

My Back Pain Coach Review – Is Ian Hart’s Exercises Scam?

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In this article, we will guide you about **My Back Pain Coach Review** – Is Ian Hart’s Exercises Scam? which will be very helpful for you.

After working extremely hard and searching for back pain relief programs or alternatives for months I have found a lot of them.

But, most of them don’t really work properly, others are extremely hard to follow and some of them are quite expensive. I was really depressed and stuck with my chronic back pain.



What is My Back Pain Coach?

Today we will let you know you about *My Back Pain Coach Review*: Does Ian Hart Program work or Scam? You can easily decide you have to get this program or not?

Do you know, back pain can be an unbearable experience? Not least because most of the popular treatment possibilities just don’t work.

Pain medications have an extensive rang side effects you don’t really want. And more troubling then you expect that even have expensive surgery hardly provide satisfying relief.

So don,t be worried about these days because there are so various quite safe and cheap alternatives back pain treatment alternatives out there. But here is one of the important questions that do they really work?

Ian Hart is one of the best and famous author so far in the market who claim to have a more reliable, safe and efficient treatment for back pain. He strongly claims his “Unusual Method” could easily control back pain within just 16 minutes.

In this article, I will be encouraging you to decide whether he deserves the \$37 he asks for his apparently incredible program.

My back pain coach consists of the special video course that will surely help you to get rid of your back pain while exercising for a few minutes a day.

These videos are quite simple and easy to follow. And all the movements thought in the programs are truly effective in handling back pain problems.

I love those exercises and I strongly believe that back pain patients will find it really convenient for their pain. In this My Back Pain Coach Review, we will show you about each and every phase of this product.

Does My Back Pain Coach Program Work Or Scam?

My back pain coach program is quite simple and easy to follow video course invented by Ian Hart- a former back pain sufferer who succeeded in ultimately saying goodbye to his back problems after many unsuccessful experiments with almost all the famous and well-known back pain treatment possibilities out there.

In this program, he describes the exercises that supported him with his back pain.

The program is not meant to help you to live with pain, it really targets the root of pain for usual healing so that you can get out of your pains and live an absolutely pain-free life.

Back Pain Relief 4 Life
BACKPAINCOACH

+3 Free Bonuses
(60 DAY GUARANTEE)



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After getting the products I was quickly offered with two upsells. There were almost related to this program but very targeted at particular circumstances.

One of them was for dealing with Sciatica and Piriformis syndrome, while the other was a plan for the now-infamous-always-sitting problems. Since I didn't get these upsells, I am not in a situation to reveal what accurately they are.

After skipping both upsell I was able to the training.

So what did I find?

I was impressed by the navigation page. It's much straight forward.

The main course is about 90 minutes as a whole. It has been divided into 3 particular levels with each level lasting for about half an hour.

Ian Hart recommends that you should take the levels one after the other. He said it would be really excellent to practice level one 3 times a day for 3 weeks before going to the next level.

If you truly want more reliable results, I would suggest you follow all this recommendation. You will have a wonderful experience this way.

On the navigation page, you will get two bonuses.



In the first place, there is a "Start Your Day" program. This bonus is very helpful for people with serious back pain.

This program will encourage you to start your day with less pain. In addition to your back, it affects other joints in your body as well such as your hips, necks, ankles, and shoulders among others.

Even though I did a magnificent following Ian's recommendation above, I will make **an exception here**: If your pain is quite unbearable, I strongly believe there's no harm starting your exercise with this bonus.

The second bonus is consists of the Coaching sessions videos. Ian shows you with much valuable stuff here. He describes you on how to get your abs, increase your back mobility and flexibility among other materials. It also involves warning about mistakes that can tough your existing pain. Our My Back Pain Coach Review will show you what the product is.

About The Creator of My Back Pain Coach Program – Ian Hart:

If you talk about Ian Hart is a hub of all trades. He has been running a personal training company in multiple locations across the United States. At his workplace, they act miracles.

Their fitness company has been grown like a weed because they do things very fast, effectively, and best of all, securely.

Ian has got many designations and certifications under his belt. He is a well recognized Certified Strength and Conditioning Specialist (CSCS).



Ian is Equinox Tier 3 EFTI Certified, has 2 Kettlebell Training Records, has a certificate in Integrated Stretching Techniques, and also associates CPR. He has been highlighted in various popular publications like *Men's Health* Magazine and even on the *Men's Health website*.

Ian is the featured expert for health on New York 1 News. He has been shown as a special guest on the Mike and Juliet Morning Show. And most of all, day by day he has been growing his knowledge by working extremely hard toward his Master's in Sports Science.

That is why all over the world, people have been using this effective program to get better their back pain.

The customer success stories are numerous, and Ian understands what it's like.

He had suffered ten years in back pain that is why he knows extremely well how expensive and tiring it can be. Ian will teach you to health!

This My Back Pain Coach Review will present you with very beneficial and effective information about the creator of this program.

How to Follow This Program?

You have to follow one by one the series of all videos included within the program to get results. You will not only get useful videos, but you will also get some bonuses too.

These bonuses are called Sciatica and Piriformis Relief for Life and one that will truly support you to get out of the damaging effects of sitting all day.



[Click Here To Buy Now](#)

Most of the people have been working office jobs, so this is very perfect and super convenient for you. The sciatic nerve is the biggest in the body, says Ian Hart's experience.

Hence, should it ever become compressed or contorted, you end up with terrifying pain! Having this kind of resource will be quite beneficial should this ever happen (but we hope it doesn't).

Ian Hart calls sitting position a "silent killer". Even if you are healthy, your back and neck can be damaged.

Delivery style

Where I put Ian Hart extraordinarily high is how he presents the course. The guy seems like an expert coach to me. His emphasis style is very magnificent.

He doesn't only show the stuff, he also performs every kind of movement right in front of your eyes to help you to catch what he's coaching perfectly.

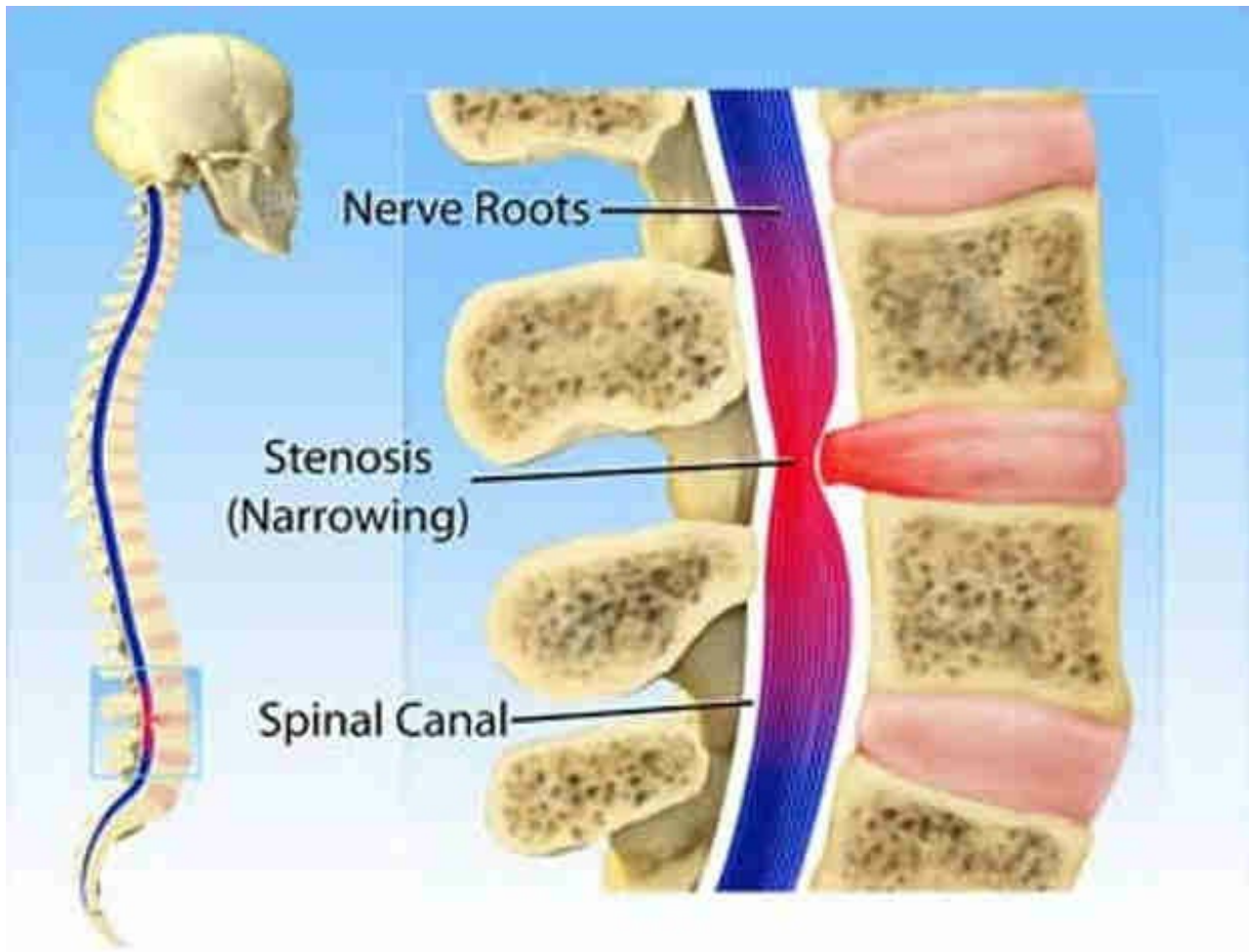
This back pain course has a diagram that is also quite important. And more also the practices are very easy to follow. Even you don't need to overwork yourself to work them.

They aren't requiring. The best thing about the course is that you can perform outside your home as well if you want.

Effectiveness

On the top of his program, Ian Hart makes a really strong claim that his "Unusual Method" can help relieve back pain within just only 16 minutes.

While this might not be good for every back pain patient, the major purpose of the exercises is to help you efficiently. Though you might not view a complete relief right away, over time, you will know the effectiveness of those movements on your back.



I think that even those without dangerous back pain problems could really see this cause important. It's packed with much helpful information.

The exercises thought in the program could help you to control a healthy and natural body construction. This is a very important thing if you want to avoid difficulties with your body in the future. This My Back Pain Coach Review will show you how to use this program.

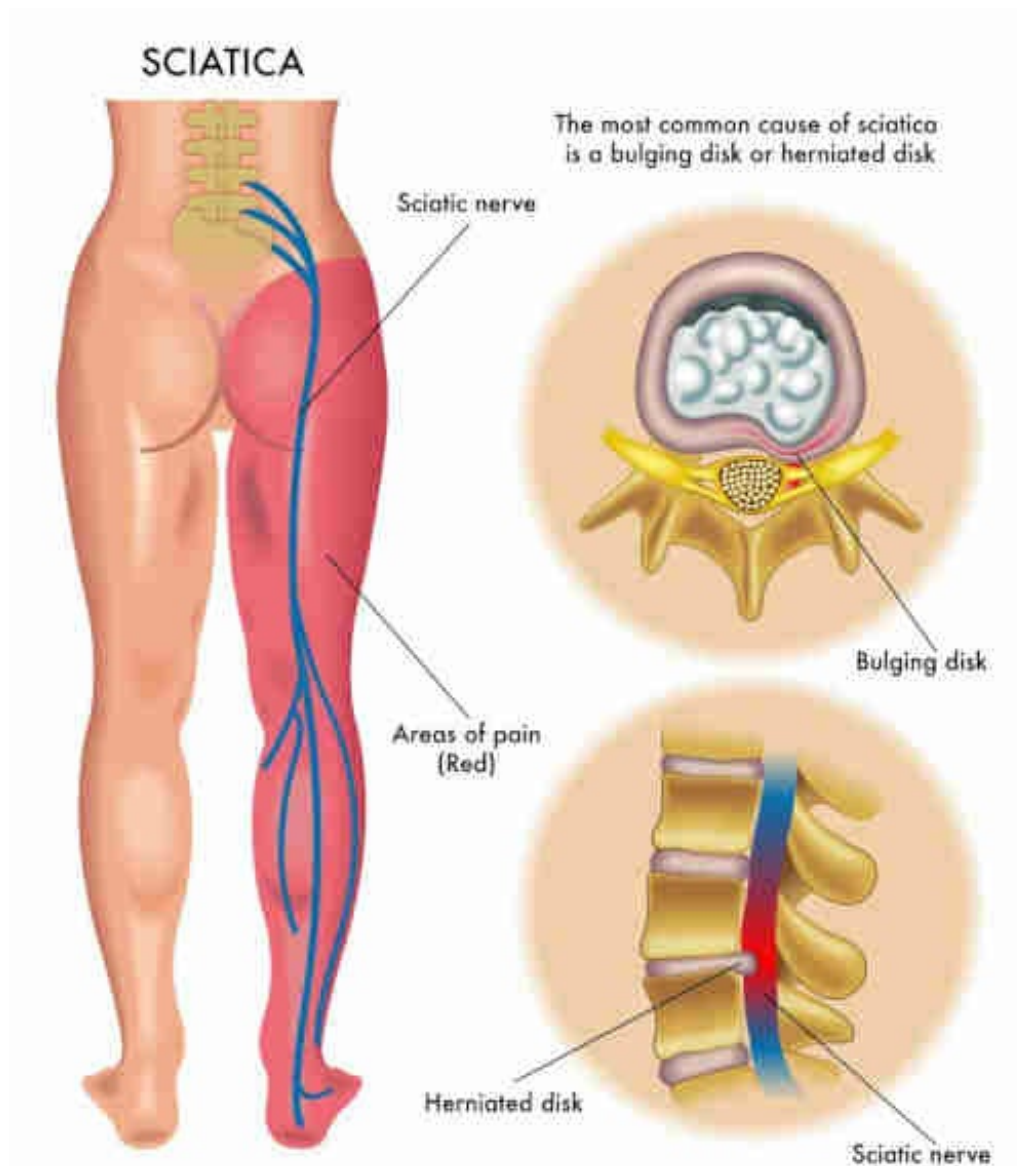
What Will You Learn from My Back Pain Coach?

Here you can read a wonderful deal from My Back-Pain Coach. First of all, you are going to view how to relieve your back pain is a really effective and natural way.

Also, you can learn how to perform it following only exercised produced by a real live personal trainer, with many certifications under his belt.

All you have to do just watch some videos that would be 16 minutes long-great for us hard-working parents and career people-and then you will see the way to make good health. Moreover, there are only 8 techniques in the whole video, making it much convenient for you.

There are so many videos to analyze in this particular program. The library is very extensive. You just need to follow a three-level of this program. Each level is approximately 30 minutes long. That's about the time of a primary exercise.



You can view the perfect stuff to do so that your all problems can be solved very smoothly. This would be succeeded through ten coaching session videos in which Ian Hart tells you about particular situations, like "How to Recover Your Back's Flexibility and Mobility" or "8 Critical Mistakes That Make Your Back Pain More serious."

You can read about the best time to do this exercises-for example Ian has designed one that should be made at the start of the day. It is named the (spoiler alert!) Start Your Day Program, and it is a full-body system.

You can easily understand how this course gets rid of pain in different areas of the body, like neck, shoulders, and ankles.

So, you will not only get you back on the program but also the different parts of yourself. This is our back pain coach will show you what you will learn from it.

My Back Pain Coach Review – The Pros & Cons:

Here you can see our back pain coach pros and cons so that you know if this eBook is perfect for you: –

Pros

- The best part of it has a Money-Back Guarantee. Ian Hart never wants you to be unhappy or unsatisfied in any kind of circumstance. So now You should take the benefit of a 60-day money-back guarantee if you really need it. You are even enabled to keep the course as a gift of appreciation, tells Ian. That is quite a nice policy.
- Exercises are great for you to follow. The exercises are very convenient and simple to perform. They are not stressful on the body, like weightlifting or cycling. You would feel like you are working out, which will definitely enhance your mood and make you feel much better to take on the day. Your body will come back more strong as it goes through the healing steps. The more you can achieve them, the more helpful it gets.



- There are various customer testimonials. The website itself has a great library of quality customer recommendations.
- It's available at a very affordable price just only 37 dollars. It's not too costly that is why you can easily get it.

Cons

- One weird thing is that it comes only an eBook format and all of the videos can be seen on a device like a smartphone, laptop or tablet. So, you may have to face some problems getting this hooked to your TV if you're the kind that wants it on there. Plus, if you want some physical books, that is not ready.
- There should be a little bit more text instruction about what do to. Not everybody wants to view a video, and not all of us will be in a situation where you can easily watch the videos upon waking up (say the internet goes down). Therefore, having a manual to connect to might be helpful.

Some General Concerns About the Program:

Will you have to be spending every month? Are there any recurring fees?

There is one thing puts off various people from these kinds of programs is the well-disliked recurring monthly fees. Gratefully, this powerful program has none. The price is just only 37 dollars Ian Hart asks his program.

But on the other hand, if you want to get any of his upsells, you would have to pay extra. But if you do not, there is no any kind of additional or hidden charges in this program.



Does My Back Pain Coach Work or Scam?

Yes! of course, the biggest indication of this is going to be the video testimonies that can be seen right on the website. Any time you can go just have a look and learn for yourself how men and women everywhere have supported by Ian's program.

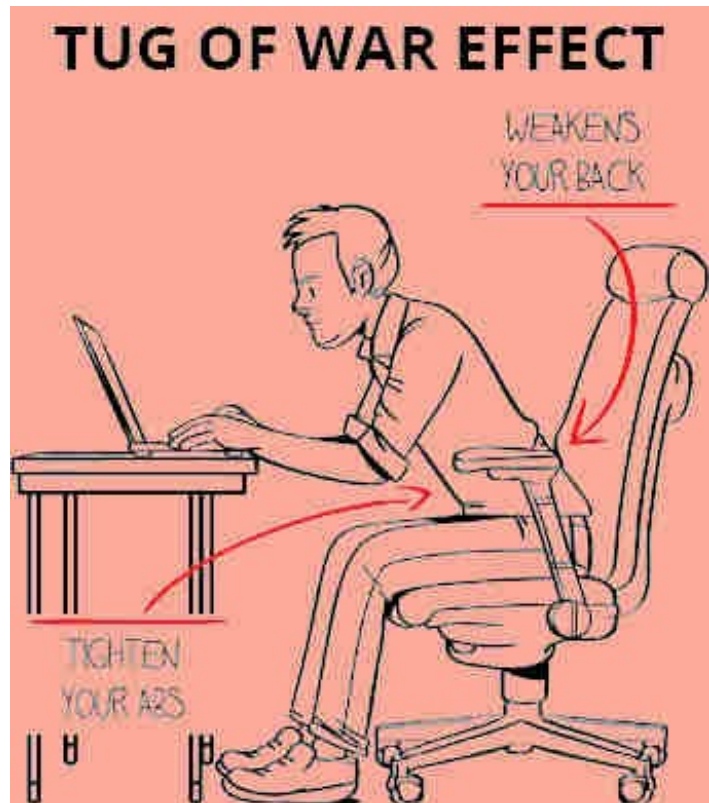
And don't take any stress or pressure if you really think you can't do it. Ian shows you the perfect ways of getting up and down on the floor, avoiding pain and injury. You can learn to use these techniques daily exercises for a better, more comfortable experience.

[Click Here To Buy Now](#)

Performing all these movements and listening to Ian Hart talk about them will reveal to you why and how they are very important, and why they support you.

You will definitely appreciate the changed flexibility, mobility, and overall satisfaction that the My Back-Pain Coach program makes.

It's extremely an all-natural, effective way to feel much better about yourself and get your back healthy again. This My Back Pain Coach Review will show you whether this program work or scam.

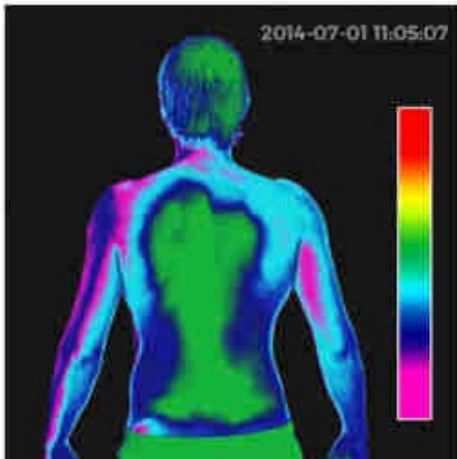


8 Particular Movements Of The Program:

Here we'll show you some effective ways that how the program works and what the real factors are. My back pain program is based on 8 movements of the body.

It is very important to add that doing all of them, in a particular order is the key. Jumping a movement or two isn't something you should do.

BEFORE



25 MINS
LATER...



AFTER



The warmer colors indicate an immediate release of blood, bringing healing biochemicals, oxygen & nutrients to the back and spine

I even practice this and I have got a less-effective result. But, when performed all of them, in a specific order, back pain relief is more than just achievable. Anyway, the movements are:

- **Activating the imbalanced muscles** – This very first movement of the program is fully ready to activate your muscles which are imbalanced and which are the major reason for the pain. The movement is specially designed to help your body to make them for pain relief.
- **Activating hip muscles** – While performing this step, you have to activate the dormant hip muscles. So, this is the area where you will have to push to activate all imbalanced muscles in your back.
- **Improving the blood flow** – Might be you have noticed that the blood flow or the circulation especially in the lower back significantly rises. This step is produced to help you to get more power and improve the better lower back movement.
- **Curing the lower back** – The 4th movement is the same as the third one. You will have to give more blood to the lower back which will have great results. You can view more power and warmth around the muscles.
- **Decompression of the lower back muscles** – This movement is especially designed to decompress or decrease the pressure on the lower back muscles. The result is very different and the first results are instantly seen. I liked this movement the most and I strongly believe it is one that makes a magnificent difference.
- **Restoring the alignment** – The second most important part of the program is that my muscles are much healthy balanced and the pain started to reduce significantly. All of which affects the muscles around your spine, which make the real pain.

- **Pulling spine, back, and hips into the natural position** – And now you can see that muscles around hips, spine, and back, in usual, are growing their natural position. The overall result is very powerful no less and it will make you feel so much more satisfying. I know because I did get all of the benefits of the program.
- **Restoring the blood flow to the spine discs** – The last step of the program is a little bit difficult to perform but the most rewarding. It provides the blood to the spinal discs and makes a huge difference. The old blood which is low on nutrients will be destroyed. New blood enriched with chemicals and nutrients will be started instead. The overall result is the complete recovery of back pain.

Might be you" feel that all of these movements may look too simple and easy or like an already understood thing. But I must tell you one thing that the combination of the movements, worked in a particular order is something that will only make the whole difference.



As such, relax and watch the video carefully and to the point. I noticed the first improvements after the first time I have done all 8 movements, so shall you. This My Back Pain Coach Review will give you very authentic information about 8 movements of the program.

Additional Features of My Back Pain Coach:

I would like to state that there are two additional features with the program. I got and yes, I performed both of them very easily.

They are quite easy and they are designed to assist you to learn how and why this program really works. Besides, the second, additional feature is a big game-changer which supported me to know this is more than just a plain video program.

The **first added feature you** will be able to apply is a further video of **9 video sessions**. Each one is designed to help you understand why these movements act and what you actually get with them.



The sole purpose is to really know why you should practice the movements in question. After that, you will become a specialist and you will be able to express to another user why the program works. After all, I explained all of this to you right now.

The second **feature is one to one coaching**. You will receive a personal email from Author Hart and you can contact him at any time you want. I did this several times and I always got a significant answer which helped me to solve all my problems.

Always remember one thing that Hart or some of his experts will reply to your email. The advantage of this feature is the ability to adjust the program for your specific requirements.

It is also valuable for getting a deep explanation of any movement or the step of the program. In fact, I still practice this feature infrequently, when I want to examine something new or when I require an answer to a question.

I would like to tell you these two further features are more than just you needed and they are something that makes a huge difference.



In a nutshell, you will be able to get an extraordinary program according to your specific needs. **This is very unique nowadays and it is something that cannot be taken from most, other programs of this type.**

Can this program help me to avoid surgery?

If you are informed you require surgery because of a back pain difficulty, the most important is to try and converse with your medical doctor. They would be in the right position. This My Back Pain Coach Review will tell you about its features.

Here Is My Back Pain Coach Result:

Day 1 – 14: Back Pain Relief 4 Life Program

As I woke up early morning, as usual, I start feeling the pain at my lower back. Getting out of bed is already give the most beneficial advice in this regard.

The program is all about growing your muscle imbalance to better counter its negative consequences. And the reason why this program is very helpful is the fact that most back pain problems are usually not due to severe problems.

They are quite easy mechanics. So the program put all the focus on restoring the right mechanics of your body like be of great help to several of the millions of people who have been suffering from back pain.

After breakfast, I proceeded with Level 1 as it was held by Ian Hart, regardless of how healthy your back can bee.

Everyone needs to start at Level 1.

The goal is to ease yourself in the program and familiarize yourself with the movements. He emphasized on getting the form right and giving more attention to small muscles in our core.

By stimulating these micro muscle fibers, we can support the important muscle group that's been weakened. He insisted that we act on it for at least 2-3 weeks before going on to the next level.

My back was felt weak when I tried to straighten it in one of the exercises. I try the muscle really working together.

Also, I need to make sure I get my food right or not. I need to have a very right well-balanced food with sufficient protein to repair and increase the muscle. Examples of protein I apply chicken breast, egg white, high protein milk, greek yogurt, and fish.

Above all, sleep is very important for complete recovery too. I try to get 8-9 hours of sleep every night on the time.

From the starting few days, it was very hard for me. Like any program out there, the beginning is usually the most challenging element. I stayed engaged and determined.

After very next week, I have seen a huge difference from before. It was less painful and I was able to turn down and touch my toes. Quite amazing honestly.

Day 15-35: Increase Intensity

With a similar suggestion, I have to complete perform level 2 for at least 3 weeks before going on. Each level lets you constantly push yourself more from before, growing all the major muscle groups.

It's not about getting it achieved quickly but rather learning each technique down.

At this point, I can just walk and perform light jumps without feeling any disturbing pain.

Infrequently I may still feel the little pain when I take big stuff (I know I shouldn't) and when I use to sit for a long time.

My mobility has surely developed drastically. Now I have been feeling as if I am a normal person again. My back is getting more powerful by the day.

Day 36-Beyond - The Best Part

Level 3 is a little bit hard but well worth it. I begin to experience life without pain. I am shocked by how effective these workouts. A little tweak here and there from your movement makes a much of difference.

I have got signed up for the gym after 5 weeks of the program. It is not essential for you to do this program. It is just my favorite and I wanted to get back into shape.

I proceeded to follow through level 3 and I begin using weight for my back exercises. Nothing too risky.



The little bit of pain does not bother me as much anymore. When I perform the remaining 3 weeks of the Back Pain Relief 4 Life program, I'll be transforming to sports.

To increase your understanding and to stimulate the restorative process, two amazing materials are provided as bonuses such as **'Begin Your Day'** program and **'Your Coaching'** videos.

These include a warm-up video, which should be worked to hit your neck, shoulder, and ankle before you begin an exercise session to minimize the risk of injury.

The extra sessions from Your Coaching help you to understand the mind-body connection. The video will support you to increase your training and make you more strong than before. This My Back Pain Coach Review will explain to you what results I get from it.

About Refund Policy:

I,m damn sure he would. Even though I didn't charge for a return But trying by the content of the book and its very effectiveness, I do not consider he would want to destroy his product by making it very hard to get a return. This My Back Pain Coach Review will tell you about its refund policy.

My Back Pain Coach Review – The Verdict:

This is a brilliant program in all kinds of age people that will get you back to where you want to be in life. Go and check out the testimonials of the customers who have followed this program and decide if it is perfect for you.

Take strength, as the activities are intended for people of all ages and skill levels. You don't need to be an Olympic athlete to perform these! you have to go online to the website and get your copy today.

The more you wait, the more it's going to hurt you, and the more life you will miss out on. Best of luck for quick relief!