

General Tips

Discontinue the exercise if proper form cannot be maintained.

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

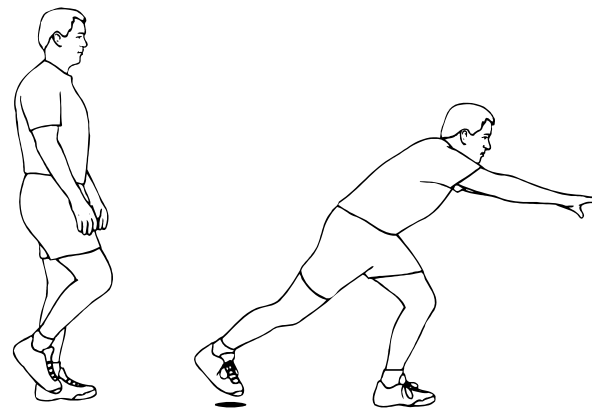
Do not hold your breath during the exercise.

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.

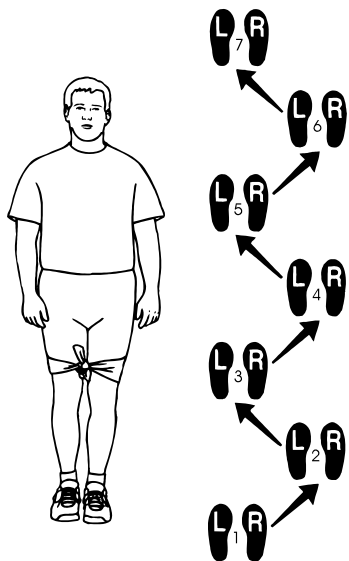
Do 2 sets of 10 repetitions each leg.

LOWER EXTREMITY - 12 Band Walk: Zig Zag

Tie band around legs, just above knees. Walk forward 15 feet in a zig zag pattern. Without turning walk backward to start for one zig zag.

Repeat 3 zig zags per session.

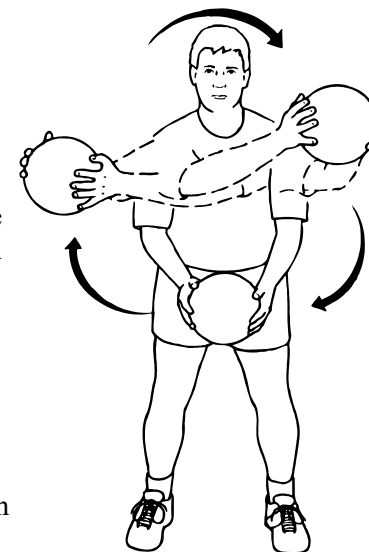
Note: Small towel between band and skin eases rubbing.



MEDICINE BALL - 40 Trunk: Circle

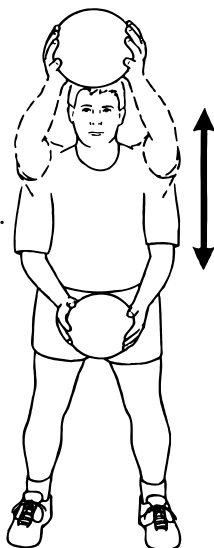
Hold a 6 pound ball with arms straight. Rapidly move arms in circle clockwise and then counter clockwise.

Do 3 sets of 10 repetitions in each direction.



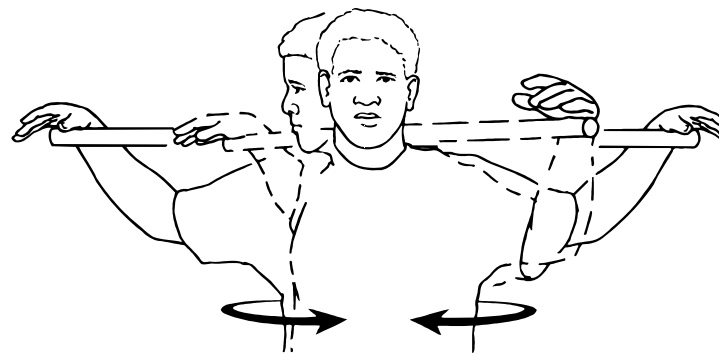
MEDICINE BALL - 41 Trunk: Front Chop

Hold a 6 pound ball with arms straight. Rapidly move arms up and down.



Do 3 sets of 15 repetitions.

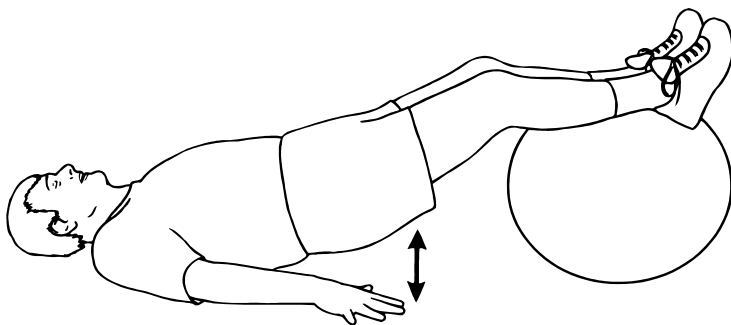
TRUNK - 1 Bar Twist



Stand with bar across shoulders. Twist upper body to one side, then to other.

Do 3 sets of 15 repetitions to each side.

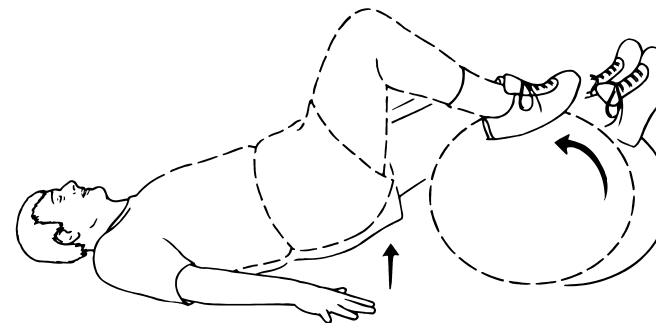
TRUNK - 15 Gymball: Bridging (Double Leg)



Lie on back, calves on ball. Slowly raise and lower buttocks.

Do 3 sets of 10 repetitions.

TRUNK - 17 Gymball: Hamstring Curl (Double Leg)

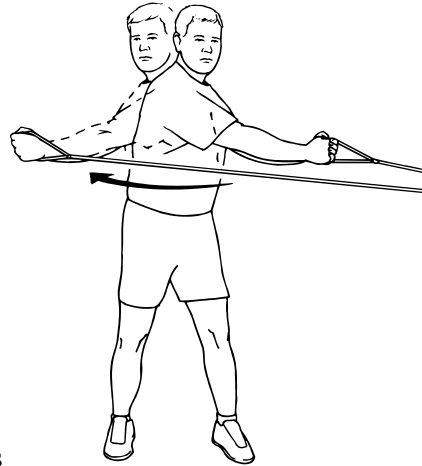


Lie on back, calves on ball, buttocks on floor. Raise buttocks then roll ball toward buttocks.

Repeat 10 times per set.
Lower buttocks to floor between rolls.
Hold buttocks off floor between rolls.
Do 3 sets per session.

TRUNK - 8 Rotation: With Tubing (Standing)

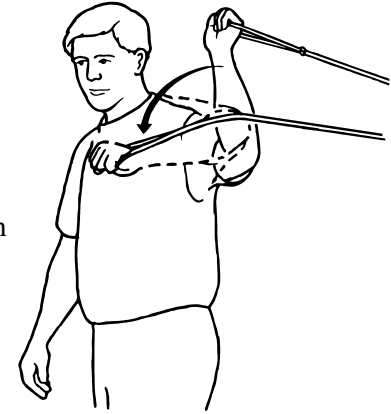
Left side to anchor,
hold tubing with both
arms across chest.
Rotate trunk away.



Do 3 sets of 15 repetitions
to each side.

UPPER EXTREMITY - 41 Resistance:
90/90 Internal Rotation (Slow / Fast)

Face away from anchor in
shoulder width stance. Bend
left elbow to 90°, forearm
up, arm out to side. Palm
forward, pull forearm down
slow until hand is level with
elbow.



Do 3 sets of 10 repetitions
each side.