



The BackSmart Fitness Plan: A Total-Body Workout to Strengthen and Heal Your Back

Adam Weiss

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A complete, full-body fitness program specifically designed to strengthen and protect the back

More than 50 percent of the 20 million Americans who join health clubs quit within the first year, mostly for one reason alone: back pain. Written by Adam Weiss, a chiropractic physician and fellow back pain sufferer, *The BackSmart Fitness Plan* presents a revolutionary program designed to target, protect, and strengthen the back. Employing his unique BackSmart Method, Weiss lays out a complete fitness program to provide readers with a variety of exercises designed to enhance their physical strength, flexibility, balance, endurance, and appearance, all without injuring themselves. The book includes:

- Hundreds of exercises emphasizing proper form and balance
- Proper use of free weights and machines
- Modified Pilates exercises
- Swiss ball movements
- Stretching

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