



# 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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