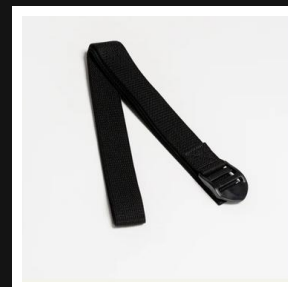
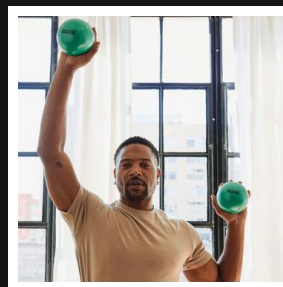
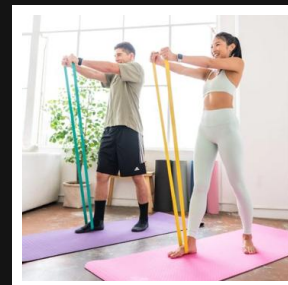
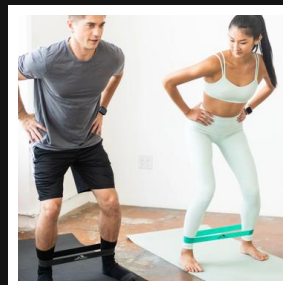


MONTH 6 • STRONG LOWER BACK

30 days. Hinge right. Back strong.

Month 6 builds the muscles that support your lower back: glutes, deep core and a solid hip hinge. 20 all-new exercises.



Resistance Loops ×4

● LIGHT ● MED ● HEAVY ● X-HEAVY

Elite Resistance Band — Light

25-50 LBS

Weight Balls ×2

5 LBS EACH

Yoga Strap

8 FEET

YOUR WEEKLY SCHEDULE • 15 MINUTES A DAY

Mon

Lower Back + Glutes
+ Pelvic floor

Tue

Hips + Lower Back
+ Pelvic floor

Wed

Mobility day (all 4
stretches × 2)
+ Pelvic floor

Thu

Lower Back + Glutes
+ Pelvic floor

Fri

Hips + Lower Back
+ Pelvic floor

LOOP

Resistance loop

ELITE BAND

25-50 lb band

WEIGHT BALL

5 lb ball

YOGA STRAP

8 ft strap

NO EQUIPMENT

Bodyweight

Before you begin: Use a sturdy, non-rolling chair and desk, a mat or carpet for floor moves, and keep a clear space around you. Stop if you feel sharp pain, dizziness, or numbness. If you are pregnant, recovering from injury, or have a health condition, check with your healthcare provider before starting a new exercise routine. **Pelvic floor and lower back:** move only in a pain-free range. If you have back pain that travels down a leg, numbness, pelvic pain, leaking, or heaviness, or are pregnant or postpartum, see your healthcare provider or a pelvic floor physical therapist for a personal plan. Never practice by stopping your urine flow.

Hips

Mobility & strength

Ball Hip Hike 3 × 12 each

WEIGHT BALL ● Ball in one hand · Standing on a step

Stand sideways on a sturdy step with one foot hanging off the edge, holding the desk or rail. Let the hanging hip drop down, then lift it back up level using the standing hip.

Keep both knees straight.

Loop Side-Lying Leg Raise 3 × 12 each

LOOP ● Red · Around ankles · Side-lying on a mat

Lie on your side with the bottom knee bent and the loop around both ankles. Lift your straight top leg up against the band, leading with the heel, then lower slowly.

Toes point forward, not up.

Loop Supine Knee Drive 3 × 10 each

LOOP ● Red · Around feet · Lying on a mat

Lie on your back with legs extended and the loop around both feet. Draw one knee toward your chest against the band, then slowly extend it back out.

Keep your lower back relaxed on the floor.

Band Seated Hip External Rotation 3 × 12 each

ELITE BAND Around one ankle · Seated

Sit tall with the band looped around one ankle and the other end held under your opposite foot. Keeping your knee still, swing that foot inward across your body against the band, then return.

Only the lower leg moves.

Lower Back

Support & stability

McGill Curl-Up 3 × 5, hold 8 s

NO EQUIPMENT Hands under lower back · Lying on a mat

Lie on your back with one knee bent and one leg straight, hands under the arch of your lower back. Lift your head and shoulders slightly off the floor as one unit and hold.

Don't tuck your chin or flatten your back.

Prone Alternating Leg Lift 3 × 10 each

NO EQUIPMENT Face-down on a mat

Lie face-down with your forehead resting on your hands. Squeeze one glute and lift that straight leg a few inches, hold 2 seconds, lower, and switch.

Lift from the glute, not the back.

Strap Overhead Hinge 3 × 10

YOGA STRAP Strap taut overhead · Standing

Hold the strap taut overhead with arms straight and by your ears. Push your hips back and hinge forward to about 45° with a flat back, then stand tall.

Arms stay in line with your spine.

Band Pull-Through 3 × 12

ELITE BAND Anchored low behind you · Standing

Anchor the band around a heavy desk leg and stand facing away with the band between your legs. Hinge back, letting your hands travel between your knees, then drive your hips forward to stand.

Squeeze your glutes at the top.

Pelvic Floor Breath & control

Pelvic Floor Quick Flicks 3 × 10

NO EQUIPMENT Seated or lying

Quickly squeeze and lift your pelvic floor, then fully let go. Each rep takes about one second.

Full release between every flick.

Seated Lift & Relax 10 × hold 5 s

NO EQUIPMENT Seated tall at your desk

Sit tall on your chair with feet flat. Exhale and lift your pelvic floor, hold for 5 seconds while breathing normally, then relax for 5 seconds.

Nobody will know you're exercising.

Supine Ball Squeeze Lift 3 × 10

WEIGHT BALL Ball between knees · Lying on a mat

Lie on your back with knees bent and a ball between your knees. Exhale, squeeze the ball and lift your pelvic floor together, hold 3 seconds, then release both.

Coordinate squeeze and breath.

Heel Slide with Lift 3 × 8 each

NO EQUIPMENT Lying on a mat, knees bent

Lie on your back with knees bent. Exhale and lift your pelvic floor, then slowly slide one heel along the floor until the leg is straight. Inhale as you slide it back.

Keep your pelvis still.

Glutes & Legs Power for your hips

Ball Split Squat 3 × 10 each

WEIGHT BALL Ball in each hand · Staggered stance

Stand in a long staggered stance with a ball in each hand. Lower your back knee toward the floor, keeping your front heel down, then press back up. Stay in place.

Torso tall; front knee tracks over toes.

Prone Heel Squeeze 3 × 12

NO EQUIPMENT Face-down on a mat

Lie face-down with knees bent to 90° and heels touching. Press your heels together and lift your thighs slightly off the floor, then lower.

Squeeze and hold 2 seconds at the top.

Loop Kneeling Hip Thrust 3 × 12

LOOP ● Red / ● Blue · Above knees · Tall kneeling

Kneel tall with the loop above your knees. Sit your hips back toward your heels, then drive them forward to tall kneeling, squeezing your glutes and pressing knees out.

Finish tall with hips fully forward.

Quadruped Straight-Leg Side Lift 3 × 10 each

LOOP ● Green · Around ankles · Hands & knees

On hands and knees, extend one leg straight out to the side with toes on the floor. Lift that straight leg to hip height, then lower.

Don't shift your weight away.

Mobility & Release Unwind hips & back

Strap Sciatic Nerve Glide 10 slow reps each

YOGA STRAP Strap around foot · Lying on a mat

Lie on your back with the strap around one foot and raise that leg until you feel light tension. Slowly point and flex your foot, without holding a stretch.

Gentle glide; never painful or tingly.

Desk QL Stretch Hold 30 s each

NO EQUIPMENT Hand on desk · Standing

Stand beside your desk, holding it with your near hand. Cross your outside leg behind the other, push that hip away from the desk, and reach your free arm overhead toward the desk.

Feel it along your side and lower back.

Seated Desk Fold Hold 30 s

NO EQUIPMENT Seated at chair edge

Sit at the edge of your chair with feet wide. Fold your chest down between your thighs and let your head and arms hang heavy. Roll up slowly.

Breathe into your lower back.

Open Book Rotation 8 each side

NO EQUIPMENT Side-lying on a mat

Lie on your side with knees bent and stacked and arms straight out in front. Open your top arm up and over to the other side, following it with your eyes, then close.

Knees stay together on the floor.

Every 15-minute session

TIME	BLOCK	WHAT TO DO
0:00-3:00	Breath & pelvic floor	This month's 4 Pelvic Floor exercises — every day.
3:00-12:00	Strength circuit	The 8 exercises from today's two zones. Rest 60 seconds between rounds.
12:00-15:00	Mobility & Release	Two or more stretches from this month.

Your 30-day progression

WEEK	ROUNDS	LOOP LEVEL	FOCUS
1	2 rounds, 10 reps	● Green / ● Red	Master the hip hinge with a neutral spine.
2	2 rounds, 12 reps	● Red	Add 10 quick flicks after your seated holds.
3	3 rounds, full reps	● Red → ● Blue	2-second pause at the top of each rep.
4	3 rounds, full reps	● Blue	Slow 3-second lowering on every rep.
Days 29-30	Retest	—	Repeat Monday and note how your back feels vs. Week 1.

Choose the loop that lets you finish every rep with good form and makes the last reps feel challenging. Never sacrifice form for resistance.