

SIT-2-FIT CIRCUIT

5 EXERCISE
BACK
INTERVENTION

KEVIN, THE
MOVEMENT
COACH

The Back Fix

This mini-circuit is a multi useful program that can be used as a warm-up for any training, a primer for weight training as a stand alone Intervention Exercise program for people with general neck and back pain with low recent exercise experience. It is specifically aimed at Office workers, drivers, tv watchers who are experiencing pains due to excessive sitting and a general sedentary lifestyle.

Our sedentary lifestyle is having a hugely negative effect on our spinal health. 70% plus of the world has or is experiencing some form of lower back pain. Neck pain and shoulder impingement is on the rise. Much of this can be attributed to the increased amount of sitting people do in the car, at the office or at home and the use of mobile phones.

Even Athletes and gym goes who would consider themselves fit and healthy suffer these ailments. This circuit is perfect bridge between the office, car or couch and your training session. You could view this circuit as an intervention. This circuit uses the “DRIVE” principal of recovery and regeneration. This approach brings you from a sleepy, tired unfocused sedentary lifestyle to a ready focused individual ready for whatever life is asking of you.

We use the “**DRIVE**” Principal

- **Decompress**
- **Re-Align**
- **Invigorate**
- **Visualise**
- **Explode**

Here is the circuit

1. Hanging Back Decompression x 2 x30secs
2. Birddogs x2 x10
3. Quadraped Breathing x2 x5
4. Supine Breathing x2 Minutes
5. ¼ Squat Jumps x 2 x5

(Decompression)RIVE **Hanging**



- Hanging steadily with arms fully extended
- Shoulder width or wider apart
- Hold for 30 Secs
- Repeat twice more

D(Realignment)IVE **Birddogs**



- Start in quadruped position
- Extend heel away from finger tips as far as is comfortable
- Keep heel below hips (to avoid excessive lumbar curve)
- Hold in top position for 5 seconds
- Do 8 reps each side

DR(Invigorate)VE **Quadruped Breathing**



- Get into Quadruped position
- Pick knees off ground
- Deep Heavy inhale followed by a full exhale
- Make breaths as long as possible
- Repeat for 5 breathes
- Relax for 30 seconds
- Repeat for 5 more breaths

DRI(Visualise)E **Supine Breathing**



- Lie down
- Place feet against wall @90 degrees knee bend
- Close eyes
- Rotate pelvis to get lower back flat on ground
- Relax and breath deeply and steadily for 2 mins
- Gently push against Wall
- Go thru your day, filtering out the day bit by bit and relieving yourself of stresses

DRIV(Explode) Quarter Squat Jump Repeats



- Stand straight and tall
- Bend down to a ¼ squat position
- Powerfully jump back up
- Land softly but rebound back up
- Do 5 reps
- Rest 30 seconds
- Repeat for 5 more reps
- ***Please ignore weights in photo, not needed***

Then get on with your life as planned!

What Next?

Perform the above circuit as a warm-up to your workout or a morning routine before starting your day for a week or two and feel the difference for yourself. Feel free to get in touch with further questions and I would also like to hear how you found it!

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