



Back Pain at the Gym: Avoiding Common Exercise Mistakes

Working out at the gym is a great way to stay fit and healthy. However, many people experience back pain after hitting the gym. In some cases, it could be due to an underlying medical condition, but most of the time, it is caused by exercise mistakes made while working out.

Learn more - <https://www.healthlifelive.com/back-pain-at-the-gym-avoiding-common-exercise-mistakes/>