

DRYO Self-Rehab System Lower Back Course

Daily Practice Instructions

To achieve the best results, perform this program consistently and focus on proper movement quality rather than intensity.

Step 1. Preparation

Before starting the exercises, spend 2–3 minutes walking or performing gentle movements to increase blood flow and prepare the body for exercise.

Step 2. Lower Back Exercises

Complete all exercises included in this program.

- Perform the exercises in the order shown in the course.
 - Move slowly and with control.
- Maintain normal breathing throughout the session.
 - Focus on proper posture and spinal alignment.
 - Stop any exercise that causes sharp pain.

Step 3. Recovery

After completing the exercises, spend 1–2 minutes walking and practicing relaxed diaphragmatic breathing.

Important Notes

- Consistency is more important than intensity.
- Quality of movement is more important than the number of repetitions.
 - Mild muscle fatigue and stretching sensations are normal.
 - Sharp pain is not normal and should be avoided.
- These exercises are designed to improve lower back mobility, core stability, hip mobility, posture, and overall movement quality.

Recommended Frequency

Perform the program for approximately 15 minutes per day.

Recommended Schedule

Week 1: 3 sessions per week

Week 2: 4 sessions per week

Week 3: 4 sessions per week

Week 4: 5 sessions per week

Estimated Completion Time

15 minutes

Course Includes

- 23 specialized lower back exercises
 - Progressive training plan
 - No equipment required
- Improved mobility and stability
- Better daily movement and comfort
 - Lifetime access
- Free consultation with Dr. Yuriy Oliynyk

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