PHASE 1 — FOUNDATION & ALWAYS PRESENT

EXERCISE 01 THE MASTERY STANDARD

SEGMENTAL FLEXION & EXTENSION OF THE LUMBAR SPINE

RESISTANCE	VOLUME
Bodyweight of the lower extremities only. No pendulum.	1–2 sets per session. 4–7 reps per set, to near failure.

THE REP

01 **Set up.** ASIS buttressed against the front of the pad, top of the thighs in contact. Legs hang free.

02 **Pull the handles.** They don't move. The lats lock the spine into global extension — hold that isometric the whole set.

03 **Drive segmental extension** with the multifidus. Sacrum, L5, L4 — one at a time.

04 **Hold four seconds** at terminal extension. Both sides of the lower spine engaged and holding.

05 **Lower under control** back into segmental flexion. That is one repetition.

06 **Repeat to near failure** — the point where the quality of the contraction starts to degrade. Stop there.

THE MASTERY STANDARD — ALL THREE, TOGETHER

4–7	4 SEC	4×
REPS PER SET	HOLD AT TERMINAL EXTENSION	SESSIONS PER WEEK

Consistent control from the first repetition to near failure — **no compensation, no loss of precision in the hold, no asymmetry through the range** — sustained across four sessions a week. A single good session is not mastery. Mastery is that quality, reliably reproducible.

MOVE UP, OR STAY?

STAY ON EXERCISE 1

Fails before 4 reps. The joint function isn't established yet. Keep going — frequency is an asset here.

STANDARD MET

4–7 clean reps, 4× a week. Both the rep range and the weekly frequency. Both, not either.

READY TO PROGRESS

Moves well past 7 reps before failure arrives. Exercise 1 is mastered. Add Exercise 2.

SESSION LOG

Athlete _____ Start date _____

WEEK	SESSION 1	SESSION 2	SESSION 3	SESSION 4	REPS TO NEAR FAILURE	QUALITY HELD?
01						
02						
03						
04						