



# **Strong Back, Strong Life**

## **The Most Undervalued Solution for Overcoming Chronic Back Pain After 50**

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## Introduction

Welcome to "Strong Back, Strong Life: The Most Undervalued Solution for Overcoming Chronic Back Pain After 50." In the natural course of aging, chronic back pain can become an unwelcome companion, casting shadows on the vitality of our daily lives. This eBook is not just a collection of pages; it's your passport to a life unburdened by persistent backaches.

Embrace the transformative power of a meticulously designed strength training program, where the spotlight shines on an exercise that has long been undervalued. This eBook sets a goal to educate you on the beginning of the long-term, effective solution to back pain. The revelation of this pivotal exercise and its unique execution model will unfold in the following chapters, promising a departure from unsuccessful attempts made by many over the years.

The initial stages of this groundbreaking training program can be initiated in the comfort of your own home, and within a mere couple of weeks, it has the potential to significantly alleviate your back pain symptoms. Success depends on the precision of exercise execution and the tailored approach to your individual situation—a meticulous system and model guide this transformative process.

As the pages unfold, you'll embark on a journey towards reclaiming your back and, consequently, your strength. In the evolving landscape of our bodies' needs, the quest for a resilient back is more relevant than ever. Fear not, for this guide is a beacon of hope, asserting that a life free from the shackles of chronic pain is not a distant dream but a tangible reality.

Within these chapters, you'll discover the well-guarded secrets to a pain-free existence—insights derived from real experiences and expert knowledge. Consider this not just an introduction but an invitation to unlock the door to a stronger, more vibrant life. As you delve deeper, anticipation will build, revealing the transformative power of a single exercise that holds the key to unlocking a life unburdened by chronic back pain.

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## Chapter 1:

# Strength as the Key to Overcoming Chronic Back Pain

The persistent agony of chronic back pain frequently finds its roots in the weakness of supporting muscles. True strength, characterized by a meticulously crafted and implemented strength training program, transcends conventional exercising—it's a journey towards measurable improvement. There is a high correlation between back strength and effective relief from chronic back pain.

Weak supporting muscles often fail to provide the necessary stability for the spine, leading to discomfort and pain. Measurable improvement in strength, a core principle of our designed program, ensures that these muscles not only regain but exceed their functional capacity.

Strength is measured by the ability to produce force against an external resistance. The resistance is dictated by gravity, so simply put, it's the amount of force our muscles can produce against a measurable weight. The stronger we are, the more weight we can lift. This is a critically important concept to understand because, as our back pain symptoms amplify due to our back muscles not handling the stress of carrying our upper body's mass easily enough, the stronger our back will be—measurably so. Consequently, the ease with which we can carry our upper body in our day-to-day activities will significantly improve. By getting our backs stronger, we effectively reduce the effort it exerts in our daily routines, just carrying our upper body around.

As we delve into the significance of strength, it's crucial to recognize that the consensus among medical professionals is that strengthening the back is the best solution for alleviating back pain. However, where many conventional approaches fall short is in precisely detailing how to achieve this strengthening effectively. This is where our ebook and method stand out and find success. While the general agreement is on the importance of back strength, our approach provides the missing link, guiding you through a meticulously designed program that ensures success in building lasting strength and, consequently, relieving chronic back pain. Embark on this transformative journey to discover the potential of true strength—a key to unlocking a life free from persistent backaches.

## Chapter 2:

# Unlocking Back Pain Relief: The Transformative Power of The Correctly Performed Squat

In the expansive landscape of back pain relief, squats stand as unsung heroes, wielding transformative powers that reach beyond conventional exercise. Before we delve deeper into the myriad advantages of squats, it's essential to acknowledge that, like any physical activity, there are potential risks associated with improper execution. Rest assured, these concerns will be addressed later in this chapter, providing insights into the correct way to perform squats safely.

Biomechanically, squats engage key muscle groups that play pivotal roles in supporting the spine and effectively distributing the weight of the upper body. The emphasis on the posterior chain, including the hamstrings, glutes, and lower back, forms the backbone of back strength enhancement. These muscles act as a stabilizing force, providing the necessary support to the spine and reducing the strain on the lower back.

Consider the squat as a compound movement, involving multiple joints and muscle groups working synergistically. This integration not only builds core strength but also enhances overall body stability. The squat, when correctly executed, becomes a holistic exercise that targets the entire posterior chain and, consequently, fortifies the structures crucial for back health.

One of the fundamental reasons why a stronger squat positively impacts back strength lies in the principle of progressive overload. As your squat strength increases, the demand on your posterior chain also rises, prompting adaptive changes in muscle and connective tissue. This adaptation not only contributes to enhanced muscle mass but also strengthens the ligaments and tendons supporting the spine, creating a more resilient and robust back.

Moreover, the squat is a weight-bearing exercise, simulating real-world activities where the spine is required to support the body's weight. By mimicking these functional movements, squats condition the back to handle the stresses of daily life more efficiently, leading to a significant reduction in back pain symptoms.

Visualize a stronger squat as the foundation for a pain-free daily existence, where the effortless execution of activities becomes second nature. Walking, bending, and lifting—all become more manageable as your hip and back strength grow in tandem with your squat prowess.

It's crucial to recognize that it's not merely the act of performing squats that resolves back pain; it's the exact way how. Meticulous attention to the movement pattern, synchronizing different joint movements at the right time, leveraging correct angles for each joint based on true biomechanics—that's what makes all the difference. Additionally, a customized training program that progressively overloads the aching back allows for improvement to occur,

enabling you to rise above and transcend the limitations of chronic back pain. In essence, it's not just about doing squats; it's about how you do them and the tailored approach that makes this transformative journey effective and sustainable.

Before diving into the specifics of the correct squat form, it's essential to emphasize the importance of consulting with a healthcare professional before starting any new exercise program, especially if you have pre-existing conditions or concerns about your back health. This ensures that you embark on your journey to a stronger, pain-free life with personalized insights into your unique situation. Now, let's explore the intricacies of squats and unveil the secrets to unlocking back pain relief through this powerful exercise.

## Chapter 3:

# Unlocking the Truth: Squat Myths, Fears, and Transformative Benefits

In the realm of strength training, squats have earned a reputation as a powerhouse exercise. However, persistent myths and fears have shrouded this potent activity, preventing many from reaping its transformative benefits. Let's systematically debunk these misconceptions and fears, dismantling each roadblock that stands in the way of embracing the true potential of squats.

### Myth 1: Squats are Harmful to the Knees

Rebuttal: This widespread belief is a misunderstanding. Squats, when executed correctly, distribute the load evenly, promoting joint health rather than jeopardizing it. By aligning the body properly and engaging the muscles, squats can be a knee-friendly exercise that contributes to overall joint strength and stability.

### Myth 2: Squats Cause Back Injury

Rebuttal: Fear not the specter of back injury during squats. Emphasizing proper form and acknowledging the protective strength squats build around the spine dispels the notion that they are hazardous to your back. When performed with the correct technique, squats become a formidable ally in fortifying your back against injury.

### Myth 3: Squats Inherently Cause Pain

Rebuttal: The belief that squats cause pain is a misconception rooted in improper execution. The truth lies in the details of the movement. If squats have caused discomfort or failed to deliver benefits, it's likely because they weren't executed precisely. Our analytical movement model addresses this, providing a guide to perform squats with the precision necessary for a pain-free experience.

### Myth 4: Squats are Too Complex and Risky

Rebuttal: It's entirely understandable to perceive squats as complex and risky, especially if you're unfamiliar with the proper technique. However, just like any skill or activity, the perceived risk diminishes significantly when executed with precision and care. Acknowledging the importance of seeking guidance and assistance, especially for beginners, is paramount. Think of it like driving—a task that can be inherently risky, particularly if approached recklessly or without proper training. Driving on a road with your eyes closed or without taking driving lessons is undeniably hazardous. Yet, when driving safely, at a reasonable speed, and adhering to traffic rules, the risk is significantly mitigated. Similarly, squats, when performed with attention to detail and guided by our comprehensive instructions and movement model, become a safe and transformative ally. Embrace the learning process, and you'll find that the

perceived complexity of squats dissipates, paving the way for a secure and rewarding journey towards a stronger, pain-free life.

By systematically debunking these myths, we pave the way for a new understanding of squats—one that recognizes their safety and transformative potential when done correctly. It's time to set aside misconceptions, overcome fears, and unlock the myriad benefits that squats bring to your overall well-being. Embrace the truth about squats and let them become a cornerstone in your journey to a stronger, pain-free life.

## Chapter 4:

# Programming the Squat in the Beginning of Your Journey to a Pain-Free Back

Tailoring a training program to an individual's current strength level, pain intensity, and specific pain area is crucial. While the specifics may vary, a generic yet effective approach is outlined below:

1. **Learn the Correct Squat Form:** Embark on your journey by mastering the precise mechanics of a correct squat—a pivotal step given the prevalence of incorrect squatting techniques that jeopardize safety. If you're uncertain or seek personalized guidance, don't hesitate to reach out and schedule a complimentary 30-minute coaching session with us. Ensuring you start on the right track is crucial for your safety and the effectiveness of your squatting routine.
2. **Execute Squats Correctly:** Perform the correctly executed squat for 3-5 sets, with 5 reps in each set.
3. **Rest Intervals:** Take a rest of 1-3 minutes between sets to optimize recovery needed in a strength-focused program.
4. **Training Frequency:** Aim for 3-5 sessions per week, depending on the intensity of the exercise, the weekly stress levels, and your recovery capacity (especially your low back recovery).
5. **Progressive Overload:** Gradually increase resistance in your squat by adding weight using an Olympic barbell (correct form is of utmost importance) or by utilizing a two-strap bag on your back, adding more water bottles over time. It depends on your starting point and your specific physiological adaptation levels.

Understanding strength as the ability to generate force against resistance and acknowledging that a stronger back correlates with alleviating back pain, your goal is to raise the resistance incrementally and safely in your squat.

The solution is clear—substantially strengthen your squat, and witness a gradual reduction in back pain, often noticeable in just a couple of weeks. However, herein lies the challenge, as achieving progress in this process is where many professionals falter.

The primary reasons for this failure are twofold: firstly, executing the squat correctly, maintaining proper movement patterns during weight progression are essential. Secondly, managing stress levels and handling the delicate recovery capacity of an already aching back are very often overlooked.



Our method ensures that you not only learn but also consistently maintain the correct movement pattern. We customize the program to accommodate the delicate recovery capacity of aching backs, a crucial yet undervalued step. Particularly with older individuals and those currently experiencing back pain, our approach stands out.

To kickstart your transformative journey and gain insight into the correct squat form tailored to your unique situation, we invite you to reach out to us to schedule a complimentary 30-minute session. Let's unlock the potential of your squat and pave the way to a stronger, pain-free life.

## About the Author, Next Steps, and Conclusion

Meet Zohar Yermiyahu, the author of this transformative guide and the certified Strength Coach behind Be Stronger Online Coaching. With a background in the Israeli Navy and a passion for fitness, Zohar founded Be Stronger to specialize in helping individuals over 50 strengthen significantly and eliminate chronic back pain through a meticulously designed strength training program and personalized online coaching.



Drawing on his summa cum laude graduation from the Naval Academy and eight years of service as an Operations officer in the Navy, Zohar's commitment to efficiency and effectiveness extends to the realm of fitness. His journey to find the safest and most impactful training method led him to discover the transformative power of strength training for older individuals.

In this eBook, Zohar shares insights into the principles of a correctly designed and executed strength training program, with a special emphasis on squats. The goal is clear: to guide you towards a pain-free, vibrant life by strengthening your back. As Zohar aptly puts it, "It's really hard to explain the feeling of carrying yourself with a much stronger body, and without pain at all."

The journey doesn't conclude with this eBook. Take the next step towards a stronger, pain-free life by scheduling a complimentary session with Be Stronger. Personalized coaching awaits, offering guidance on the correct execution of squats and addressing your specific back pain concerns once and for all.

This session is not just an opportunity to further understand the principles outlined in this eBook—it's your chance to receive personalized advice tailored to your unique situation. Whether you're a beginner seeking guidance on the correct squat form or an individual with specific back pain concerns, this session is designed to provide you with insights and a roadmap to your pain-free journey.

In conclusion, don't let chronic back pain limit you. With Be Stronger's expertise and guidance, you can take charge, follow the principles outlined in this eBook, and truly be stronger. Reach out today, share where you're at and what you most need assistance with, and embark on the path to a vibrant, pain-free life.

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