

General Tips

Discontinue the exercise if proper form cannot be maintained.

STOP the exercise if you feel pain from the position or movement patterns.

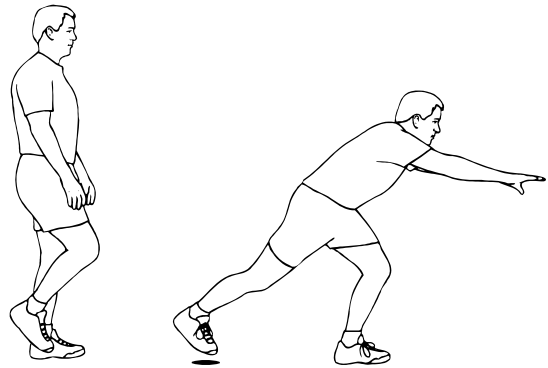
Do not hold your breath during the exercise.

Stabilize the spine throughout each exercise by drawing navel up and in toward spine and holding.

Ensure complete recovery between exercises or sets.

Check all equipment for defects prior to each exercise session.

LOWER EXTREMITY - 5 Squat: Single Leg

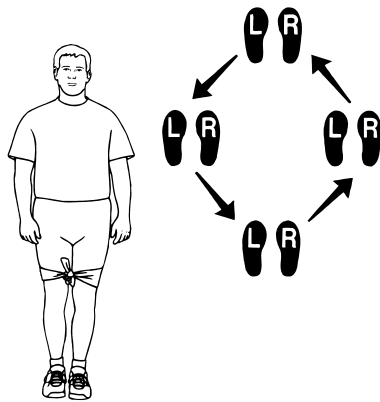


Stand on left foot. Reach forward for balance and squat. Keep knees in line with second toe. Knees do not go past toes. Reach non-stance leg back for balance.

Do 3 sets of 10 repetitions each leg

LOWER EXTREMITY - 10 Band Walk: Diamond Stepping

Tie band around legs, just above knees. Step in pattern of a diamond. Repeat in opposite direction for one diamond.

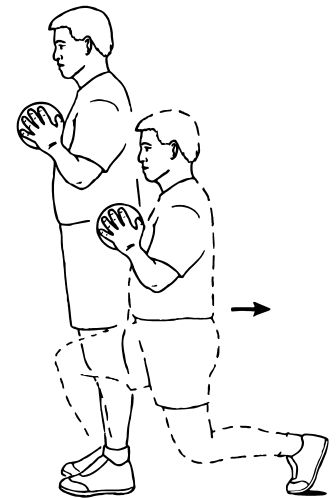


Repeat 10 diamonds per session.

Note: Small towel between band and skin eases rubbing.

MEDICINE BALL - 7 Lower Extremity: Lunge (Backward)

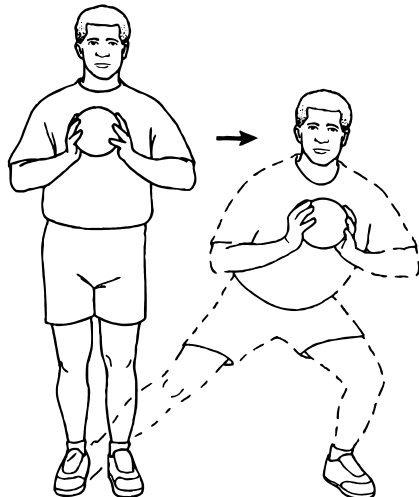
Hold 10 pound ball in front of chest. Lunge backward.



Do 3 sets of 10 repetitions each leg.

MEDICINE BALL - 8 Lower Extremity: Lunge (Lateral)

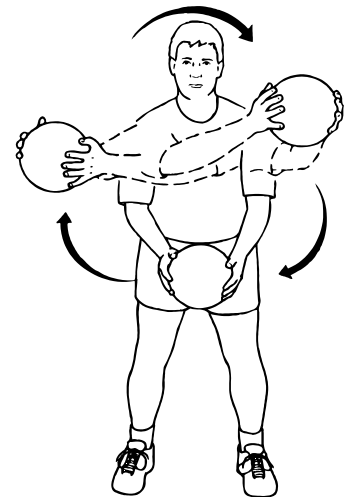
Hold 10 pound ball in front of chest. Lunge to side.



Do 3 sets of 10 repetitions each leg.

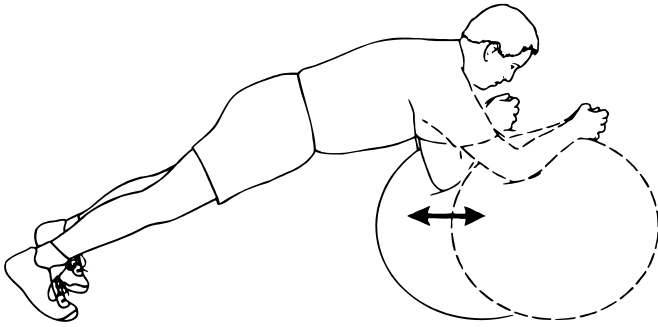
MEDICINE BALL - 40 Trunk: Circle

Hold a 8 pound ball with arms straight. Rapidly move arms in circle clockwise and then counter clockwise.



Do 3 sets of 10 repetitions each direction.

TRUNK - 23 Gyball: Prop on Forearms



Prop on ball with elbows under shoulders.
Keep back straight. Roll ball forward and backward.
Do 3 sets of 10 repetitions.