

Healthy Back Program

Build a strong back to help prevent pain or injury in this 4-week challenge! A healthy back is key in performing exercises with proper form to avoid injury and can also help improve posture and balance. This challenge includes 3-5 classes each week including yoga, strength training, and circuits so you can have a better back in no time. Let's get back at it!

Recommended Equipment



Yoga Mat



Yoga Block



Dumbbells



Resistance Bands



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Move Your Spine (Yoga) 20 min	Rest	Walk the Plank (Sculpting) 20 min	Back & Glutes (Stretch & Release) 5 min OR Rest	Pure Sculpt (Sculpting) 20 min	Core Play (Yoga) 20 min OR Rest	Rest
WEEK 2	Back & Glutes (Stretch & Release) 5 min OR Rest	Strong Back (Strength & Conditioning) 15 min	Backside Balance (Sculpting) 10 min OR Rest	Fairway Flexibility (Yoga) 20 min	Rest	Standing Core (Strength & Conditioning) 7 min	Rest
WEEK 3	Unblock Your Spine (Yoga) 20 min	Rest	Strong Back (Strength & Conditioning) 15 min	Break Time (Stretch & Release) 2 min OR Rest	Fluid Yoga (Yoga) 20 min	Pilates Core Fire (Pilates) 20 min OR Rest	Rest
WEEK 4	Core Play (Yoga) 20 min OR Rest	Unlock Your Hips (Stretch & Release) 10 min	Rest	Strength Builder (Strength & Conditioning) 20 min	Lower Back Yoga (Yoga) 15 min OR Rest	Upper Body Mobility (Stretch & Release) 10 min	Rest