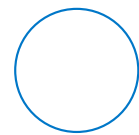


STRONG BACK, STRONG FUTURE CHALLENGE TRACKER

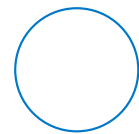
Choose the exercise routine you would like to do for the next 4 weeks to optimize your back health.*

For the next 4 weeks, I will: Stretch Strength train Stretch **AND** strength train

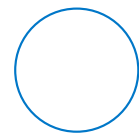
Stretching routine	Week 1	Week 2	Week 3	Week 4
IHMS recommends dedicating at least 10 minutes to mobility work, 3 to 5 times per week.				
• Downward Dog • Pigeon • Modified Bretzel with Rotation • Child's Pose • Cat/Cow • Pelvic Mobility • Open Books • Thread the Needle • Seated Thoracic Extension	Day 1	Day 4	Day 7	Day 10
	Day 2	Day 5	Day 8	Day 11
	Day 3	Day 6	Day 9	Day 12



Stretching demo video



Handout of exercises



Strength training demo video

Strengthening routine	Week 1	Week 2	Week 3	Week 4
Recommendation: Perform strength exercises at least twice per week on non-consecutive days. See the handout for reps and sets.				
• Dead Bugs on Ball • Bird Dog on Ball • Suitcase Carry • Front Plank • Side Plank • Single Leg Bridge • Pallof Press • Diagonal Chop • Diagonal Lift	Day 1	Day 3	Day 5	Day 7
	Day 2	Day 4	Day 6	Day 8

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***NOTE: Check Your Readiness:** If you have not been physically active in a while, consider completing a [Physical Activity Readiness Questionnaire \(PAR-Q\)](#) to help you decide if you need to talk to your doctor before beginning an exercise routine.

Name: