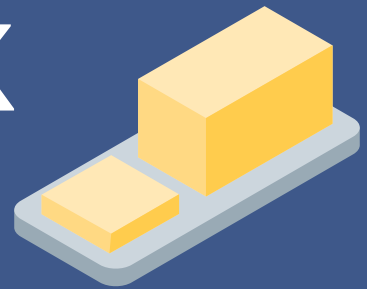


ButterBack



www.FeinMovement.com

Let's get your back feeling buttery smooth!

**Of course, we won't actually be turning into butter.
And seriously, what you see here isn't a replacement for medical advice.*



Why "ButterBack"

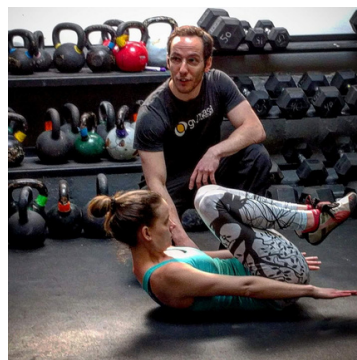
You need to move your spine in so many ways, whether in athletic movement like throwing and kicking or daily activities like tying your shoes.

But it's easy to feel stiff throughout the torso. And many [totally great!] traditional strength exercises have us moving the arms and legs a lot, but the torso very little.

Over the next 3 pages, you've got a routine to feel great right away, plus exercises that you can add to your toolbox for the long haul.



Here we go!



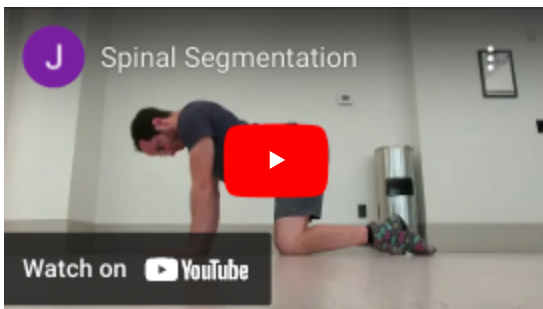
1) Follow-Along Routine

7 minutes to feel great right now!

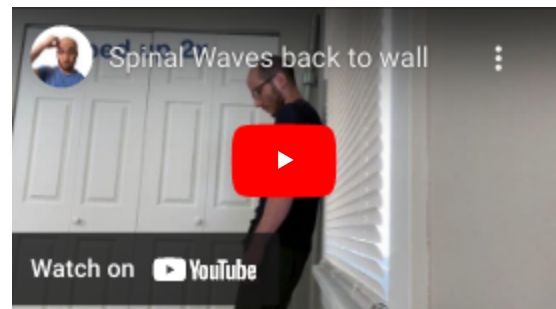


2) Move all the pieces

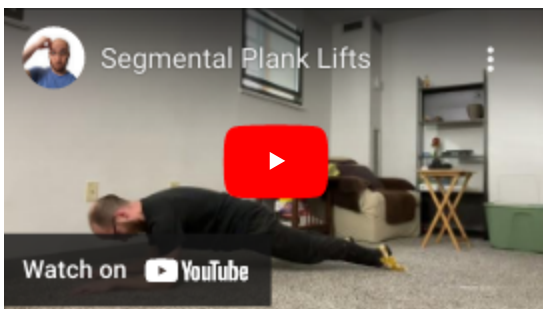
Can you conduct your spinal symphony?



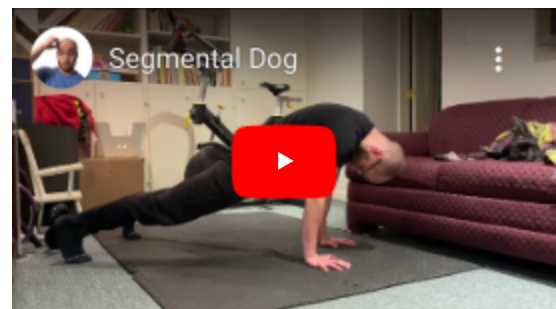
Segmental Cat/Cow



Standing Waves



Segmental Plank Lift



Segmental Dog

3) Go further with strength *(advanced)*

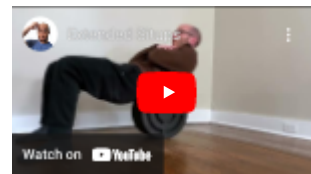
Strengthen your middle, strengthen your movement

**Note: when any exercise is new for you, it's wise to start gradually. If these don't provide an accessible starting point for you, feel free to reach out.*

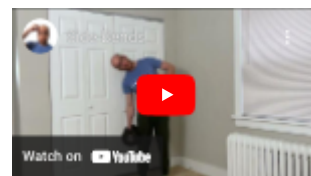
Strong Back



Strong Front

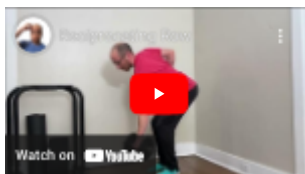


Strong Sides



Strong Everywhere

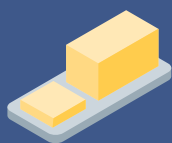
One of the easiest ways to include rotation is to add it into pushing or pulling exercises.





Reminders for the overwhelmed

- 1) Take what's helpful, leave the rest.
- 2) It's easier to add than subtract. If you found one thing you can implement, great! You can always come back and snag another piece later, if you want.

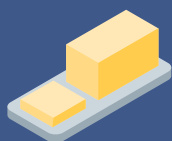


More support

Hopefully this resource is a movement gold mine, but it's not personalized for you. If you could use help with any of the exercises or structuring a routine that works for you, feel free to reach out.

*"Again, I want to thank you for your time and patience. Having my body back without the limitations I've had for the past 10 years means everything."
- Justin*

If you could use a coach on your side, [fill out an application form](#).



Feedback

How helpful was this for you, 0-10?
Please *let me know* how I can make it closer to a 10.