



Home Low Back PT Download Instructions

ACCESS CODE: MDRxBack

[Download TrainHeroic Click Here](#)

HOW TO START?

- 1) Click on the above link to download TrainHeroic
- 2) Go to “Settings” -> “My Training” -> “Access Code” and enter the MDRxBack
- 3) Choose a start date for your program and begin!

WHAT THIS IS?

This is a four week program that focuses on improving mobility, stability, and strength for your back. You can easily fit this program in as a supplement to your normal workout routine.

WHO THIS IS PERFECT FOR?

Anyone who is looking to improve the function of their back and doesn't need to first seek the guidance of a doctor. Schedule a consult with us and we can make sure you are on the right track.

WHAT YOU WILL NEED?

Some space and some dumbbells or kettlebells.

HOW WILL I KNOW WHAT TO DO?

Using a smart phone to access your program we use an app called TrainHeroic to deliver our programs in an engaging and highly detailed manner. You will be able to see videos of your exercises and record your progress.

WHAT IS THE MOBILITY-DOC METHOD?

The Mobility-Doc Method is how we improve the function of your body in a natural way. We layer mobility, stability, and strength work in a 15 minute circuit.