

# Warm Up

## Neck rotations with extension and flexion

- Note: All four directions are considered one repetition. Perform 10-12 repetitions.
- Standing with feet hip width apart, gently and slowly rotate your head to the left then back to the center (eyes and head facing forward.) Pause, and rotate to the right



# Warm Up

Neck rotations with extension and flexion

- From the center position, flex the head down bringing the chin as close to the chest as you comfortably can then back to the center.





# Warm Up

## Neck Rotations with extension and flexion

- Once again, from the center, tilt your head back extending your neck and return back to the center starting position. All four directions are one repetition.



# Warm Up

## Shoulder Rolls

- Start by shrugging your shoulders slowly toward your ears.



# Warm Up

## Shoulder Rolls

- From the shrugged position, roll your shoulders back and down to the starting position. Complete 10-12 repetitions.





# Warm Up

## Shoulder External Rotations

- While standing, flex your elbows to 90 degrees while keeping them extremely close to your body.



# Warm Up

## Shoulder External Rotations.

- Imagine there is a rod acting as a pivot point straight up and through your elbow. Rotate around this pivot point as far as possible and then return back to the starting position. Repeat 10-12 times.

# Warm Up

## Scapular Retraction.

- While standing, place your hands on your hips.





# Warm Up

## Scapular Retraction

- While your hands are on your hips, pull your elbows back and imagine trying to squeeze a pencil between your shoulder blades. Return to the starting position and repeat.



# Warm Up

## Shoulder abduction with external rotation

- Elevate your elbows out to the side so they are at or just below shoulder height with an approximately 90 degree angle at the elbow itself. The palms should be facing toward the ground.





# Warm Up

## Shoulder abduction with external rotation

- Draw your hands up as if you were creating a field goal with your arms. Make sure your elbow position does not drastically change. Perform 10-12 repetitions.





# Warm Up

## Heel to Toe Walking

- As you walk and naturally land on your heel, transition to the tips of your toes raising your heel high off the ground. Perform 12 repetitions on each side.



# Warm Up

## Walking knee Lift

- While standing with feet parallel step forward with one leg and flex the opposite hip and knee upward toward the chest.
- Grasp the front of the flexed shin and use the arms to pull the knee further toward the chest. Additionally, try to pull the toes up on the same leg that is pulled toward your chest while lifting the heel of the foot planted on the floor. Pause for a moment, then lower the leg back down and repeat the movement on the opposite side. Perform 10-12 repetitions.





# Warm up

## Knee Flexion

- Standing with feet parallel and about hip width apart, shift your body weight onto one leg while bending the opposite leg at the knee and slowly raising the heel as high as you comfortably can. Bring the elevated foot back to the ground and repeat the movement. Perform 10-12 repetitions on each side.





# General Exercise Guidelines

- Perform each repetition with proper form. If you feel as though your technique is diminishing, take a rest break before you try again.
- Always exhale during the concentric or upward movement portion of an exercise and inhale as you return to the starting position.

# Exercises

## Squat

- Raise the hands up to shoulder level with the palms facing the ground and thumbs turned slightly in toward the chest.
- While standing, position the feet so that they are shoulder width or just slightly wider apart with the toes pointing slightly out 15-30 degrees (imagine both feet are on the center of a clock, your left foot should be at about 11 and your right foot should be at around 1.)





# Exercises

## Squat continued

- Initiate the movement by pushing the hips back and bending at your knees. Keep your chest up and lower yourself until your thighs are parallel with the ground. If that is too deep, move so that the depth you achieve does not cause elevation of your heels off the ground or cause your knees to turn inward. Perform 2-4 sets at 8-12 repetitions.





# Exercises

## Push Up

- Raise up onto your toes so you are balanced on your hands and toes. Keep your body in a straight line from head to toe without sagging in the middle or arching your back. Your hands should be in line with your shoulders and your elbows should be close to your body.
- Your feet can be close together or a bit wider depending upon what is most comfortable for you. Keep a tight core throughout the entire push up. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90 degree angle.
- Exhale as you begin pushing back up to the start position
- Don't lock out the elbows; keep them slightly bent. Don't let your hips sag during any part of the movement.



# Exercises

## Bird Dog

- Starting on your hands and knees gently brace your stomach muscles. Lift and extend one leg behind you while raising the opposite arm out and in front of you to shoulder level. Keep hips level. Hold for a moment and then switch to the other side. Repeat 8 to 12 times for 2-3 sets. While doing this exercise don't let the lower back sag. Only raise the limbs to heights where the low back position can remain in alignment.





# Exercises

## Lunge

- Standing with feet shoulder width apart take an exaggerated step forward with one leg while keeping the torso and spine vertical. Bend simultaneously at the rear and front leg until the rear leg is 1-2 inches from the ground. Push off the floor by straightening the forward leg and return to the starting position. Repeat 8-12 times on each side for 2-4 sets.





# Exercises

## Forward Plank

Lie face down on a floor resting on the forearms. Push off the floor, raising up onto the toes and resting on the elbows/forearms. Keep your back flat and in a straight line from head to heels. Contract your abdominals to prevent your rear end from sticking up or sagging. Hold for 20 to 60 seconds rest then repeat 2-3 more times.



# Exercises

## Side Planks

Lie on side on mat. Place forearm on mat under shoulder perpendicular to body. Place upper leg directly on top of lower leg and straighten knees and hips. Raise your body upward by straightening the waist so your body is ridged and aligned. Hold position 15-30 seconds. Repeat with opposite side. Rest and repeat 2-3 more times.





# Post Workout Stretches

- All positions should be held for thirty seconds to one minute.
- Slowly and gently move into the stretched position.
- Do not bounce during any phase of stretching.

# Post workout stretches

## Hamstring Stretch

- While lying on your back use a rope, band or belt to wrap around the ball of your foot and gently pull your leg up and away from the floor while keeping the knee completely straight until a stretch is felt in the back of the leg. Hold for 30 seconds, lower the leg and repeat on the opposite leg.





# Post Workout Stretches

## Pigeon Pose

- Start by kneeling on the ground then stretch your left leg out behind you and bend your right leg so that your right foot is near your left hip and slowly lean into the bent right leg until you feel a stretch in the back of the buttocks on the right side.



# Post Workout Stretches

## Downward Dog

- Start on your hands and knees with the palms flat on the floor and hands parallel. Gently straighten your legs to raise your hips and slowly lower your heels toward the ground as you do this, draw your tailbone up and away exaggerating the arch in the lower back.

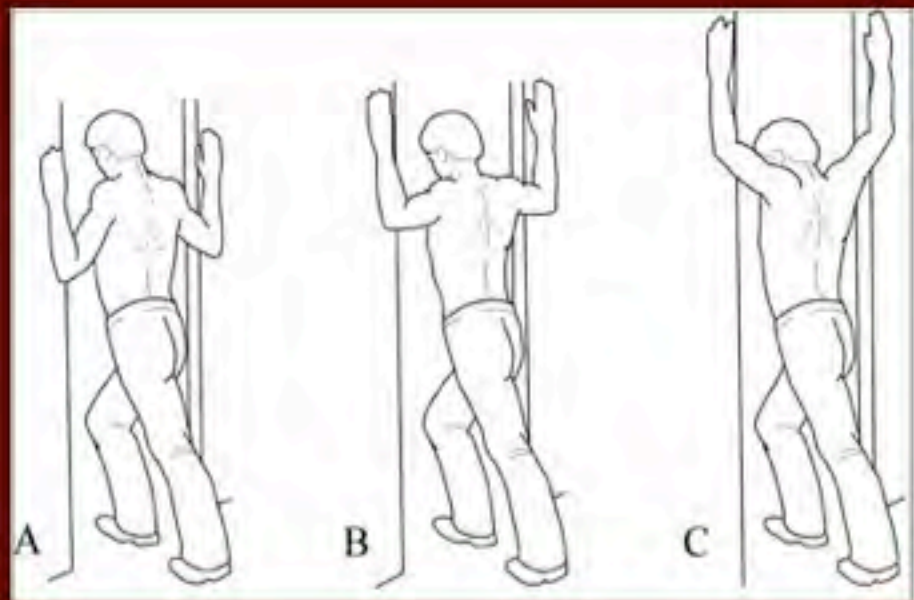




# Post Workout Stretches

## Pectoralis Stretch

- In a doorway, position your arms slightly below 90° resting on the door frame and lean forward. You should feel a nice stretch across your chest. Hold for 30 seconds. Next, repeat with your arms at 90° and then again slightly above 90°.



# Post Workout Stretches

## Overhead Triceps Stretch

- While Grasping one elbow with your opposite hand. Pull the elbow back and toward your head. Switch sides after holding.





# Post Workout Stretches

## Kneeling Lat stretch

- Kneel down on the floor. Separate your hands so that they are shoulder width apart and reach out in front of you as shown in the picture. Try to lower your shoulder blades toward the ground until you feel a stretch in the lats (back muscles). Hold for 30 seconds.

