

## **Exercise Guide**

Before starting this or any exercise program, please make sure to talk to your family Doctor. The information in this book works and has given thousands of people impressive results and pain relief without the need for drugs or surgery, however, it does not substitute a face to face consultation with a Doctor.

All the exercises to correct your postural defects, muscular imbalances, and disc injuries are in this section of the book. For best results perform the prescribed exercises 3 times a week. If you're in too much pain and can't do them 3 times a week, do what you can until you can do 3 times a week.

It is important to warm up before starting these exercises. An easy way to get your blood flowing and loosen up your muscles is by taking a warm shower prior to exercising. Follow your prescribed exercise plan using the pictures as reference. If you stick to the plan, remain disciplined and consistent, you'll improve your posture, strengthen your back and/or neck, and get rid of your aches and pains.

Just think of how good your life will be again once you're out of "The Endless Pain Cycle" and can do the things you enjoy without the need for a pill. You can do this!

### Exercise 1: Reverse Abdominals



Start on your back. Slowly raise your legs up to your chest, using and focusing on your abdominal muscles. Return your legs to the starting position and repeat.

### Exercise 2: Leg Scissors



Start on your back. Raise both legs 5 inches off the ground and alternate crossing them on top of each other in a scissor like motion. For example, start crossing the right leg on top of the left, then cross the left leg on top of the right.

### Exercise 3: Sky Heels



Start on your back. Raise both legs to 90 degrees with your heels towards the ceiling. Using your abdominals, lift your lower back off the ground. It's a subtle movement but very effective.

### Exercise 4: Hip Bridge



Start on your back with both knees bent. Push off your heels until you form an imaginary line between your shoulders and your knees. Hold that position for 5 seconds. Relax and repeat.

### Exercise 5: Squats



Start sitting down with feet shoulder width apart. Stand up using only your legs (do not push off with your arms). As you go back to the seated position, make sure your knees don't go past your toes. Once your legs get stronger, this can be done without a chair.

### Exercise 6: Heel Slides



Start on your back with your legs straight. Slide your heels towards your buttocks and squeeze your hamstrings for 5 seconds. Return to the starting position and repeat.

### Exercise 7: Leg Curls



Start on your stomach. Bend both knees bringing your heels towards your buttocks and squeeze your hamstrings for 5 seconds. Relax and repeat.

### Exercise 8: Plank



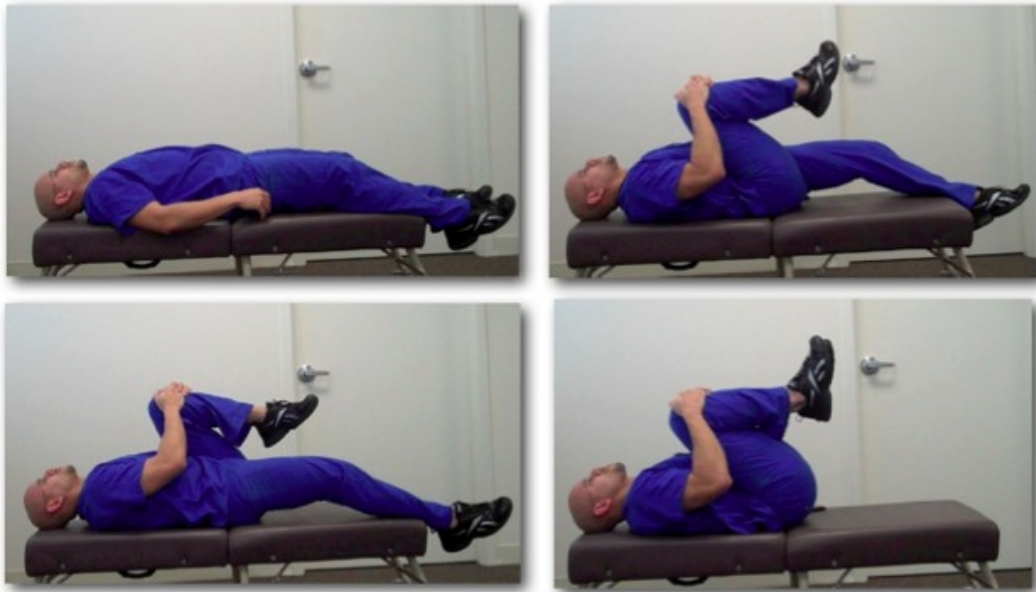
Start on your stomach. Forming an imaginary straight line from toes to shoulders, place the weight of your body on your toes and forearms. Hold this position for 30 seconds. Relax and repeat.

### Exercise 9: Child's Pose



Start on your hands and knees. Slowly let your body weight rest on your heels and hold this position for 15 seconds. Return to the original position and repeat.

### Exercise 10: Knee to chest



Start on your back. Bring your right knee to your chest and hold that position for 15 seconds. Relax that leg and switch to the left leg and hold for 15 seconds. Lastly bring both legs up together and hold for 15 seconds. Those 3 movements count as 1 repetition.

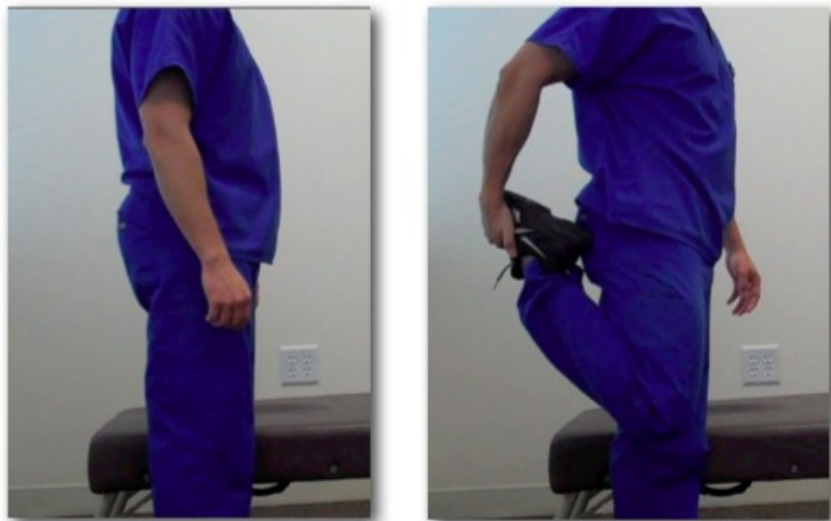


### Exercise 11: The “h”



Start with your right knee on the floor and the left leg in front of you. Lean forward until you feel a stretch on the right thigh. Now grab the right foot and bring it towards your buttocks. Hold this position for 15 seconds. Now switch sides and repeat.

### Exercise 12: Heel Kicks



Start on your feet and place your hand on a chair or wall for balance. Bend the right leg and grab your foot with your right hand until you feel a stretch on your thigh. Hold for 15 seconds, relax, then repeat with the other leg.

### Exercise 13: Cobra



Start on your stomach. Using your arms only, push your upper body from the waist up and hold this position for 15 seconds. Relax and repeat.

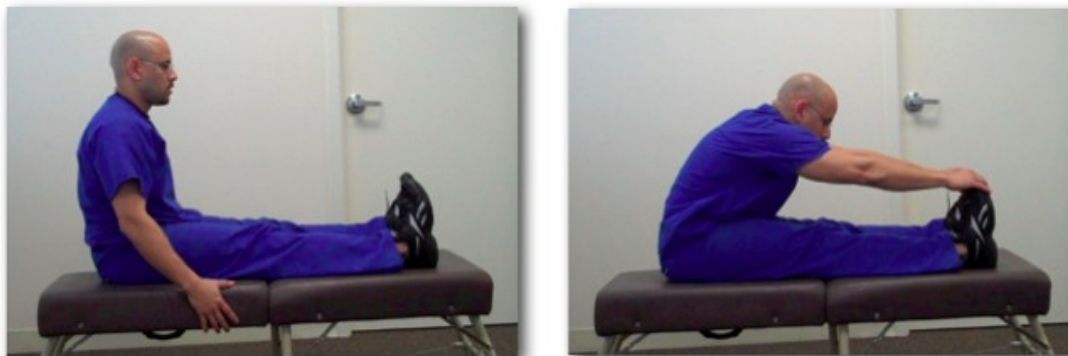
### Exercise 14: Figure 4



Start seated. Cross your left leg over your right knee and lean forward until you feel a stretch in your left buttocks. Hold this for 15 seconds. Repeat. Switch to the other leg.



### Exercise 15: Toe Touch



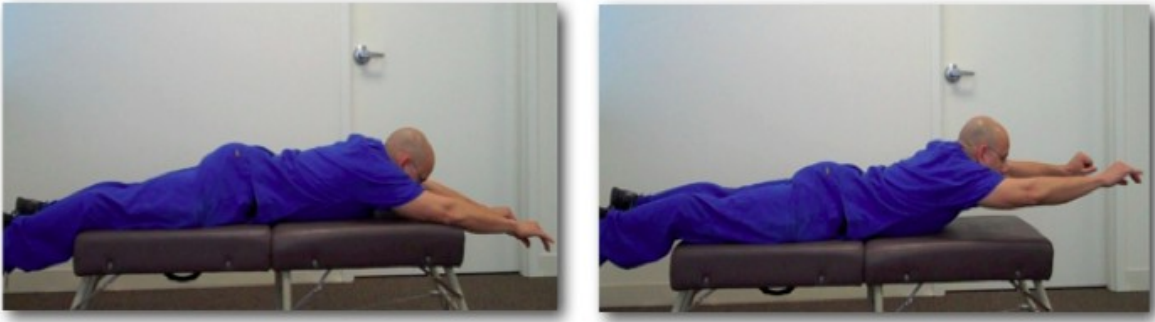
Start seated with your legs in front of you. Lean forward until your hands are touching your toes and hold this stretch for 15 seconds. If you can't touch your toes just go as far as you can and push yourself a bit further every time you do it.

### Exercise 16: Knee to Shoulder



Start on your back. Using your arms, lift your left leg and pull it towards your right shoulder until you feel a stretch in your left buttocks. Hold this position for 15 seconds and relax. Now switch legs and pull your right knee towards your left shoulder and hold for 15 seconds. Repeat.

### Exercise 17: Superman



Start on your stomach with your arms in front of you. Using your low back muscles, lift your upper body off the ground and hold this position for 10 seconds. Relax and repeat.

### Exercise 18: Bird Dog



Start on your hands and knees. Lift your right arm straight in front of you while lifting your left leg at the same time. Hold this position for 10 seconds. Relax. Now lift the left arm while lifting the right leg at the same time. Hold for 10 seconds. Relax. Once you do both sides, this counts as 1 repetition.

### Exercise 19: Leg Extensions



Start seated on a chair. Raise your legs until they are straight and squeeze your thigh muscles for 5 seconds. Relax and repeat.

### Exercise 20: Lunges



Start standing. Take a big step forward with your right leg and bring your body down until your left knee is 1 inch off the ground (Make sure your right knee is not going past your right toes, if it is you need to take a bigger step forward at the beginning). Now push yourself up to the starting position and repeat with the other leg.

### Exercise 21: Step Up



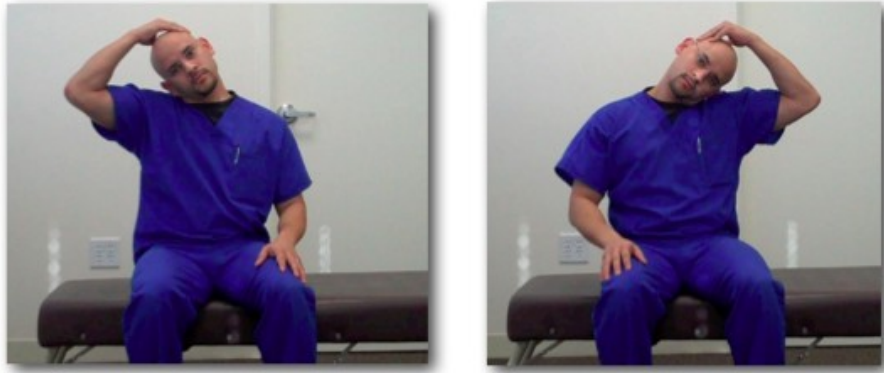
Start standing. Lift your right leg onto a step stool, stairs, or chair. Using your right leg, push your body up. Return to the original position and repeat. Switch to the left leg and repeat.

### Exercise 22: Guillotine



Start on your back with your head close to the edge of a bed or sofa. Now let your head hang off the edge of the bed and hold this position for 15 seconds. Return to the original position for 10 seconds, then repeat.

### Exercise 23: Lateral Flexion



Start seated. Tilt your head to the right and use your right hand to pull your head further to the right. Hold this stretch for 10 seconds. Return your head to the middle and tilt your head to the left side and hold the stretch for 10 seconds. Continue alternating from left to right.

### Exercise 24: Door Stretch



Stand next to a door. Place your right arm on the door frame at shoulder level. Now turn your body away from your arm until you feel a stretch in your shoulder and chest. Hold this stretch for 15 seconds. Repeat with the left arm.



### Exercise 25: Handcuffs



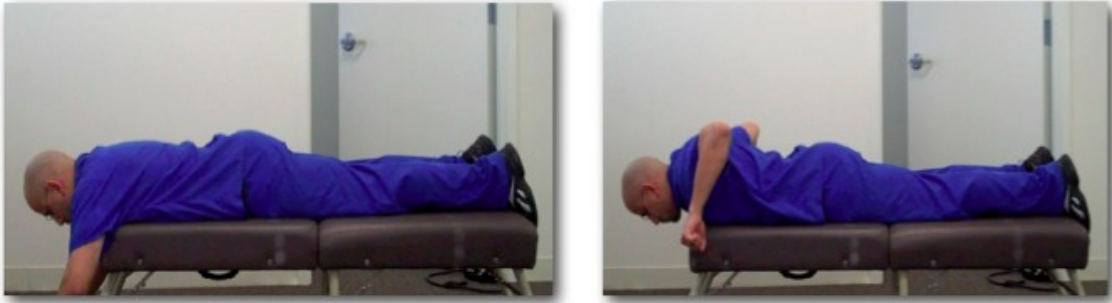
Start seated. Bring your arms behind you and interlock your fingers. Now push your shoulders back and push your chest forwards. Hold this stretch for 10 seconds. Relax and repeat.

### Exercise 26: Eagle



Start on your stomach. Keeping your arms straight, lift them up and as far back as you can. Hold this position for 15 seconds. Relax and repeat.

### Exercise 27: Elbows Up



Start on your stomach. Bend your elbows and bring them back as far as you can. Squeeze the muscles in between your shoulder blades for 15 seconds. Relax and repeat.

### Exercise 28: Elbows Down



Start on your back. Bend your elbows and push them down on the ground as hard as you can. This will lift your upper body slightly. Hold this position for 10 seconds. Relax and repeat.

### Exercise 29: Cervical Extension



Start on your stomach. Lift your head as far back as you can and hold this position for 15 seconds. Relax and repeat.

### Exercise 30: Door Frame



Stand next to a door. Place your right arm on the door frame and lean back as you let your body weight stretch your right side. Hold this stretch for 15 seconds. Relax and repeat. Switch to the left side.

### Exercise 31: Banana



Start standing with both arms up above your head. Lean towards the right until you feel the left side of your body stretching. Hold this stretch for 15 seconds. Relax and repeat by leaning towards the left side.

### Exercise 32: East West



Start on your back with both knees bent. Turn your head to the left, cross your right leg over the left. Now pull both legs to the right and you'll feel a stretch on your left side. Hold this stretch for 10 seconds. Repeat on the other side doing the opposite.

### Exercise 33: V



Start on your back with your buttocks against a wall and your legs straight up. Slowly let your legs slide away from the center until you feel a stretch on your inner thighs. Hold this stretch for 15 seconds. Return to the starting position and repeat.

### Exercise 34: Single Leg Hip Bridge



Start on your back with the right leg bent and the left leg straight. Using your right leg, push your hips up until you form an imaginary straight line from your shoulders to your toes. Hold this position for 10 seconds. Relax and repeat. Switch to the other side.



### Exercise 35: Side Plank



Start on your side supporting yourself on your forearm. Now lift your body forming an imaginary straight line from your feet to your head and hold this position for 15 seconds. Relax and repeat.

### Exercise 36: Figure 4 on your back



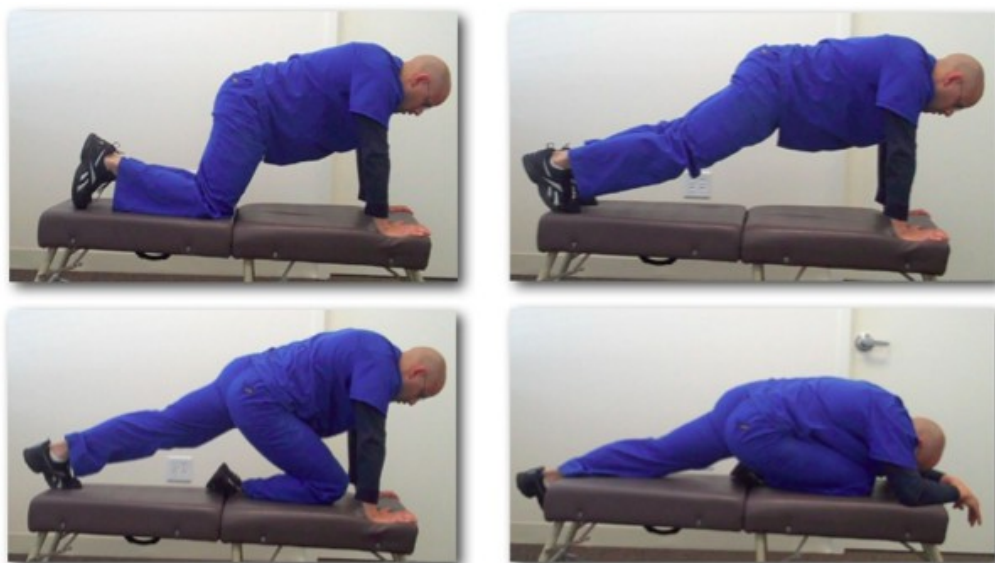
Start on your back with your knees bent. Cross the leg that hurts over the other leg. Using your arms, pull the good leg towards your head. Hold this stretch for 10 seconds. Relax and repeat.

### Exercise 37: Angled Leg



Start on your stomach. Bend the affected up and move it away from the body. Hold this position for 15 seconds. Bring the leg back to the middle and repeat.

### Exercise 38: Leg Crusher



Start on your hands and knees. Lift your body in a push up position then cross the leg that hurts under your body. Now let your body weight drop on top of the leg. You will feel a stretch on your buttocks and the Piriformis muscle. Hold that position for 15 seconds. Take your body weight off the leg, then repeat.

### Exercise 39: Lumbar Extension



Start on your stomach. Lift your upper body and support your weight on your forearms. Hold this position for 20 seconds. Relax and repeat.

## Exercise 40: Decompression



Find a sturdy door around your house. This can also be done at a playground or anywhere where you can hang safely. Place your hands on top of the door with your knees touching the door. Now bend your knees and let your body drop and feel the stretch down your spine. Let most of your body weight be held by your hands if possible, with the feet being there to prevent you from falling. Hold that position for 20 seconds. Relax and repeat.

### Exercise 41: Cliff Hanger



Start at the edge of a bed or couch. Place your stomach at the edge of the bed and let your legs hang off the bed. The weight of your lower body will help to decompress and stretch your low back. Hold this position for 1 minute. Relax and repeat.



### Exercise 42: Double Chin



Start seated. Move your chin back towards your throat (making a double chin) and roll your head all the way back until you end up looking up at the ceiling. Relax and repeat.

### Exercise 43: Tripod



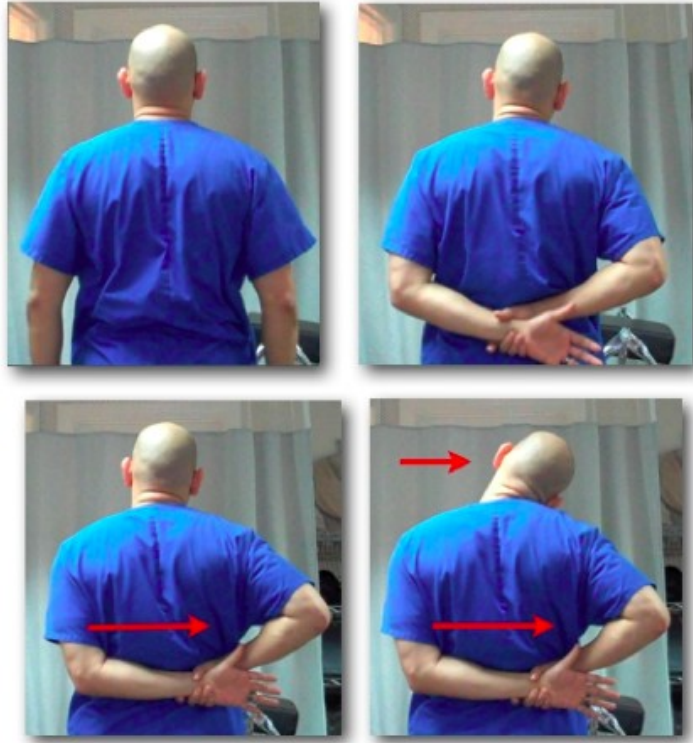
Start on your hands and knees. Cross the leg that hurts over the good leg. Lean your body to the side of the affected leg and back. Hold this stretch for 15 seconds. Relax and repeat.

### Exercise 44: Rolling Leg Curls



Start seated on a rolling chair. Stretch your legs in front of you until your heels are touching the floor. Using your leg muscles, pull yourself forward and squeeze your hamstring muscles for 5 seconds. Return to the starting position and repeat.

### Exercise 45: Lateral Neck Stretch



Bring your left arm behind your body. Pull your left arm to the right while tilting your head to the right. Repeat with your right arm, pulling the arm to the left while tilting your head to the left. Hold this stretch for 15 seconds. Relax and repeat.