

# BackAthletic's Foundation Cheatsheet

[www.backathletic.com](http://www.backathletic.com)

## The Checklist:

- Get Ok'd by a doctor and read this [post](#) on the steps to end back pain.
- Get the kindle version of the Foundation book and jump right to chapter 4 and read it to get the main principle of the S-curve.
- Read chapter 5 on the Basic Workout.
- Get a 3x5 index card or sheet of paper and write down the exercise progressions.
- Pick up a yoga mat if needed.
- Schedule 15 minutes on your calendar every morning to do the exercises for 6 weeks.
- Refer back to chapter 5 often to refine the movements as you get more familiar with them.

## The Exercises:

1. Foundation Pose Progression
  - a. Foundation pose with arms back 20 seconds
  - b. Foundation pose with arms up 20 seconds
  - c. Hip hinge 15 seconds
  - d. Back to Foundation pose with arms back 15 seconds
  - e. Foundation pose with arms up 15 seconds
2. Back Extension 15 reps with hands by rib cage off the floor, elbows pulled back, and feet on the floor
3. Back Extension with legs off the ground and knees and ankles pressed together 20 second hold
4. Child's pose for however long you want
5. Kneeling Foundation pose with arms back 15 seconds, arms up 15 seconds
6. Iliopsoas stretch both sides 20 seconds

## A Rough Visual Guide:

