

**Custom - STRETCHING GUIDELINES**

**Image 1 - Start**



**Image 2 - End**



Directions for Exercise

1. Hold positions for 20-40 seconds. Repeat 1 time daily
2. Do 1-2 sessions per day, 4-6 times per week.
3. Achieve stretch position gently, no bouncing or jerking
4. The stretch position should have a tight feeling, never pain!
5. Warm up the muscles before stretching with 5-10 minutes of light activity
6. Stretch both sides of body, hold tighter sides twice as long
7. Deep inhalations and slow counts of 4 for the exhalation.
8. Relax muscle being stretched.
9. Gently deepen stretch with each exhalation but never to pain.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="1"/>		<input type="text" value="0"/>

**Custom - STRETCH (SPINAL ROTATORS/LOW BACK)**

**Image 1 - Start**



**Image 2 - End**



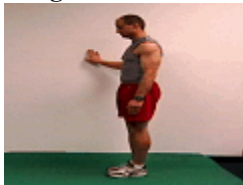
Lie on back with feet on floor. Cross right leg over left then rotate legs and hips to the left until a stretch is felt in right side of lower back/hip area. Switch and repeat to other side

Note: Keep shoulders down flat on the ground at all times.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="1"/>		<input type="text" value="0"/>

**Custom - STRETCH (QUADRICEPS- STANDING)**

**Image 1 - Start**



**Image 2 - End**



Grab ankle with same side arm. Pull heel toward buttocks until a stretch is felt in front of thigh. Keep bent knee aiming towards the floor.

Special Note: Squeeze/contract buttocks together. Do not arch low back. Maintain good upright posture.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="1"/>		<input type="text" value="0"/>

**Custom - STRETCH (NECK/SCALENES)**

**Image 1 - Start**



**Image 2 - End**



Gently grasp left side of head with right arm. Reach to the floor with the left arm. Tilt right ear to right shoulder until a gentle stretch is felt in left side of neck. Switch and repeat to other side

Special Note: Keep chin tucked in. Depress shoulder reaching to floor or reach behind back. Isolate head movement only. Stabilize upper body

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="1"/>		<input type="text" value="0"/>

**Custom - STRETCH (HIP/EXTERNAL ROTATORS-SEATED)**

**Image 1 - Start**



**Image 2 - End**



Sit and cross right ankle over left knee. Gently pull right knee into chest until a stretch is felt in right hip/buttock area. Switch and repeat to other side

Special Note: Maintain upper body posture do not hunch forward. Lean forward at waist for increased stretch.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="1"/>		<input type="text" value="0"/>

**Custom - STRETCH ( PECTORALS)**

**Image 1 - Start**



**Image 2 - End**



Stand in doorway with left arm extended straight out and bent 90 degrees. Move forward and turn slightly to the right until a stretch is felt in front of the left shoulder and chest. Switch and repeat to other side.

Special Note: Leg opposite of the involved arm should be forward. Maintain upright posture. Raise and/or lower arm height for varied stretch positions

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="1"/>		<input type="text" value="0"/>

**Custom - STRETCH (GASTROCNEMIUS)**

**Image 1 - Start**



**Image 2 - End**



Stand as shown. Straighten right knee. Lean forward until a stretch is felt in rear of right lower leg. Switch and repeat to other side. Keep right heel on floor Emphasize

Special Note: Moving back leg further from wall deepens stretch. Slightly turn body inward or outward to isolate different calf fibers. Maintain good posture do not bend at waist.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="1"/>		<input type="text" value="0"/>

**Custom - STRENGTH GUIDELINES**

**Image 1 - Start**



**Image 2 - End**



1. Allow 5- 10 minutes of light aerobic activity and/or dynamic stretching first.
2. Exhale on exertion, draw in navel to activate core
3. Allow 1-2 days of rest between strength training same muscle group
4. Allow 30-45 seconds rest after each set
5. When crunched for time do 1 set of each exercise first then try to repeat as many as you can.
6. Do two exercise back to back in the order shown then repeat.
7. Three strength workouts/week
8. Follow strength workouts with static stretching routine.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="1"/>		<input type="text" value="0"/>

**Custom - TABLE TOP ( ON PHYSIO BALL)**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Support head and neck on ball keeping hips and shoulder the same height knees bent with feet positioned under the knees. Hands gently touching the floor(Note: squeeze the glutes and keep butt up to activate more of the hamstrings and core). Movement: Keeping the stomach tight, simultaneously extend arm and opposite leg. ( If you extend the right arm you will extend the left leg) Ideally, the arm and leg will be extended to the same height being in line with the rest of the body. Hold at the top position for 2-3 seconds. Return to starting position and then alternate arm and leg. Do not arch your low back. To increase intensity do not hold onto the floor for support.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
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Set 1	10	at	0
Set 2	10	at	0

**Custom - STANDING TUBING ROW**

**Image 1 - Start**



**Image 2 - End**



Starting Position: anchor tubing at hip height, step back to appropriate resistance level (Further back more difficult) with opposite leg back in a staggered stance. Grasp handle rotate and row back pinching shoulder blade with bicep and upper back muscle(lats). Switch and repeat.

Notes:

Step back with a lunge or squat to increase intensity

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	18	at	0
Set 2	18	at	0

**PLYOMETRICS - JUMPING JACKS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand with your feet close together and your arms at your sides. Movement: Exhale as you jump to an open leg position while pulling your arms up above your head. Inhale as you return your arms and legs back to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	100	at	0
Set 2	100	at	0

**Custom - HIP BRIDGE**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Lie on an exercise matt with your knees bent and feet flat on the floor shoulder width apart. Movement: - Exhale and draw in your navel as you raise your hips up by squeezing your hamstrings and buttocks. Hold top position 2-3 seconds keep low back neutral do not arch. Lower hips just above the floor then repeat as required

Notes:

Pull one leg into your chest and perform on one leg to increase intensity or put feet on a stability ball

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	18	at	0
Set 2	18	at	0

**Custom - SHOULDER (HORIZONTAL ABDUCTION)**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand or sit on ball or chair. Arms extended out in front of you grasping band with palms facing upward towards ceiling at shoulder height. Movement: Pull arms straight back even after the band hits your upper chest. Keep elbows straight and pinch your shoulder blades at the end of the range of motion. Pay attention not to arch your low back while pinching your shoulder blades.

Notes:

Stand on one leg to increase intensity.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	20	at	0
Set 2	20	at	0

**PLYOMETRICS - MOUNTAIN CLIMBERS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Bend at your waist to place your palms shoulder width apart on the floor. Bring your right knee in towards your chest with your foot on the ground, and stretch your left leg back.  
 Movement: Exhale as you rapidly switch the position of your legs from bent close to your chest to stretched out behind you. Keep your back flat. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	100		0
Set 2	100		0

**Custom - SIDE WALKS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Tie band into a loop and slide it onto your ankles. Movement: Walk the length of the room with hands on hips then walk back facing the same direction. Keep knees straight as you walk and keep your feet pointed straight ahead.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	50		0
Set 2	50		0

**Custom - STANDING PUNCH PRESS**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand upright feet shoulder width apart with tubing attached behind you at shoulder height. Movement: Punch arm straight forward shoulder height keeping the rest of the body still. Just move your shoulder and arm. Repeat as required. Move forward if greater resistance is required.

Notes:

Step forward and lunge to increase intensity make sure to have one band in each hand.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	18		0
Set 2	18		0

**CARDIOVASCULAR - CARDIO - STAIR MILL**

**Image 1 - Start**



**Image 2 - End**



Stair Mill

Notes:

Use your steps at home

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	2		0
Set 2	2		0