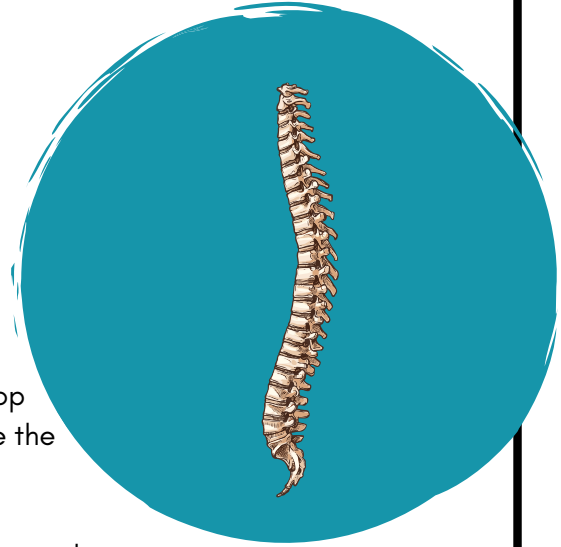


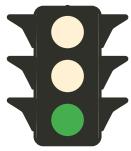


My client has a **BACK** injury



Just because your client has an injury it doesn't mean they need to stop training. You can usually work within the bounds of the injury - reduce the volume, weight, speed or complexity as necessary, or substitute the movement using the traffic light system below as a guide.

Individual advice may vary and change depending on the type, severity and stage of the injury, so check with your client's physio if you are unsure.



**GENERALLY
SAFE**



**PROCEED
WITH
CAUTION**



**AVOID
FOR NOW**

As rehab progresses the movements may slowly be unlocked in this direction

**Higher risk movements as you move down each column.
Take more care to go light and controlled at first**

<ul style="list-style-type: none"> Stationary bike Bench press Standing rows Strict press/pull up Calf raises Hamstring sliders Quad/Hamstring nordics Sled Push/Pull Lunge/Split Squat Planks/Bird dog 	<ul style="list-style-type: none"> Ski erg Light box squat Step ups Lunge/split squat Handstands/Strict HSPU Push Press/Jerk Burpees with no jump Dead bugs/hollow holds Jogging 	<ul style="list-style-type: none"> Rower Loaded squats Full Clean/Snatch Wall balls/Thrusters Kipping Pull ups/HSPU Sit ups/toes to bar Jumping/jolting Sprinting/Changing Direction
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