

Mike Westerdal, CPT & Rick Kaselj, MS

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



Legal Stuff

© 2013 Critical Bench Inc.
All Rights Reserved. International Copyright
www.CriticalBench.com

You are welcome to share this Special report with others. You may NOT, however, edit it, extract from it, change the contents or offer it for sale in any way shape or form. Trust me. It's not worth the felony charges, fines, possible prison time and bad charma.



NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



WHY ARE YOU SO MAD, MITCH?

I take my job very seriously and I can't stand it when clients miss workouts due to injuries that could be avoided.

Look, I can't hold your hand 24-hours a day so I need you to be safe even when I'm not around.

Two of my personal fitness mentors **Mike Westerdal, CPT, RKC** and Injury Specialist **Rick Kaselj, MS** have put together this crucial Health Alert.

It's important that you read it over so that you can avoid the 5 Pitfalls at the Gym Leading to Back Pain.

I've made it my personal mission to get this report into the hands of 100,000 people by the end of the year and I need your help!

Oh..and don't let me catch you doing any of these things or I'm going to lose it!

— *Mad Mitch*
The Angry Trainer



Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



Introduction

If you are currently suffering from lower back pain but want to continue working out please look over this health report to ensure you're not causing any further damage.

Sometimes what seems like a small nagging injury can gradually become much more serious if you're using incorrect form.

Even if you don't currently have a lower back injury you should still pay attention because almost everyone suffers back pain at some point.

As a former back pain sufferer I should know. I used to avoid all kinds of exercises that didn't feel right and it wasn't until I met Injury Specialist Rick Kaselj, MS that things turned around for me.

I'm confident Rick can help you out in the same way he did for me by sharing some of the common pitfalls you'll find at the gym that can lead to serious back pain.

Hopefully you enjoyed meeting Mad Mitch. He's a very intense guy but his heart is in the right place.

To reiterate what Mitch said, if you are currently suffering.....

Get back to training hard,

Mike Westerdal
CriticalBench.com



Rick Kaselj & Mike Westerdal

Health Alert:

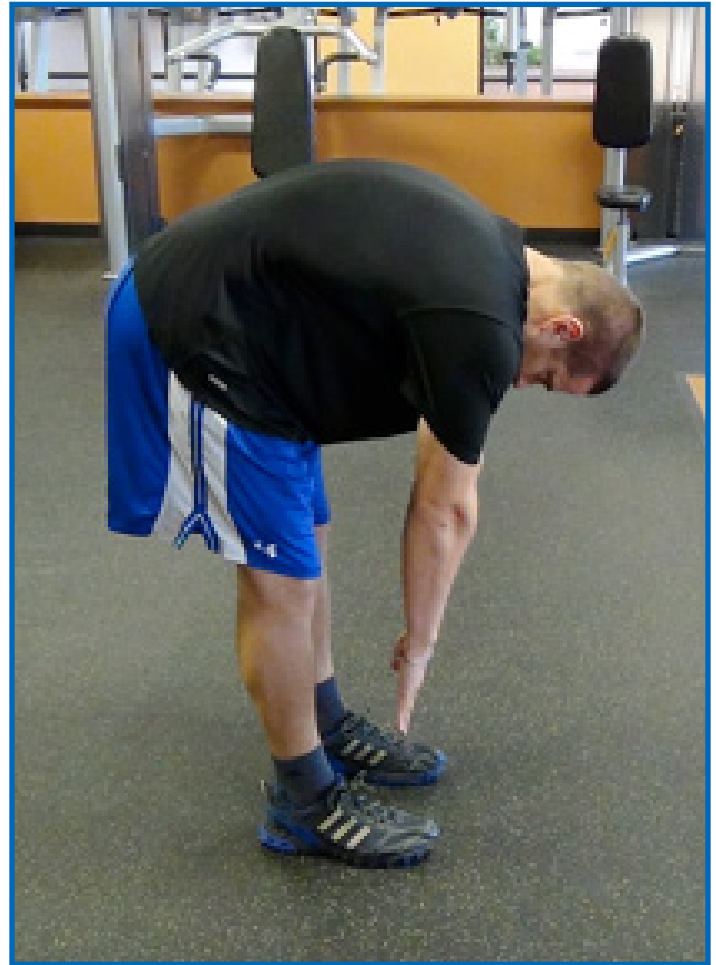
5 Pitfalls At The Gym Leading to Back Pain



Back Pain Alert 1: Dangerous Stretch



**Incorrect Hamstring Stretch:
Start Position**



**Incorrect Hamstring Stretch:
Finish Position**

This looks like something we've all seen at the gym, the park or wherever people exercise. When trying to stretch the hamstrings many people create unnecessary stress on their lumbar spine by reaching for their toes from a standing position. This obvious bend in the thoracic spine (or mid back area) puts both the pelvis and hamstrings into poor position for a proper stretch and breaks the natural curve of the back causing the lower back far too much strain.

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



Back Pain Alert 1: Dangerous Stretch



**Correct Hamstring Stretch:
Start Position**



**Correct Hamstring Stretch:
Finish Position**

By laying on the floor with one leg elevated and the other bent, it is possible to maintain a flat body position and avoid any strain on the lumbar spine. By fully bending and extending the straight leg, you can actively stretch the hamstrings (one at a time for optimal results) thus creating absolutely no stress on the lower back.

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



Back Pain Alert 2: Dangerous Exercises



**Incorrect Deadlift Form:
Start Position**



**Incorrect Deadlift Form:
Finish Position**

Whenever a person performs a lift or exercise, having a neutral spine is essential. Try to always maintain perfect spinal alignment in all phases of the lift. That being said, you shouldn't be cocking your head awkwardly back to look forward when getting into position with the bar, rather look at your eyebrows with your head and neck in line with your torso. The other huge problem with the Deadlift is the hyper extension of the body at the top of the lift. When trying to fully contract the glutes and legs, people will lean backwards and look up, again putting their body in poor alignment and leading to undo harmful stress on their lower back.

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



Back Pain Alert 2: Dangerous Exercises



**Correct Deadlift Form:
Start Position**



**Correct Deadlift Form:
Finish Position**

Notice the crown of the head to the buttocks forms a perfect line. The knees and hips are bent and the body is put into a very strong lifting position. At the top of the exercise, the glutes, quads and abdominals are fully contracted keeping the body rigid. The shoulders are back, chest is up and the upper back muscles are also contracted to maximize tension throughout the body and protect the lower back from any unnecessary strain.

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



Back Pain Alert 3: Dangerous Exercises



**Incorrect Bent-Over Barbell Row Form:
Start Position**



**Incorrect Bent-Over Barbell Row Form:
Finish Position**

The Bent-Over Barbell Row is notoriously done improperly. Many people have a difficult time with pelvic tilting (posterior and anterior) and don't realize how to position themselves while their body is under loads. Many people unfortunately don't have the capacity to "turn on" certain muscles so assuming various positions seems almost impossible to them. The thoracic spine or mid back is absorbing all the tension and putting the lower back into a very stressful situation. Anyone who does this routinely will be in discomfort and at serious risk of back injury. The best way to correct this poor body position is to shift the pelvic girdle and assume an athletic stance. Think of a linebacker in the ready position on the football field. Hips are bent, knees are bent and the butt is pushed back creating a long and strong spine. The weight has now shifted to the appropriate back and leg muscles for optimal lifting position. Let's now look at the proper technique for this exercise.

Health Alert:

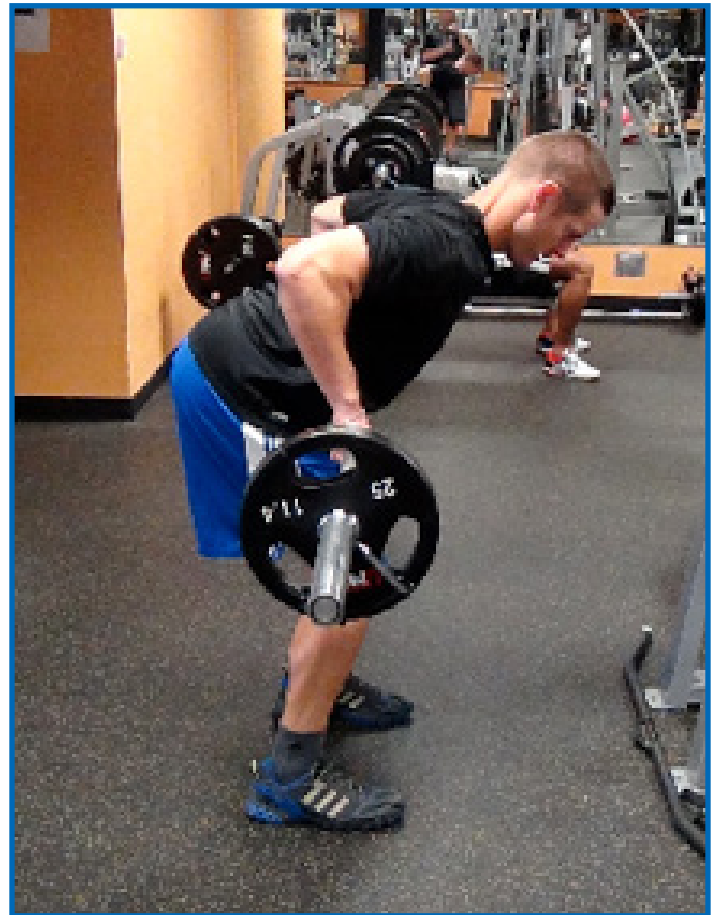
5 Pitfalls At The Gym Leading to Back Pain



Back Pain Alert 3: Dangerous Exercises



**Correct Bent-Over Barbell Row Form:
Start Position**



**Correct Bent-Over Barbell Row Form:
Finish Position**

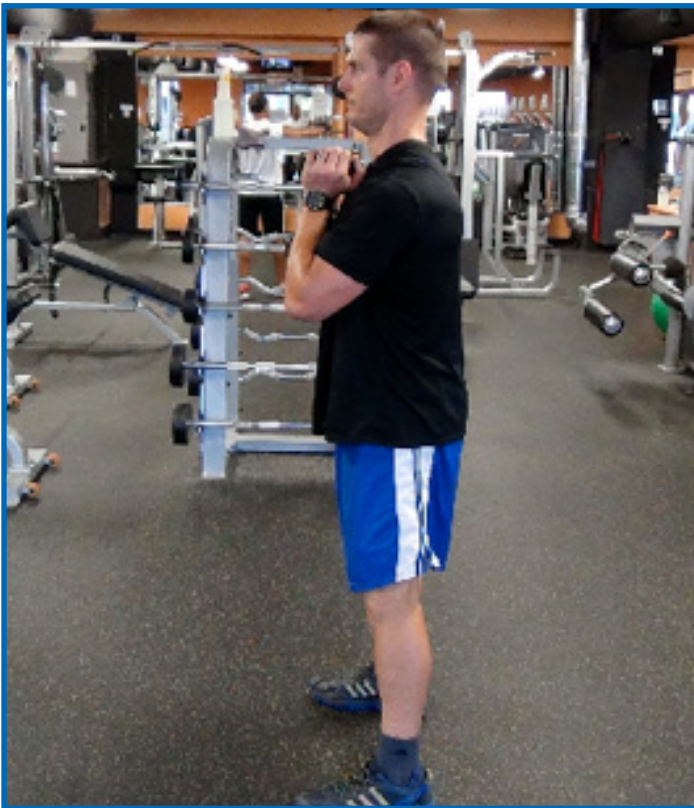
When done with the proper mechanics, the exercise looks much less dangerous for the lower back. Notice the mid back area is now in line from head to buttocks. It is obvious that the legs and back muscles are properly engaged to handle the load and keep the back free from pain. The body is technically in an athletic position also known in sports as the “ready position.”

Health Alert:

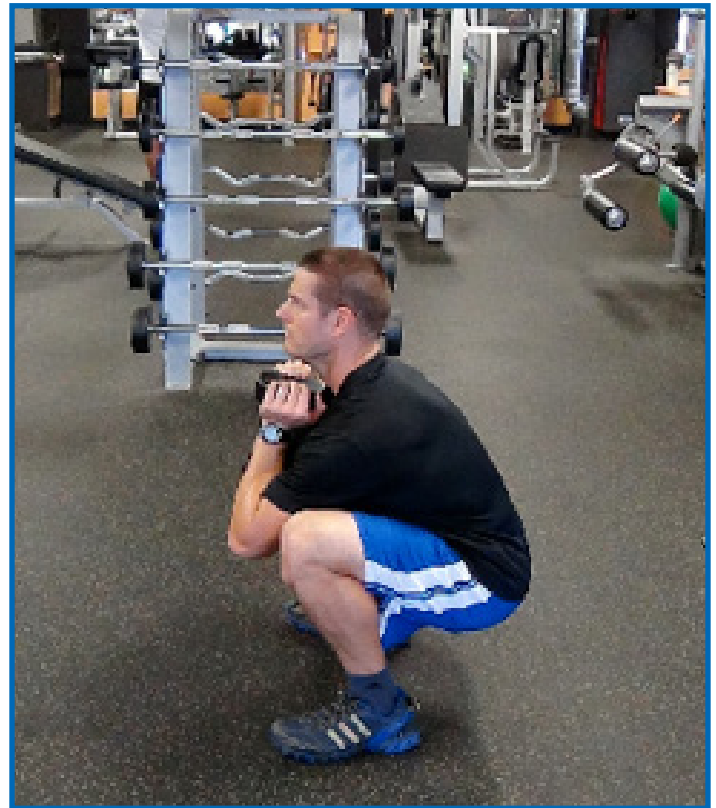
5 Pitfalls At The Gym Leading to Back Pain



Back Pain Alert 4: Dangerous Exercises



**Incorrect Dumbbell Squat Form:
Start Position**



**Incorrect Dumbbell Squat Form:
Finish Position**

The starting position doesn't illustrate the poor mechanics of the exercise like the finished position does. The only minor adjustment could be with the head position which can be easily fixed by tucking the chin in. In the finished position it is plain to see that the hips have dropped far too low creating a "tuck effect" of the pelvis putting your back at risk of injury. Your back may hurt just looking at this position. This also can negatively impact the knees bending them to such a high degree under load. The spinal alignment has been altered enough to create unnecessary pressure and strain on the lumbar spine.

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



Back Pain Alert 4: Dangerous Exercises



**Correct Dumbbell Squat Form:
Start Position**



**Correct Dumbbell Squat Form:
Finish Position**

What is most apparent in the correct form photos is not only the head position but also the line created by the body from the shoulders to the pelvis. The knees are bent just slightly past 90 degrees and the pelvic girdle stays in a strong, supportive position avoiding the “tuck effect” and creating zero stress on the lower back. All the load bearing and tension remains in the legs, abdominals and appropriate back muscles creating a pain free environment.

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



Back Pain Alert 5: Dangerous Posture



Incorrect Seated Form



Correct Seated Form

Sitting may be the single worst thing you can do for your body. A majority of working people sit all day long and put their back in stressful positions without even realizing it. Slouching and slumping are two very good words to properly illustrate the incorrect seated form. Maintaining a strong spine even when seated can be a challenge. Look at how much happier the subject is in the second photo. It is easy to get lazy and forget about our posture when in a chair but simple things like this can cause most of our back discomfort from day to day. Just by sitting tall in the chair, lifting the head and chest removes most of the strain on the lumbar spine and instantly feels better.

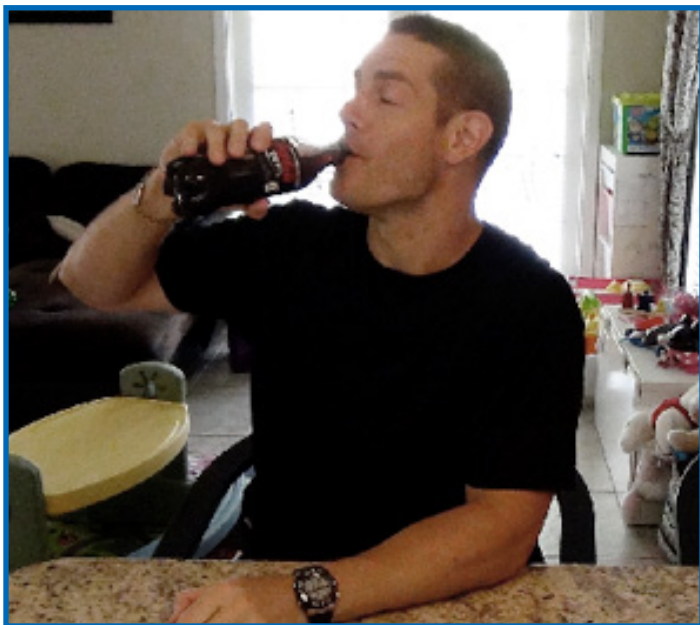
Health Alert:

5 Pitfalls At The Gym Leading to Back Pain

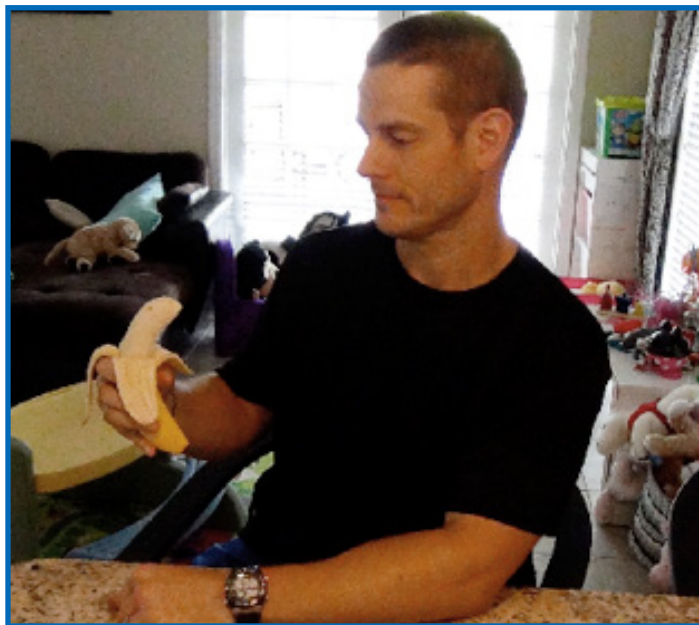


**BONUS
ALERT**

Healthy Food Choices VS. Debilitating Options



Bad: Soda Consumption



Good: A Delicious Banana

The photos depict a typical situation all Americans face every day..., “Do I eat this OR that?” Most of us are fully aware that soda is bad for us because it’s loaded with chemicals and does nothing to benefit our body while a banana is from the earth, packed with vitamins and minerals and does a ton to replenish what we’ve lost during exercise. Stick with a large glass of water and a piece of fruit and soda should always be at the bottom of the list when selecting a beverage!

Even Diet Sodas are still processed and will work against your body's natural ability to manage pain. The artificial ingredients throw the body's metabolic systems off-track and inhibit its ability to fight inflammation.

We've all heard the expression, we are what we eat, but it's easy to forget.

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



CONCLUSION

Meet Your Instructor Rick Kaselj, MS



Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES

Rick Kaselj specializes in exercise rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 302 presentations to 5897 fitness

professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Mike Westerdal, CPT & Rick Kaselj, MS

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

RICK AND HIS PROGRAMS HAVE BEEN SEEN IN AND ON...



He has hiked 4,300 km along the Pacific Crest Trail from Mexico to Canada and mountain biked the 5,000 km Great Divide Mountain Bike Route over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

Rick's newest project is called **Fix My Back Pain**. Utilizing his trademarked **BR3 Method** which is short for "**Back Reshaping 3-Part Method**", Rick is literally making headlines world wide. **Rather than just stretching and strengthening which only provides temporary**



Get Back To Pain Free Workouts Without Appointments, Drugs or Surgery

Mike Westerdal, CPT & Rick Kaselj, MS

Health Alert:

5 Pitfalls At The Gym Leading to Back Pain



relief Rick's Method actually reshapes the lower back area from the inside and outside.

Fix My Back Pain and the BR3 Method is the first lower back injury relief system ever created to help you **get back to pain free workouts instead of telling you to avoid what you love doing.**

The best part; this program has been specifically designed to help serious fitness enthusiasts just like you who want to avoid expensive and time consuming appointments and would prefer an alternative to medication or surgery.

We have a lot more free information coming your way over the next few days. Plus you'll be the first to find out when the Fix My Back Pain system is available well before it's offered to the general public. That's just one of the many benefits of being a valued Early Bird VIP.

If this report was shared with you and you'd like to be notified about the upcoming release of Fix My Back Pain and receive a coupon go ahead and visit:

<http://www.criticalbench.com/gains/fmbp-invite>