

**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="0"/>		<input type="text" value="0"/>

**Custom - QUADRIPEDE (ON PHYSIO BALL)**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Place a physio ball underneath your hip. Keep your upper body parallel to floor arms slightly bent hands slightly in front of the shoulders. Keep feet slightly apart in a toes down position. Movement: Keeping the stomach/core tight raise and extend your arm and opposite leg. (If you extend the right arm, you will extend the left leg, and vice versa) Hold the extended position for 2-3 seconds and then return to the starting position. Alternate arm with opposite leg and repeat.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="8"/>		<input type="text" value="0"/>

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

**Image 1 - Start**



**Image 2 - End**

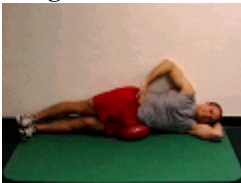


Starting Position: Support head and neck on ball keeping hips and shoulder the same height knees bent with feet positioned under the knees. Hands gently touching the floor (Note: squeeze the glutes and keep butt up to activate more of the hamstrings and core). Movement: Keeping the stomach tight, simultaneously 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>
Set 1	<input type="text" value="8"/>		<input type="text" value="0"/>

**Custom - CORE (QUADRATUS LUMBORUM)**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Lie on your side with hips and shoulders pressed against a wall. Place a few pillows or stability disc under your hip/thigh. Make sure shoulders and hips are stacked directly on top of one another. Movement: Raise both legs slightly higher than hip height and hold for 3-5 seconds with your upper torso and low back muscles keep both feet facing straight forward. Lower than repeat as required. Make sure hips and shoulders stay against the wall. If exercise is too difficult move stability disc 1 inch closer to your feet or to intensify the exercise move the disc 1 inch closer to your shoulder blade.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	<input type="text" value="10"/>		<input type="text" value="0"/>

**Custom - CORE (INTERNAL OBLIQUE- ANTERIOR FIBERS)**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Lie on your side with a stability disc/ pillow underneath your shoulder and hip region. (The closer the disc is to your hip the more intense the exercise will be). Keep your hips and legs bent 90 degrees. Upper body slightly facing ceiling. Movement: Side bend in a diagonal direction with top arm fully extended reaching across the body. Hold at the top position for 3-5 seconds isolating the upper torso region. If too difficult move pillow closer to shoulder blade.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0

**Custom - CORE (MULTIFIDUS)**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Lie on your side with hips and shoulders pressed against a wall. Place a few pillows or stability disc under your hip/thigh keeping upper body slightly elevated higher than your hip. Make sure shoulders and hips are stacked directly on top of one another pressed against the wall. Movement: Rotate top leg so toes point upward towards the ceiling (bottom leg stays straight forward) then raise both legs slightly higher than hip height and hold for 3-5 seconds with your upper torso and low back muscles. Lower than repeat as required. Make sure hips and shoulders stay against the wall. If the exercise is too difficult, move disc/pillow 1 inch closer to your feet or to intensify the exercise move the disc 1 inch closer to your shoulder blade.

Notes:

Lean body and pillows against the wall.

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

**Custom - CORE (INTERNAL OBLIQUE- LATERAL FIBERS)**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Lie on your side with a stability disc/ pillow underneath your shoulder and hip region. (The closer the disc is to your hip the more intense the exercise will be). Keep your hips and legs bent 90 degrees. Upper body facing forward. Movement: Side crunch and rotate top shoulder to the top knee. Hold at the top position for 3-5 seconds isolating the upper torso region. If too difficult move pillow closer to shoulder blade.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	15		0

**Custom - CORE (ILIOCOSTALIS)**

**Image 1 - Start**



**Image 2 - End**

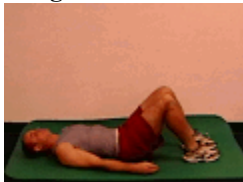


Starting Position: Lie on your side with hips and shoulders pressed against a wall. Place a few pillows or stability disc under your hip keeping upper body slightly elevated higher than your hip. Make sure shoulders and hips are stacked directly on top of one another. Movement: Rotate top leg so toes point downward towards the floor (bottom leg stays straight forward) then raise both legs slightly higher than hip height and hold for 3-5 seconds with your upper torso and low back muscles. Lower than repeat as required. Make sure hips and shoulders stay against the wall while top leg stays rotated downward without top hip rotating away from the wall. If exercise is too difficult move disc/pillow 1 inch closer to your feet or to intensify the exercise move the disc 1 inch closer to your shoulder blade.

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

<u>Set Name</u>	<u>Reps / Time</u>	<u>Weight / Level</u>
-----------------	--------------------	-----------------------

Set 1  at

**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.

Set Name Reps / Time Weight / Level  
Set 1  at

**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.

Set Name Reps / Time Weight / Level  
Set 1  at

**Custom - SHOULDER (EXTERNAL ROTATION)**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand or sit on a ball, grasp band with palms upward elbows bent 90 degrees. Movement: Rotate arms apart pinching shoulder blades together keeping elbows to your side. Pay attention not to arch your low back while pinching your shoulder blades.

Set Name Reps / Time Weight / Level  
Set 1  at

**Custom - SHOULDER (OVERHEAD BAND PULLDOWN)**

**Image 1 - Start**



**Image 2 - End**



Starting Position: Stand or sit on a stability ball. Grasp band overhead palms facing forward shoulder width apart. Movement: Pull band behind your back keeping elbows locked out straight. Pull band below your shoulder blades to hip height then raise slightly above your head then repeat as required. Make sure palms are facing forward at all times. Do not arch your low back. The fitness band should be approximately 1-2 inches from your body.

Notes:  
Keep palms facing forward throughout entire movement.

Set Name Reps / Time Weight / Level  
Set 1  at