

Stew Smith's Downloadable Workout Series

A Stretching / Strengthening Plan for the Lower Back / Abs

Waiver of Liability

What you are about to undertake is an advanced fitness program. Injuries may occur in any workout program as with this specific program written by Stew Smith. By downloading the program, you are waiving any liability to Stew Smith or StewSmith.com. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.

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About the Author – Stew Smith CSCS



Stew Smith is a former Navy Lieutenant (SEAL) who graduated from the United States Naval Academy and Basic Underwater Demolition/SEAL (BUD/S) training. He has been personally training, testing, and writing workout books and ebooks that prepare people to ace fitness tests for over 25 years now. People from all levels of fitness use his military preparation products to lose weight, prepare for basic training, as well as advanced level athletes who are training for Special Ops.

Stew founded Heroes of Tomorrow Fitness – an online fitness resource for people seeking Military or Law Enforcement / Firefighting professions. He trains young men and women for **free** locally who wish to serve our country and communities. Your purchases help us and our team of volunteer trainers prepare tomorrow's military, police, and fire fighters to physically do their job. We actually see over 5,000 young men and women each year.

Stew also works with the Tactical Strength and Conditioning program of the National Strength and Conditioning Association and is a Certified Strength and Conditioning Specialist (CSCS). He also has over 800 articles on [Military.com Fitness Forum](#) focusing on a variety of fitness, nutritional, and tactical issues military members face throughout their career.

Let these workouts assist you in becoming a better conditioned tactical athlete. The following list is the published books/eBooks written focusing on specific training programs. All books and manuals are fitness related and have a multi-week training program to help you prepare for any test, training program, or just lose weight and get fit for duty. Basically - anything that requires a fitness test to enter, [StewSmithFitness.com](#) has the answer.

Other Books / eBooks Written by Stew Smith

[The Complete Guide to Navy SEAL Fitness](#)

[Navy SEAL Weight Training Workout](#)

[Maximum Fitness – The Complete Guide to Navy SEAL Cross-training](#)

[The SWAT Workout](#)

[The Special Operations Workout](#)

[NEW – Tactical Fitness for the Heroes of Tomorrow](#)

[NEW - Military, Police, Fire Fighter PT Test Survival Guide](#)

General Fitness and Nutritional Guides for Everyone

[The Beginner / Intermediate Guide to Fitness](#)

[Reclaim Your Life - Erin O'Neill Story \(beginner / intermediate\)](#)

[Veterans Fitness - Baby Boomer and a Flat Stomach!](#)

[Circuit Training 101 – Beginner / Intermediate Guide to the Gym](#)

[The Busy Executive Workout Routine](#)

[The Obstacle Course Workout – Prep for Races or Mil, LE, FF](#)

[TRX / Military Style Workouts – Adding TRX to Military Prep Workouts](#)

The Military / Special Ops Physical Fitness Workouts

[Advanced Maintenance / Recovery Plan](#)

[The Combat Conditioning Workout](#)

[Air Force PJ / CCT Workout](#)

[The UBRR – Upper Body Round Robin Workout / Spec Ops version](#)

[Navy SEAL Workout Phase 1](#)

[Navy SEAL Workout Phase 2 - 3](#)

[Navy SEAL Workout Phase 4 Grinder PT](#)

[Navy SWCC Workout](#)

[Army Special Forces / Ranger Workout](#)

[Army Air Assault School Workout](#)

[Army Airborne Workout](#)

[USMC RECON Workout](#)

[USMC OCS / TBS Workout](#)

[USMC IST and PFT](#)

[The Coast Guard Rescue Swimmer / Navy SAR Workout](#)

[The Service Academy Workout \(West Point, Navy, Air Force Academy\)](#)

[The Navy, Air Force, Marine Corp Boot Camp Workout](#)

[The Army OCS and PFT Workout](#)

The Law Enforcement Physical Fitness Workouts

[The FBI Academy Workout | FBI Workout Vol 2](#)

[The DEA Workout](#)

[The FLETC Workout - Ace the PEB](#)

[The PFT Bible: Pushups, Sit-ups, 1.5 Mile Run](#)

[The Fire Fighter Workout](#)

Contact Stew Smith (Email, mail)

As part of the downloadable, you do have access to email me at any time and I will answer your questions as soon as possible. Below are the different ways to contact me for any of the products and services at www.stewsmith.com.

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The Warmup / Dynamic Stretching Program

Increasing your flexibility and core strength should be the first goal before starting fitness / athletic activity but also recovering from and preventing back injuries. Increased flexibility aids in blood circulation, prevention of injuries, and range of motion, toning of muscles and more. A 5-10 minute stretching program will help to break up any stiffness from exercise or long periods of standing or sitting.

Here is a basic dynamic stretching / movement circuit that will help warm you prior to any static stretching in the lower back plan.

Butt Kickers - 1 minute: Jog slowly and flex your hamstrings to pull your heels to your butt on each step. Do with knees down and knees up for 30-60 seconds.



Frankenstein Walks - 1 minute: Walk and kick high each step. Try to kick your hands in front of you. Do 10 kicks with each leg.



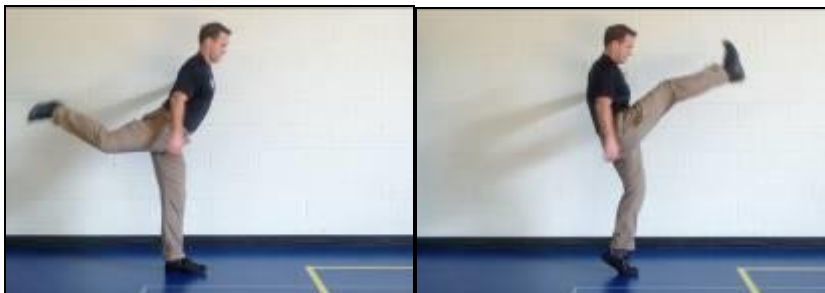
Bounding - 1 minute: Do high powered skipping for 1 minute. Start off with regular skipping then lift knees high each step. Do in place for 1 minute or across a 50-100-yard field.



Side steps - 30 seconds each direction: Work lateral movement into the warm-up. Mix in a few squats with cross-overs. Do for 1 minute back and forth in each direction.



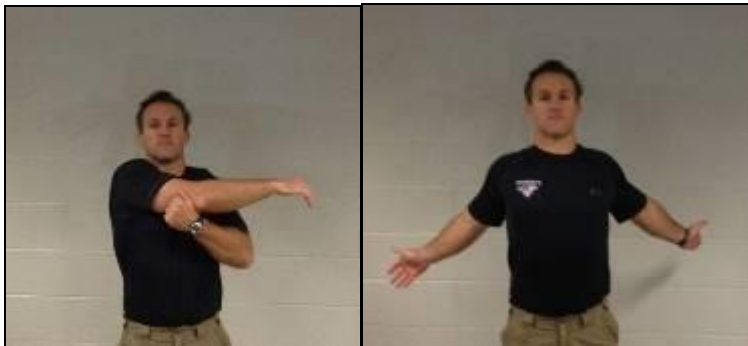
Leg swings – 1 minute: Stand still and lift legs back and forth with legs straight at full range of motion of your hip. Then swing leg left and right in front of your body for 10 reps each leg.



Calf/Shin Warm-up – 1 minute: Alternate lifting heels off the floor and toes off the floor. This is a shins/calves builder to help strengthen legs for running/rucking.



Light Arm Shoulder/Chest stretch: Pull your arm across your torso to stretch rear/deltoid and trapezius region. Then pull your arms backward as far as you can to stretch the chest/front shoulder connections. This is to loosen shoulders / chest prior to plank poses.



Thigh Stretch – Standing: - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Hold for 10-15 seconds and repeat with the other leg.

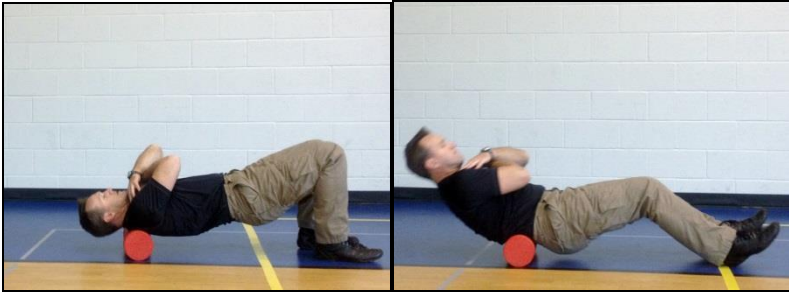


Hamstring Stretch #1: - From the standing position, bend forward at the waist and come close to touching your toes, slightly bend your knees. Go back and forth from straight legs to bent knees to feel the top/bottom part of the hamstring stretch. You should feel this stretching the back of your thighs.



Myofascial Release – Learn this term and get a foam roller for yourself. See [Foam Roller Article / Video](#)

Back roll: Sit on foam roller and move slowly back and forth as you lie on the roller. Move your legs to move your body over the roller. Do for 1-2 minutes each body part.



ITB roll: Lay on your side in a side plank position and place foam roller under your hip. Move forward and roll your ITB from the hip to below the knee. Do for 1-2 minutes on each side of the leg.



Shin Roll: Place roller under your knees and slowly kneel down placing both shins on the roller. Slowly roll back and forth from bottom on the knee to the top of the ankle.



Static Stretches

Follow the stretching chart before and after your workout. Hold these stretches or do these movements for at least 15-20 seconds each:

Stretching AFTER Warming Up

Do dynamic stretching, Jog 5:00 minutes or do a series of light calisthenics like crunches, pushups, squats prior to stretching.

The Static Stretching Program

It is great to do dynamic warmup to prepare for exercise, but after a long day of training, a nice static stretch is also beneficial. Never stretch COLD though. Always warmup prior to stretching for best results. Increasing one's flexibility should be the first goal before starting fitness / athletic activity. Increased flexibility will help you with increased blood flow to the muscles, prevention of injuries, increased speed, and range of motion. A 5-10 minute stretching program after your workout will help to break up the soreness as well.

Follow the stretching chart after your workout. Hold these stretches or do these movements for at least 15-20 seconds each:

Neck stretch (yes/no)
Shoulder Shrugs
Chest / Bicep Stretch
Forearm Stretch
Tricep/Lat Stretch (half moon)
Stomach Stretch
Thigh / Hip Flexor Stretch
Lower back / Hamstring Stretch
ITB / Hip
Butterfly Stretch
Glute Stretch
Lower back Twist Stretch
Calf Stretch

Stretching and Warming Up and Cooling Down

Stretching is only part of warming up and cooling down. A brief cardiovascular activity like biking, running or swimming. Usually 5-10 minutes of this activity is a good warm-up or cool down.

Static stretching: Hold these stretches for 15-20 seconds. Do not bounce when performing these stretches, but inhale deeply for three seconds, hold for three seconds and fully exhale. Do this twice per stretch. This will take you to the 15-20 second time minimum for holding these stretches for optimal results.

Neck Stretch

Turn your head to the left, right, up and down, as if you were nodding "yes" and "no". Do this stretch slowly. Do not raise, lower, or rotate your neck too much or you may cause neck injury.



Shoulder Shrugs - Rotate your shoulders slowly up and down, keeping your arms relaxed by your side. Your shoulders should rotate in small circles and move up and down in slow distinct movements.



Chest Stretch – Grab a vertical and stationary object with your hand. Pull your body away from your arm in order to feel the stretch of your chest and shoulder connection. Also stretches your bicep.



Forearm Stretch – With your opposite hand pull backwards on your hand while keeping your arm straight and palm pointing in an upward direction. You will feel this stretch in the forearm and bicep / elbow connection.



Triceps into Back Stretch - Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean with the pull. Repeat with the other arm.



This stretch not only prepares you for the triceps exercises, pushups, and dips, but also prepares the back muscles for pull-ups! This is a very important stretch for upper body exercises and swimming.

Stomach Stretch - Lie on your stomach. Push yourself up to your elbows. Slowly lift your head and shoulders and look up at the sky or ceiling. Hold for 15 seconds and repeat two times.



Thigh Stretch / Hip Flexor Stretch - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together keep your knees close together (hip flexor add). Hold for 10-15 seconds and repeat with the other leg.(You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.



Lower back Hamstring stretch – Spread your legs while standing. Drop your chest down to your knees and place your hands on the floor. Hold for 10 seconds, then try to straighten the legs.



ITB Stretch - Sit on the ground with your legs crossed in front of you. Keeping your legs crossed bring the top leg to your chest and bend it at the knee so that your foot is placed outside of your opposite leg's thigh. Hold your knee for 15 seconds against your chest and repeat with the other leg.



Butterfly stretch #1 / #2 – Sitting with legs bent in front of you, place your feet so the heels of your feet touch and bring them as close to your body as you can. Try to stretch by opening your leg further – NO NEED TO PRESS on your legs to open. Now #2 – Slightly straighten your legs about 1 ft. but keep your feet touching and try to take your head in between your knees.



Glute Stretch - Lie on your back with both knees bent but cross one leg over the other so your ankle touches your knee. Pull the lower leg to you with both arms and hold for 15 seconds. Repeat on other leg.



Lower back Stretch – Swiss Army knife – Lay on your right side and place your left leg in front of you. Lean back and try to place both shoulders to the floor twisting your torso nearly 90 degrees.



Calf Stretch / Soleus Stretch - Stand with one foot 2-3 feet in front of the other. With both feet pointing in the same direction as you are facing, put most of your body weight on your leg that is behind you - stretching the calf muscle.



Now, bend the rear knee slightly. You should now feel the stretch in your heel. This stretch helps prevent Achilles tendonitis, a severe injury that will sideline most people for about 4-6 weeks.

Core Workout Exercises

When you exercise your stomach muscles, make sure to exercise and stretch your back also. The stomach and lower back muscles are opposing muscle groups and if one is much stronger than the other, you can injure the weaker muscle group easily. See [video links](#) for movement.

Advanced Crunch - (Legs up): Lie on your back with your feet straight in the air. Keep your legs straight up in the air for the advanced crunches. Cross your hands over your chest and bring your elbows to your knees by flexing your stomach.



Reverse Crunch: In the same position as the regular crunch, lift your knees and butt toward your elbows. Leave your head and upper body flat on the ground. Only move your legs and butt.

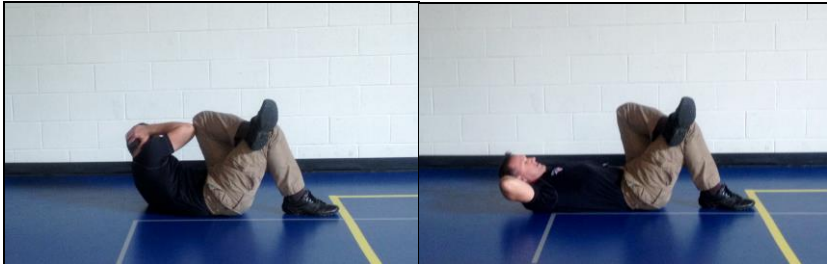
(Do not do if you have severe lower back injury or if this hurts your back)



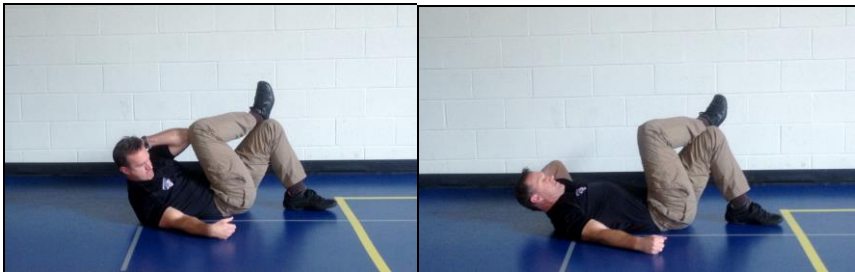
Double Crunch: Lift hips and shoulders off the floor at the same time in one motion.



Right Elbow to Left Knee: Cross your left leg over your right leg. Flex your stomach and twist to bring your right elbow to your left knee.



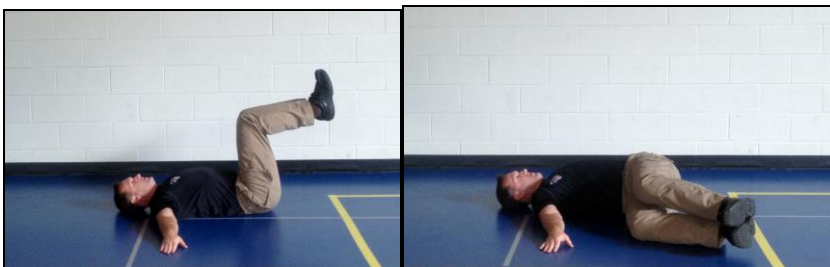
Left Elbow to Right Knee: Cross your right leg over your leg. Flex your stomach and twist to bring your left elbow to your right knee.



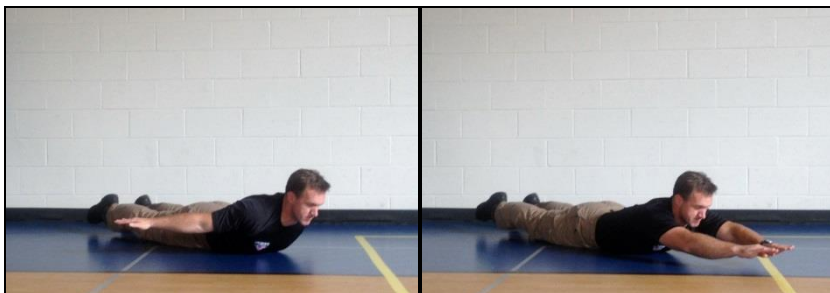
Lower Back Exercise - Swimmers: Lie on your stomach and lift your feet and knees off the floor by flutter kicking repeatedly as if you were swimming freestyle – build up to 1:00 – or keep feet still but off the floor.



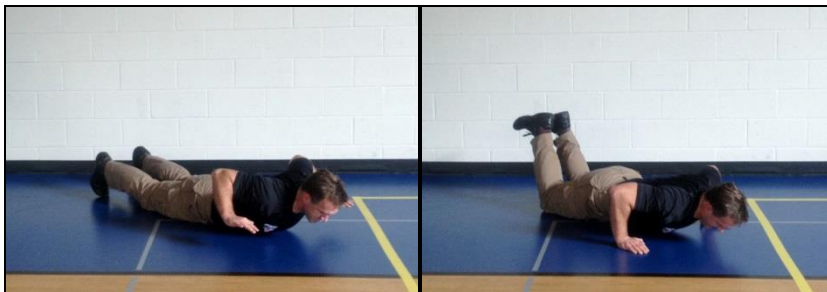
Lower Back Exercise #2 - Hip Rolls: Lie flat on your back with your knees in the air as in the middle picture below. Keep your shoulders on the floor, rotate your hips and legs to the left and right as shown below.



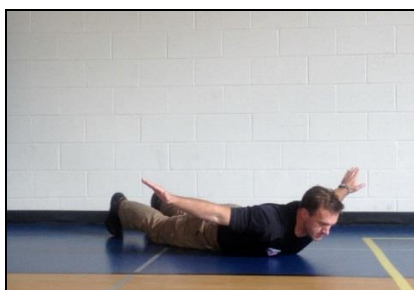
Upper back exercise #1 - Arm Haulers: Lie on your stomach. Lift your chest slightly off the floor and wave your arms from your sides to over your head for 30 seconds.



Upper back exercise #2 - Reverse Push-ups - Lie on your stomach in the down push-up position. Lift your hands off the floor instead of pushing the floor. This will strengthen your upper back muscles that oppose the chest muscles.



Upper back exercise #3 – Birds: Lie on your stomach with your arms spread to the height of your shoulders. Lift both arms off the floor until your shoulder blades “pinch” and place them slowly in the down position. Repeat for 10-15 repetitions mimicking a bird flying.



Plank Pose and One Arm Plank: To complete the Crunch Cycle, try getting into the plank position and see if you can hold it for at least 1 minute. As you advance, lean on the left / right arm as you increase the time. Or do the plank in the UP Pushup position.



In fact, when you fail at pushups during the workout, stay in the UP Pushup position for an extra 30-60 seconds each time. This will prepare you well for the long periods of time in the “leaning rest” as well as strengthen the core for crawling obstacles.

Dirty Dogs –In the all fours position again, lift your right leg from the hip working the glutes to help balance the hip / ITB / thigh connections.



(Great for hip development)

Below is the 5-10:00 routine that you can use as a warm-up prior to running or other exercise or manual labor. It can also be your daily routine just after you wake up and get out of bed. OR – at the end of the day to loosen up after a long day of work etc.

10-15 Minute Routine – Putting It All Together

Dynamic Warm-up and Key Stretches (30-60 seconds each)

Jog or Bike - 5 minutes
Butt Kickers - 1 minute
Frankenstein Walks - 1 minute
Bounding in Place - 1 minute
Side Steps – 1 min each direction
Leg Swings – 1 minute
Calf/Shin Warm-up – 1 minute
Burpees – 1 minute
Light Arm Shoulder Chest Stretch
Light Thigh Stretch
Light Hamstring Stretch
Back Roll
Light ITB Roll
Shin Roll

Exercise Routine:

Crunches – 20 (advanced or keep feet on floor)
Reverse crunches – 20
Double crunches 10-20
Left crunches – 20
Right crunches – 20
Plank pose build up to 1:00
Pushups – 10-20 reps
Swimmers – 30 – 60 seconds
Hip Rollers – 20 (10 each side)
Arm haulers – 20
Reverse pushups – 20
Birds – 20
Plank pose 1 min (each side)
Dirty dogs – 20/leg (hips)

Static Stretching Cycle

Static Stretch List:

Neck stretch (yes/no)
Shoulder Shrugs
Chest / Bicep Stretch
Forearm Stretch
Tricep/Lat Stretch (half moon)
Stomach Stretch
Thigh / Hip Flexor Stretch
Lower back / Hamstring Stretch
ITB / Hip
Butterfly Stretch
Glute Stretch
Lower back Twist Stretch
Calf Stretch

Just follow the pictures in the ebook above.

