

Roland Fitness

FREE 2-WEEK PROGRAMME

Back & Core Groundwork

Unlock your back. Connect your core. Move with ease.

12 moves | 2 weeks | 20 minutes | No kit

WHY THIS WORKS

Nothing works in isolation.

I started out as a gymnast, and I learned early that everything has to connect. Long hours at a desk keep your body in short, folded positions until the muscles adapt by getting tight and stiff. Your bum goes to sleep, the front of your hips tightens, and your lower back is left doing a job it was never meant to do alone.

Your core isn't a six-pack. It's a team: the deep tummy muscles that wrap around you like a corset, the muscles along your spine, your glutes, hamstrings and inner thighs. This programme wakes that team up by working your muscles in their open, end range, forwards, sideways and round, and holding each position under tension.

THE THREE RULES, EVERY MOVE

1. **Hinge from the hips,** not the waist.
2. **Keep your spine long,** from the top of your head to your tailbone.
3. **Crack the walnut and breathe.** Squeeze your bum cheeks and keep breathing slowly.

Hold still and let the muscles do the work. Control first, movement second.

HOW OFTEN	HOW LONG	HOLDS
Every other day	2 weeks · 7 sessions	15–20 sec, under tension

YOUR 2 WEEKS

Build it in two steps.

Week 1 lays the groundwork with eight moves. In week 2 you add four more and finish with the bonus stretch. Do one round, rest a minute, then a second round if you have time.

WHEN	MOVES	SESSION
Week 1	1 Hinge and Reach · 2 Chair Squat · 3 Crescent Reach · 5 Plank · 8 Dorsal Raise · 9 Sky Diver · 10 Kneeling Hinge and Reach · 12 Lunge and Side Reach	1–2 rounds about 15 min
Week 2	All 12 moves, in order, plus the World's Greatest Stretch to finish	2 rounds about 20 min

TICK OFF YOUR 7 SESSIONS

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

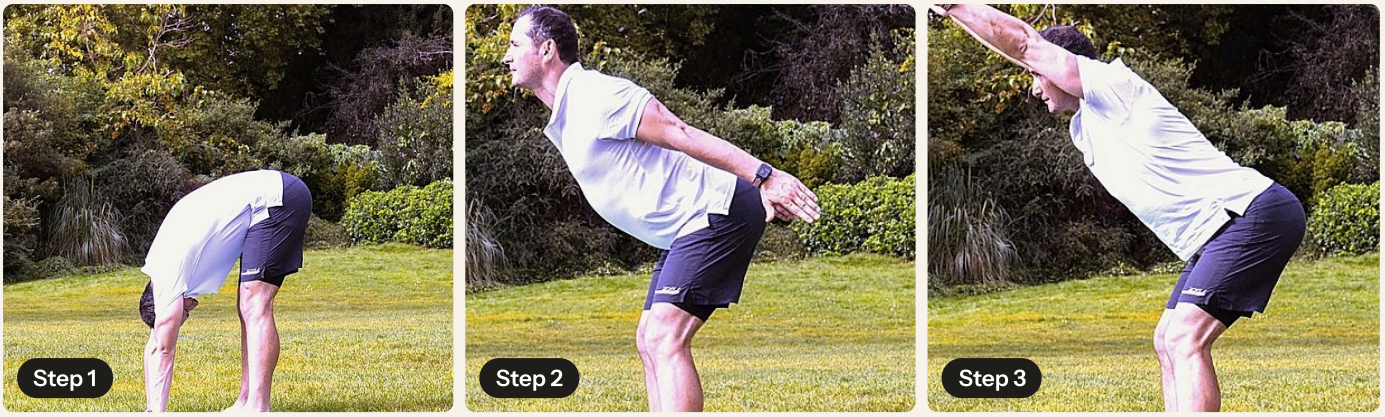
Little and often beats heroic. Same time each day helps it stick.

BEFORE YOU START

Move within a comfortable range. Mild stretch and effort are fine. Stop if pain spreads down your leg, or if you feel numbness or tingling, and check with your GP or physio. If you have a back problem or health condition, check with your GP first.

1 Hinge and Reach

15–20 sec each step

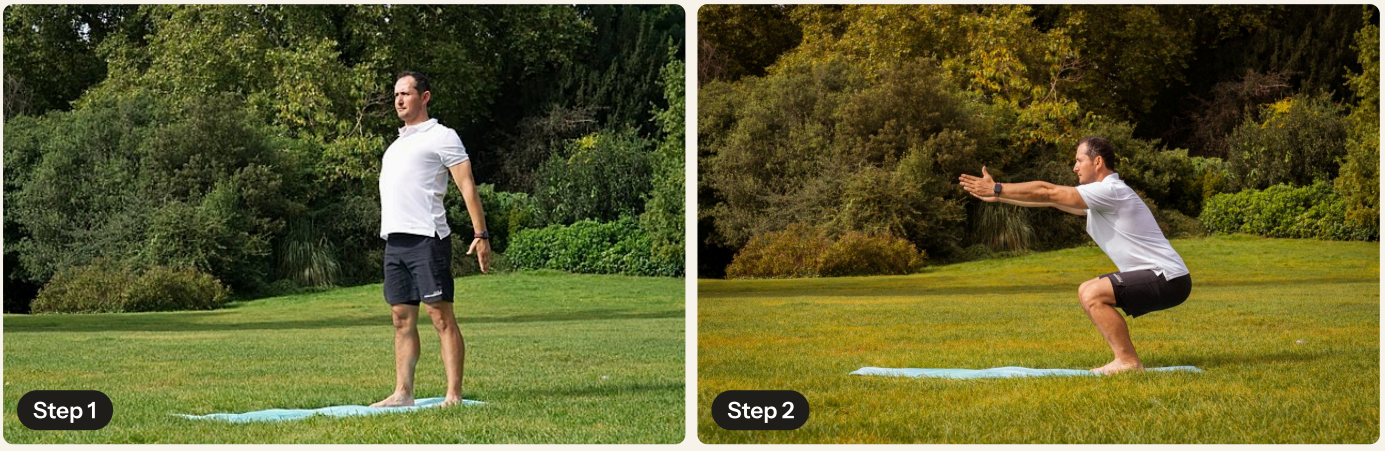


- Step 1: hang forward, soft knees. Let your head and arms go heavy, like a rag doll.
- Step 2: hips back, like shutting a car door with your bum. Long back, arms reach behind you.
- Step 3: stay hinged and sweep your arms forward and up. Heels heavy.

The master move. It teaches your hips, not your lower back, to do the bending.

2 Chair Squat

10 slow reps



- Feet hip-width. Sit back between your heels, like there's a low chair behind you.
- Arms reach forward, chest proud, knees follow your toes.
- At the top, crack the walnut: squeeze your bum cheeks hard. Slow down, smooth up.

Wakes up the glutes that a desk switches off.

3 Crescent Reach

15–20 sec each side

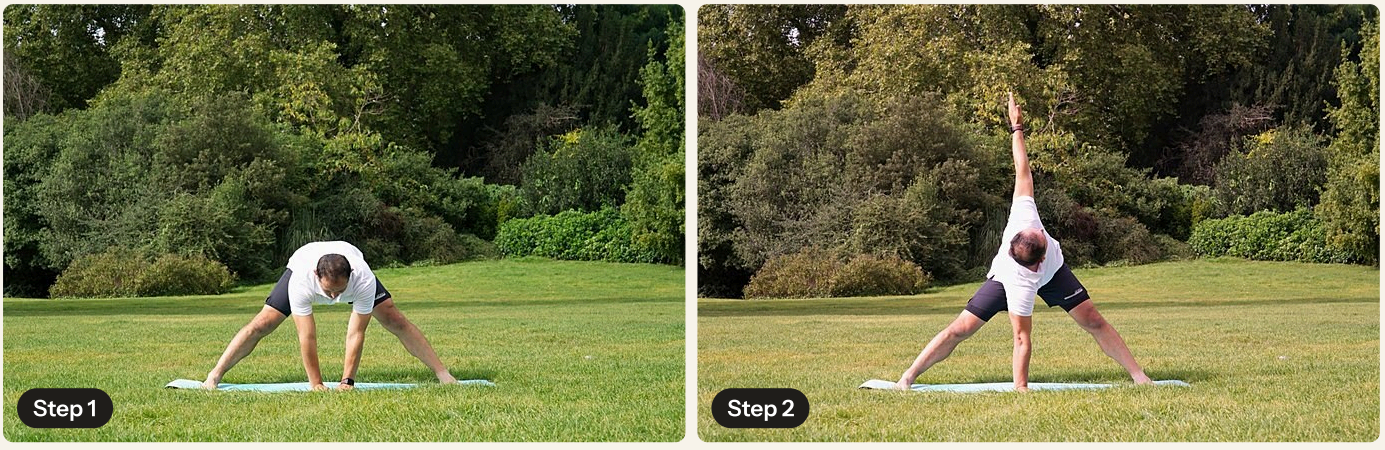


- Long step, back leg straight, heel up, hips facing forward like headlights.
- Step 1: stand tall, hands on your hips.
- Step 2: one hand stays on your hip; reach the other arm forward and up past your ear.

One long line from back heel to fingertips: opens the hip that sitting closes.

4 Wide-Leg Twist WEEK 2

20–30 sec each side



- Wide stance, soft knees, weight back in your heels.
- Step 1: hinge at the hips, flat back, both hands on the mat.
- Step 2: keep one hand down, turn your chest and reach the other arm up high.

Hips stay square. The twist comes from your upper back, where you need it.

5 Plank

Up to 1 min





- Forearms or hands under your shoulders.
- One long line, head to heels: a plank of wood, not a hammock.
- Crack the walnut and draw your belly button gently in. Back sagging? Knees down, no shame.

Nothing moves. That's the point: your core holds the line.

6 Bird Dog WEEK 2

30 sec each side





- On all fours, hands under shoulders, knees under hips.
- Reach one arm forward and the opposite leg back until both line up with your body.
- Back flat, hips level, as if there's a glass of water on your lower back.

Cross-body control: the deep back and core working as a team.

7 Open Book WEEK 2

6 slow reps each side





- Lie on your side, knees bent and stacked, arms out in front.
- Step 1: reach your top arm up towards the ceiling.
- Step 2: open your chest and take the arm over to the other side. Knees stay stacked.

Breathe out as you open. Unlocks a stiff upper back and tight chest.

8 Dorsal Raise

10 reps



- Face down, legs long, arms by your sides.
- Crack the walnut first, then lift your chest a few centimetres.
- Palms forward, shoulders away from your ears. Small lift, big squeeze.

Strengthens the muscles that hold you upright at your desk.

9 Sky Diver

20 sec hold

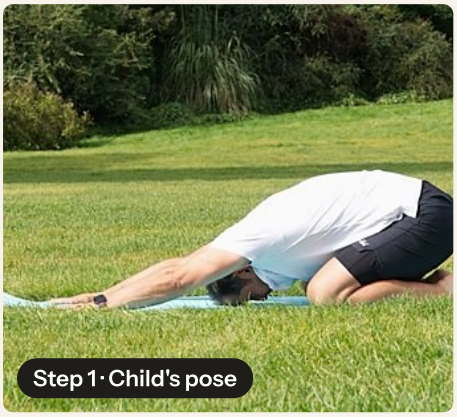


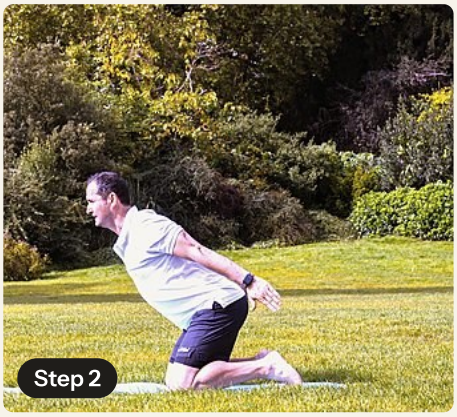
- Face down, bend your knees, feet up to the sky.
- Press your heels together like you're holding a £50 note between them.
- Lift chest and knees off the floor together, and hover. Breathe.

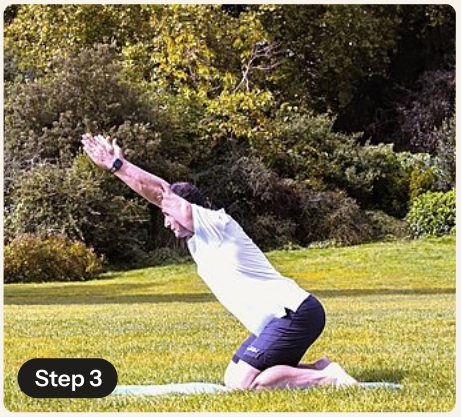
Glutes, inner thighs and back switch on together. This is your core.

10 Kneeling Hinge and Reach

15–20 sec each step







- Step 1: child's pose. Sit back on your heels and let your back melt.
- Step 2: kneel up, hips back, chest proud, arms reach behind you.
- Step 3: stay hinged and send your arms forward and overhead.

The Hinge and Reach, closer to the floor. A gentle finish for the back.

11 Thread the Needle WEEK 2

6 slow reps each side





- One knee down, other leg out to the side, hand on the mat under your shoulder.
- Step 1: slide your free arm under your body, chest turning down.
- Step 2: open up and reach that arm to the sky. Eyes follow your hand.

Rotation and side-stretch in one: shoulders, mid-back and inner thigh.

12 Lunge and Side Reach

5 reaches, then 20 sec hold





- Step 1: low lunge, back knee down. Tuck your tailbone, crack the walnut, arms up tall.
- Step 2: lean gently away to open the side. Do this 5 times.
- On the last one, hold for 20 seconds with slow breaths. Change sides.

Hello, hip flexors, after all that sitting.

Bonus World's Greatest Stretch

5 slow reps each side





- Deep lunge, front foot planted, back leg long. One hand on the mat inside your front foot.
- Step 1: bring your other elbow down towards your front instep.
- Step 2: turn your chest open and reach that arm to the sky. Breathe out as you open.



A NOTE FROM ROLAND

How did those moves feel? Most people notice their hamstrings wake up on the Hinge and Reach, or their hips feel tight on the Lunge and Side Reach. Stick with it for two weeks and notice how differently you stand up from your desk. If a move feels tricky, email me and tell me what you felt.

Roland Feizo · Training clients since 2003

READY FOR THE NEXT STEP?

Try the free 360 Lite home check at roland.fitness

Or message me directly: results@roland.fitness · Chelsea, Kensington & Battersea