 rounds.

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Bird-Dog	10 each side	3 sec hold	Controlled pace.
Dead Bug	10 each side	3 sec lower	Ribs down, back flat.
Front Plank	30 sec	Steady breathing	Keep glutes engaged.
Side Plank (knees)	20 sec each	Hips stacked	Elbow under shoulder.
Glute Bridge	15 reps	3 sec hold top	Squeeze at top.

DAY 13

Endurance Challenge

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Front Plank	3 × 35 sec	Breathe	Push for personal best this week.
Side Plank (knees or toes)	3 × 20–25 sec each	Hips stacked	Try from toes if knees are easy.
McGill Curl-Up	3 × 10	2 sec hold	Spine-friendly core work.
Single-Leg Glute Bridge	3 × 10 each	3 sec hold	Increased volume.
Bird-Dog	3 × 10 each	4 sec hold	Longest holds yet.

DAY 14

Active Recovery + Check-In

- 15–20 minute walk
- Full mobility routine from Day 11
- **Weekly check-in:** Rate your average back pain this week (0–10). Compare to Week 1.

You've doubled your plank times, added hip stability work, and built core endurance. Your trunk muscles are now ready for the posterior chain strengthening that research identifies as the most impactful intervention for long-term back pain reduction.

WEEK 2 POSTURE HABITS ON THE JOB

- Use a rolled towel or lumbar support when sitting during breaks or commuting
- Avoid slouching — check in with your posture every time you sit down
- Move every 45–60 minutes: even a 3–5 minute walk prevents the stiffness that builds from sustained postures

WEEK 2 NUTRITION FOCUS

- Omega-3s fight inflammation from the inside: try salmon, chia seeds, or walnuts
- Support bone health with calcium (almond milk, sardines, kale) and vitamin D (sunlight, eggs) — especially important if you work indoors

WEEK THREE

STRENGTHENING

Days 15–21 | 15–18 min/session
Posterior Chain Development

You're building real strength now. This week targets the full posterior chain — the back, glutes, and deep core — so your body can handle the physical demands of your job without pain. A meta-analysis of 408 participants found that posterior chain resistance training showed significantly greater improvements in pain, disability, and strength compared to general exercise.

DAY 15 Hip Hinge Introduction

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Wall Hip Hinge	2 × 10	Slow, controlled	Stand one foot from wall. Push hips back to touch wall.
Romanian Deadlift (bodyweight)	3 × 10	3 sec lower, 1 sec up	Soft knees, push hips back, flat back.
Glute Bridge (weighted option)	3 × 12	3 sec hold at top	Hold a book or bag on hips for added load.
Bird-Dog	2 × 10 each	3 sec hold	Maintenance.
Front Plank	2 × 30 sec	Breathe	Maintenance.

DAY 16 Back Extension Pattern

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Prone Back Extension (Superman)	3 × 8	3 sec hold at top	Lie face down. Lift chest only (arms at sides).
RDL (bodyweight or band)	3 × 10	3 sec lower	Add a resistance band for extra challenge.
Side Plank (from toes)	3 × 20 sec each	Hips stacked	Progression from knees.

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Clamshell	2 × 15 each	2 sec hold	Hip stability maintenance.
Dead Bug	2 × 10 each	3 sec lower	Core maintenance.

DAY 17

Lower Body Strength

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Bodyweight Squat	3 × 12	3 sec lower, 1 sec up	Chest up, knees track over toes.
RDL (bodyweight or light load)	3 × 10	3 sec lower	Progress: hold a filled water bottle or bag.
Single-Leg Glute Bridge	3 × 10 each	3 sec hold	Drive through heel.
Front Plank	3 × 35 sec	Breathe	Building toward 45 sec.

DAY 18

Rest and Mobility

- 15–20 minute walk
- Cat-Cow: 2 × 10
- Pigeon Stretch: 2 × 45 sec each side
- Standing Quad Stretch: 2 × 30 sec each
- Hamstring Stretch (standing or seated): 2 × 30 sec each

DAY 19

Posterior Chain Circuit

Complete 3 rounds. Rest 60–90 seconds between rounds.

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
RDL	10 reps	3 sec lower	Add load if bodyweight feels easy.
Superman Back Extension	10 reps	3 sec hold	Lift chest and legs slightly.
Glute Bridge (weighted)	12 reps	3 sec hold	Add resistance if available.
Side Plank	25 sec each	Hips stacked	From toes.
Bird-Dog	8 each side	4 sec hold	Slow and controlled.

DAY 20

Strength Endurance

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Squat	3 × 15	Controlled	Higher reps for endurance.
RDL	3 × 12	3 sec lower	Volume increase.
Superman	3 × 10	3 sec hold	Feel the back extensors working.
Front Plank	3 × 40 sec	Steady breathing	Approaching 45 sec goal.
McGill Curl-Up	3 × 10	2 sec hold	Core endurance.

DAY 21

Active Recovery + Check-In

- 20 minute walk
- Full mobility routine
- **Weekly check-in:** Rate your average back pain (0–10). Compare to Week 1 and 2.
- **Celebrate progress:** You're now performing hip hinges, back extensions, and loaded glute bridges — the exercises research identifies as most effective for back pain.

WEEK 3 SUMMARY

You've introduced the posterior chain exercises that drive the greatest long-term improvements. The hip hinge pattern (RDL) and back extensions target the exact muscles that research shows are most important for back pain relief and prevention.

WEEK 3 POSTURE CHECKS

- Use a phone reminder or posture app to check in every hour at work
- Check your alignment in a mirror or window reflection — especially your head position
- If you use a laptop or tablet at work, keep it at or above eye level

WEEK 3 NUTRITION FOCUS

- Collagen-rich foods support joint and connective tissue recovery: bone broth, citrus fruits, bell peppers
- Magnesium helps with muscle recovery and sleep quality: pumpkin seeds, spinach, black beans

WEEK FOUR

INTEGRATION

Days 22–30 | 15–20 min/session
Functional Strength & Resilience

The final week is about making these habits stick. Week 4 combines everything into functional training sessions that prepare your body for the physical demands of your job. You've built a foundation — now integrate full-body movement and lock in the lifestyle changes that keep back pain away long-term.

DAY 22

Full-Body Foundation

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Squat	3 × 12	Controlled	Add load if available (bag, band, dumbbell).
RDL	3 × 10	3 sec lower	Focus on hip hinge mastery.
Superman	3 × 10	3 sec hold	Back extensors.
Front Plank	3 × 40–45 sec	Breathe	Goal: 45 sec full plank.
Glute Bridge (weighted)	3 × 12	3 sec hold	Add whatever load you have.

DAY 23

Functional Circuit

Complete 3 rounds. Rest 60–90 seconds between rounds.

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Squat to Overhead Reach	10 reps	Controlled	Squat down, stand and reach arms overhead.
RDL	10 reps	3 sec lower	Posterior chain.
Plank Shoulder Tap	8 each side	Slow taps	In plank, tap opposite shoulder. Anti-rotation.
Reverse Lunge	8 each side	Controlled step back	Upright torso. Core braced.

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
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Superman 10 reps 3 sec hold Back extensors.

DAY 24 **Core and Hip Power**

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
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Side Plank	3 × 25–30 sec each	Hips stacked	From toes. Top arm reaching up.
Single-Leg RDL (bodyweight)	2 × 8 each side	3 sec lower	Balance challenge. Hold wall if needed.
Single-Leg Glute Bridge	3 × 10 each	3 sec hold	Strong hip drive.
Pallof Press (band) or Plank Reach	3 × 8 each side	2 sec hold extended	Anti-rotation. Core stays locked.
McGill Curl-Up	3 × 10	2 sec hold	Spine-safe core.

DAY 25 **Active Recovery**

- 20 minute walk
- Full mobility routine (Cat-Cow, Pigeon, Spinal Twist, Child's Pose, Hip Flexor Stretch)
- Foam roll or tennis ball work on glutes and upper back (if available)

DAY 26 **Strength Focus**

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Squat (loaded if possible)	4 × 10	3 sec lower	Heaviest load you can manage with good form.
RDL (loaded if possible)	4 × 8	3 sec lower	Progressive overload — add resistance.
Prone Back Extension	3 × 12	3 sec hold	Volume increase.
Front Plank	3 × 45 sec	Breathe	45-second goal achieved.

DAY 27 **Job-Specific Circuit**

3 rounds. Rest 60–90 seconds between rounds. Mimic job demands.

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Squat to Overhead Press	10 reps	Controlled	Simulate lifting and reaching patterns.
RDL	10 reps	3 sec lower	Simulate safe bending and lifting.
Farmer's Walk (carry heavy bags)	30–40 sec	Upright posture	Simulate carrying equipment or supplies.
Plank Shoulder Tap	10 each side	Anti-rotation	Core stability under movement.
Glute Bridge (weighted)	12 reps	3 sec hold	Hip power.

DAY 28 **Active Recovery**

- 20–25 minute walk
- Full mobility routine
- Gentle yoga flow (10 min) if available

DAY 29 **Final Challenge**

Your strongest session. 3 rounds of the full circuit. Give it everything you have.

EXERCISE	SETS × REPS	TEMPO / HOLD	COACHING CUE
Squat (loaded)	12 reps	Controlled	Strongest effort yet.
RDL (loaded)	10 reps	3 sec lower	Strongest effort yet.
Superman	12 reps	4 sec hold	Longest holds of the program.
Front Plank	45–60 sec	Steady breathing	Push for 60 seconds.
Side Plank	30 sec each	Hips stacked	Strongest holds yet.
Glute Bridge (weighted)	15 reps	3 sec hold	Finish strong.

DAY 30

Celebration and Assessment

- 15–20 minute walk
- Full mobility routine
- **Final check-in:** Rate your average back pain (0–10). Compare to Day 1.
- **Test your progress:** How long can you hold a front plank? How does a bodyweight RDL feel?
- **Reflect:** What exercises felt most helpful? Which will you keep in your routine?

WEEK 4 SUMMARY

You've completed a full progressive program that mirrors the protocols used in the most successful clinical trials for frontline workers. You have the tools to continue building strength and resilience independently.

LIFESTYLE UPGRADES THAT LAST

The exercises are only part of the picture. These daily habits compound over time and are what separate people who get lasting relief from those who keep cycling through pain.

- Take standing breaks every 45–60 minutes during your shift — even 2 minutes helps
- Do a sitting posture check every time you sit at a desk, in a vehicle, or during a break
- Foam roll or self-massage for 5–10 minutes after hard shifts
- Walk 15–30 minutes a day outside of work — your back heals faster when you move
- Sleep 7–9 hours on a medium-firm mattress — most tissue repair happens at night
- Manage work stress: chronic stress tightens muscles and worsens pain. Try journaling, breathing exercises, or a short walk after work

WEEKLY CHECK-IN TASKS

Track your progress each week to stay motivated and see what's working:

WEEK	YOUR CHECK-IN TASK
Week 1	Take a posture photo (side view). Compare to Week 4 to see real change.
Week 2	Log your meals and water intake for 3 days. Notice patterns that affect your pain.
Week 3	Record your plank hold time. It's a direct measure of core strength progress.
Week 4	Reflect honestly: What changed? What still needs work? What will you keep doing?

PROGRESS TRACKER

WEEK	AVERAGE PAIN (0–10)	PLANK HOLD (SEC)	NOTES
Week 1 (Day 7)			
Week 2 (Day 14)			
Week 3 (Day 21)			
Week 4 (Day 30)			

Month 2

Month 3

SAFETY & GENERAL TIPS

Know Your Limits — Especially at Work

- **Pain Scale Rule:** Never push through pain beyond 3/10. Back pain that spikes during exercise needs rest, not more effort.
- **Consistency over intensity:** 20 minutes every day beats 2 hours on the weekend. Small habits compound.
- **Heat vs. Ice:** Use heat for stiffness and tightness (before a shift or session). Use ice for swelling and acute pain (after injury or a hard day).
- If symptoms get worse or spread down your leg, stop and see a physiotherapist or chiropractor before continuing.

OPTIONAL TOOLS (NICE TO HAVE)

- **Foam roller:** the most useful \$20 you'll spend on your back
- **Lacrosse or tennis ball:** for trigger point release in tight spots
- **Yoga mat:** a clean surface makes floor exercises easier and more comfortable
- **Standing desk or anti-fatigue mat:** if your job allows it, both reduce cumulative strain
- **Posture corrector:** can be useful as a short-term reminder, not a long-term fix

WHAT COMES NEXT

Thirty days is a powerful foundation, but the research is clear: the strongest outcomes emerge at 12–16 weeks of consistent training. Here's how to keep progressing:

MONTHS 2–4: PROGRESSIVE OVERLOAD

- **Add external load:** Dumbbells, kettlebells, barbells, or heavy resistance bands. The RDL, squat, and glute bridge all respond well to progressive loading.
- **Increase volume:** Move to 4 sets on key exercises. Add a 4th training day if schedule allows.
- **Add the deadlift:** Research identifies the deadlift as the single most effective posterior chain exercise. Start light (RPE 6–7) and build over 8–12 weeks.
- **Introduce loaded carries:** Farmer's walks with progressively heavier loads build functional trunk strength that directly transfers to job demands.

LONG-TERM MAINTENANCE

- **Minimum effective dose:** 2–3 sessions per week of 15–20 minutes maintains the benefits you've built.
- **Key exercises to keep forever:** Hip Hinge (RDL/Deadlift), Plank variations, Glute Bridge/Hip Thrust, Bird-Dog.
- **The 33% rule:** Research shows exercise alone reduces LBP recurrence risk by approximately 33%. Combined with workplace ergonomic awareness, this rises to 45%.

YOUR BACK TOOK YEARS OF WEAR TO GET HERE. GIVE IT 30 DAYS.

You've got this. The program is done. The habits are yours. Keep moving, keep building, and remember — consistency is the only thing that matters now.

QUICK REFERENCE: EXERCISE LIBRARY

A summary of every exercise in this program with key form cues.

CORE STABILITY EXERCISES

EXERCISE	SETUP	KEY CUE	COMMON MISTAKE
Front Plank	Forearms and toes (or knees). Straight line from head to heels.	Squeeze glutes. Breathe normally.	Sagging hips or piking up.
Side Plank	Forearm and feet stacked (or knees). Top arm on hip or reaching up.	Stack hips. Drive bottom hip up.	Rolling forward or backward.
Bird-Dog	All fours. Extend opposite arm and leg.	Keep hips level. Reach long.	Rotating the hips open.
Dead Bug	On back, arms up, knees at 90°. Lower opposite arm and leg.	Keep low back pressed to floor.	Arching the low back.
McGill Curl-Up	On back, one knee bent, hands under low back.	Lift head and shoulders only. No neck flexion.	Full sit-up motion.

POSTERIOR CHAIN EXERCISES

EXERCISE	SETUP	KEY CUE	COMMON MISTAKE
Glute Bridge	On back, knees bent, feet flat. Drive hips up.	Squeeze glutes hard at top.	Hyperextending the low back.
Romanian Deadlift (RDL)	Standing, soft knees. Push hips back, lower torso.	Flat back. Weight in heels. Feel hamstring stretch.	Rounding the back.
Superman / Back Extension		Squeeze between shoulder blades.	Jerking up too fast.

EXERCISE	SETUP	KEY CUE	COMMON MISTAKE
	Lying face down. Lift chest (and optionally legs).		
Single-Leg Glute Bridge	One foot flat, other knee pulled to chest.	Drive through the planted heel.	Letting hips drop to one side.
Squat	Feet shoulder-width. Sit back and down.	Chest up, knees track over toes.	Knees caving inward.

MOBILITY EXERCISES

EXERCISE	SETUP	DURATION	PURPOSE
Cat-Cow	All fours. Alternate arching and rounding spine.	2 × 10 reps	Spinal mobility and warm-up.
Child's Pose	Kneel, sit back on heels, reach arms forward.	30–60 sec hold	Low back decompression.
Pigeon Stretch	Front knee bent, back leg extended. Lean forward.	30–45 sec each side	Hip flexor and glute stretch.
Spinal Twist	Lie on back, knees to one side, arms wide.	30 sec each side	Thoracic and lumbar rotation.
Hip Flexor Stretch	Half-kneeling. Push hips forward gently.	30 sec each side	Counteract prolonged sitting.

THE RESEARCH BEHIND THIS GUIDE

Every exercise, progression, and recommendation in this guide is grounded in peer-reviewed research. The key studies that shaped this program:

- 1 Sundstrup & Seeberg et al. (2020)** — Systematic review of 54 workplace studies. Found strong evidence for workplace strength training (9/9 positive studies). *BMC Musculoskeletal Disorders*
 - 2 Wang et al. (2021)** — RCT of 588 military recruits. Core muscle functional strength training halved LBP incidence (10.8% vs. 20.8%, $p < 0.001$).
 - 3 Jakobsen et al. (2015)** — 200 healthcare workers. Workplace exercise doubled adherence vs. home exercise and prevented work ability decline. *BMC Musculoskeletal Disorders*
 - 4 Kong et al. (2022)** — 24 firefighters/paramedics. 16 weeks of training produced +20.8% back extension strength. *IJERPH*
 - 5 Tataryn et al. (2021)** — Meta-analysis of 408 participants. Posterior chain RT showed superior outcomes for pain, disability, and strength. *Sports Medicine - Open*
 - 6 Hayden et al. (2021)** — Cochrane Review of 249 RCTs (24,486 participants). Exercise therapy reduces pain by ~15 points on a 0–100 scale. *Cochrane Database*
 - 7 Jones et al. (2025)** — Analysis of 46 trials. 80–100% adherence associated with nearly 3x greater pain reduction.
 - 8 Gobbo et al. (2021)** — 18 metalworkers. 12-week workplace resistance training, 83% attendance rate.
 - 9 Childs et al. (2011)** — The POLM trial. 4,325 soldiers. Core stabilization reduced LBP episodes (per-protocol).
 - 10 Rachmatina et al. (2025)** — 17 RCTs (21,455 participants). Exercise alone reduces LBP recurrence risk by ~33%.
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Disclaimer: This guide is a synthesis of published research and is intended for informational purposes only. It does not constitute medical advice. Individuals experiencing acute or severe back pain, neurological symptoms (numbness, tingling, weakness in the legs), or pain following a specific injury should consult a qualified healthcare provider before beginning this or any exercise program. Exercise prescriptions should be individualized based on clinical assessment and occupational demands.

MOVESTRONG

Health and Performance

*"Your back took years of wear to get here.
Give it 30 days. You've got this."*

30-Day BACKStrong Reset Guide | Designed for Frontline Workers

MOVE STRONG. LIVE STRONG.