

MBSC Adult Intro Program: Strength Training w/ Back Pain																							
Weeks 1-3																							
Foam Rolling			& Peanut For T-spine, 90/90 Tennis Ball in Low Back			Foam Rolling			& Peanut For T-spine, 90/90 Tennis Ball in Low Back			Foam Rolling			& Peanut For T-spine, 90/90 Tennis Ball in Low Back								
Mobility Circuit						Mobility Circuit						Mobility Circuit											
Spiderman Stretch						Spiderman Stretch						Spiderman Stretch											
Box Hip Flexor with Breathing						Box Hip Flexor with Breathing						Box Hip Flexor with Breathing											
Hip Rotator Stretch						Hip Rotator Stretch						Hip Rotator Stretch											
Kneeling T-Spine Rot						Kneeling T-Spine Rot						Kneeling T-Spine Rot											
Yoga-Table						Yoga-Table						Yoga-Table											
90/90 Breathing on Wall: 2 Rounds of 5 Breathes																							
Lunge Matrix:																							
Bi-lateral Hip Lift 3 x 10 seconds & Single Leg hip Lift 3 x 10 ea. side																							
Toe Touch Squat x 10			Mini-Band Circuit (squats, lateral walks, single leg holds)			Toe Touch Squat x 10			Mini-Band Circuit (squats, lateral walks, single leg holds)			Toe Touch Squat x 10			Mini-Band Circuit (squats, lateral walks, single leg holds)								
Split Squat Hold + 5 Reps						Split Squat Hold + 5 Reps						Split Squat Hold + 5 Reps											
Lateral Squat x 5 ea						Lateral Squat x 5 ea						Lateral Squat x 5 ea											
SLDL x 10 ea						SLDL x 10 ea						SLDL x 10 ea											
Bear Crawl 2 x 10 yds			Inchworm			Core Act. Leg Lowers 2 x 10 ea.			Ladder			Bear Crawl 2 x 10 yds			Inchworm			Core Act. Leg Lowers 2 x 10 ea.					
Lateral Crawl 2 x 10 yds			Forward-Skip			Core Act. Deadbug 2 x 10 ea.			1-2 Stick			Lateral Crawl 2 x 10 yds			Forward-Skip			Core Act. Deadbug 2 x 10 ea.					
High-Knee-Run			Shuffle			Quad Hip Ext. (on elbows) 2 x 10 ea.			Sissors			High-Knee-Run			Shuffle			Quad Hip Ext. (on elbows) 2 x 10 ea.					
Carioca									Lateral In-in Out Out			Carioca											
Cross-Behind									In-In/Out-Out			Cross-Behind											
Cross-If Front												Cross-If Front											
Box Jump: 3 x 5 (first week 2 sets only)																							
Jump Squats (One at a time - not continuous) 3 x 8						Low Lateral Bound & Stick: 3 x 5 ea (first week 2 sets only)						Box Jump: 3 x 5 (first week 2 sets only)			Jump Squats (One at a time - not continuous) 3 x 8								
Kneeling Chest Pass: 3 x 10			Stay light			1/2-Kneeling Side Toss: 3 x 10 ea			Light Medball Overhead Slams 3 x 10			Standing OH Throw: 3 x 10 ea-side			Light Battling Ropes 3 x :20/ :25/ :30								
Plank Circuit: 3 x :20/:25/:30 ea w/ Tall Kneeling Side Plank																							
Plank Circuit: 3 x :20/:25/:30 ea w/ Tall Kneeling Side Plank																							
Week 1			Week 2			Week 3			Week 1			Week 2			Week 3								
KB Deadlift			2x8			3x8			3x10			Goblet Squat to Box			2 x 8			3 x 8			3 x 10		
PVC Hip Hinge Practice 3 x 8												KB Deadlift			2x8			3x8			3x10		
Inline Chop			2x8			3x10			3x12			Inline Lift			2x8			3x10			3x12		
Supported Sumo Hold Stretch			2 x :20			3 x :20			3 x :20			Toe Touch Squat			2 x 6			3 x 8			3 x 10		
												Lying Hip Flexion 5 sec. Mini-band hold			3 x 4 ea. side			3x 5 ea. side			3x 6 ea. side		
Split Squat Hold			2 x :15			3 x :15			3 x :20			Alt DB Bench			2 x 8 ea			3 x 8 ea			3 x 8ea		
Chin-Up (don't drop down)			2 x 5			3 x 5			3 x 5			TRX Row w/ roller btw knees			2 x 8			3 x 8			3 x 10		
or X-Pulldown			3 x 8			3 x 10			3x12														
Floorslide or Wallslide			2 x 8			3 x 10			3 x 12			Front Plank			2 x :20			3 x :20			3 x :25		
Push-Up w/ roller between knees			2 x 8			3 x 8			3 x 10			Reaching or 1 KB SLDL			2 x 8 ea			3 x 8 ea			3 x 10 ea		
Farmer Carry			2 x Turf			3 x Turf			3 x Turf			Suitcase Carry			2 x Turf			3 x Turf			3 x Turf		
TK Anti-Rotation Hold			2 x :15 ea			3 x :15 ea			3 x :20 ea			Goblet Carry											
TK Push/Pull												TK Push/Pull			2 x 8 ea			3 x 8 ea			3 x 10 ea		
Farmer Carry			2 x Turf			3 x Turf			3 x Turf														
Conditoning																							
Tempo Runs																							
(DEPENDENT ON SPACE)			x8			x10			x12			Sled Push			x4			x5			x6		
Turf: Down and Back x 1 Minute Rest or Treadmill 15/45-off @ 5 incline												Down and Back = 1											
Stay Light! Focus on Form																							
Bike Sprints :20/:40																							
x6			x7			x8																	
90/90 Breathing on Wall: 2 Rounds of 15 Breathes																							
90/90 Breathing on Wall: 2 Rounds of 15 Breathes																							
90/90 Breathing on Wall: 2 Rounds of 15 Breathes																							