

## Rehab to Fitness Program

Use this as a guide for your three sessions a week over three months. It may take longer with chronic back pain. I suggest picking the same 3 days a week (Monday/Wednesday/Friday) with recovery days between.

Week	Session 1	Session 2	Session 3
<b>Week 1 Foundations</b>	● Rest Position	◆ Upper Chest Breathing & Core Activation	● Low Back Mobility
<b>Week 2</b>	● Side-Lying & All Fours	◆ Core Activation, Relaxation & Belly Breathing	● Upper Back Mobility
<b>Week 3</b>	● Prone & High Kneeling	◆ Seated Posture & Lateral Breathing	● Whole Body Mobility
<b>Week 4</b>	● Standing	◆ Hundreds Breath	● Upper Back Mobility
<b>Week 5 Core Stability</b>	● Core & Pelvic Floor Activation	● Back to Life 1: Class 1 & 2	● Back Mobility
<b>Week 6</b>	● Back to Life 1: Class 2	● Back to Life 1: Class 1 & 2	● Upper Back Mobility
<b>Week 7</b>	● Back to Life 2: Class 1	● Upper Back Mobility	● Back to Life 2: Class 2
<b>Week 8</b>	● Back to Life 2: Class 1 & 2	● Upper Back Mobility	● Back to Life 3: Class 1
<b>Week 9</b>	● Back to Life 3: Class 2	● Back Mobility	● Back to Life 3: Class 1 & 2
<b>Week 10 Core Strength</b>	● Back to Life 4: Class 1	● Back to Life 4: Class 2	● Upper Back Mobility
<b>Week 11</b>	● Back to Life 4: Class 1 & 2	● Back to Life 5: Class 1	● Upper Back Mobility
<b>Week 12</b>	● Back to Life 5: Class 2	● Back to Life 5: Class 1 & 2	● Upper Back Mobility

- **Posture & Alignment**– Establishing good posture to support movement.
- ◆ **Breathing & Core Activation**– Maintaining core activation with controlled breathing techniques.
- **Mobility & Flexibility**– Improving joint range of motion and reducing stiffness.
- **Strength & Progression** – Developing endurance with core stability and transitioning to strength.