



### Step 1

1

IDENTIFY YOUR GOAL

#### Identify Your Goal

Start with the muscle movement or exercise goal you want to work on. Use your Directional Preference or your therapist's recommendations when applicable.



#### WHY THIS MATTERS

Helps you focus on what you want to achieve and choose exercises that match your needs.

### Step 2

2

SELECT YOUR EXERCISES

#### Select Your Exercises

Browse and filter exercises to narrow the exercise library by muscle group, Level, position or other options.



#### WHY THIS MATTERS

Helps you find the right exercises from our library so you can create a workout that fits your goals and current ability.

### Step 3

3

USE MASTER YOUR TECHNIQUE

#### Use Master Your Technique

If you are unfamiliar with an exercise or need more instruction, go to Master Your Technique for detailed videos and movement cues.

You may also want to review your Directional Preference if applicable.



Master Your Technique

Directional Preference

#### WHY THIS MATTERS

Good technique builds confidence, improves movement quality and gets you ready for effective training.

### Step 4

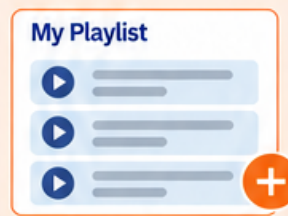
4

BUILD AND SAVE YOUR PLAYLIST

#### Build and Save Your Playlist

Create a personalized workout using your selected exercises.

The videos will guide you through the recommended repetitions, holds and exercise tempo.



#### WHY THIS MATTERS

Lets you create a workout that is tailored to your needs and schedule, with built-in guidance for sets, reps and tempo.

### Step 5

5

PRESS PLAY AND COMPLETE YOUR SETS

#### Press Play and Complete Your Sets

Use autoplay to move through your selected exercises as a structured workout.

Repeat your playlist to complete the number of sets you want for your workout.



#### WHY THIS MATTERS

Helps you follow your workout consistently and makes it easy to complete your sets.

### Step 6

6

CHECK YOUR RESPONSE

#### Fill in the Post-Exercise Quiz

After the class, complete the Post-Exercise Quiz to tell us how your body responded.

The quiz is located in the class description text and also in the Resources.



#### WHY THIS MATTERS

Your feedback helps you make smarter decisions and avoid setbacks.

### Step 7

7

LET THE RESULT GUIDE YOU

#### Let the Result Guide Your Next Step

Based on your quiz results, you may be guided to:

- repeat your current exercise, workout or Level
- progress when your movement and response are stable
- reduce the challenge or move down a Level
- modify an exercise or change your position
- review Master Your Technique or your Directional Preference
- use the Position Filter to find another exercise option



#### WHY THIS MATTERS

Helps you choose the next step based on how your body responds, so you can repeat, modify or progress at the right pace.

### Step 8

8

GET ADDITIONAL SUPPORT

#### What if I need more help?

If an exercise doesn't feel right or you're having difficulty with a movement, Healthy Back has additional resources to help you troubleshoot the problem and decide what to try next.



##### Tips & Tricks for Muscle Activation

Having trouble feeling the right muscles working? Use practical cues and strategies to improve muscle activation and control, then try the exercise again.

→ [Tips & Tricks for Muscle Activation](#)



##### Troubleshooting for Pain in Other Areas

Feeling discomfort somewhere other than your back, such as your knees, hips, shoulders or neck? Review modifications to your position or technique that may make the exercise more comfortable.

→ [Troubleshooting for Pain in Other Areas](#)

You can return to these resources at any time without starting your pathway over.

#### WHY THIS MATTERS

Helps you troubleshoot problems and get back on track without stopping your program.



**You're in control.**

Focus on what you need, build a stronger, healthier back and make progress at your own pace.



**Healthy Back**

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