



Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down as you exhale.
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat' while inhaling.
Lower back down and repeat.
Move within your pain free range of motion.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Cross Crawl Quadruped

On hands and knees, maintain abdominal brace and neutral spine.
Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor.
Squeeze glutes
Keep trunk square and stable.
Return arm and leg to floor and alternate.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

To improve core strength and spinal stability.

Notes:



Bridge

Lie on back with knees bent and feet flat on the floor.
Place arms 45° at sides with palms up.
Neutral spine maintaining abdominal bracing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position.
Shoulder blades should remain on floor.
Hold at end position, then lower and repeat.
Start this exercise with no movement, just hold the second position.
To strengthen the muscles of the core and improve glute recruitment.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	10 sec

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Foam roller thoracic mobility

Place foam roller horizontally on the floor. With knees bent and your hands clasped behind your head, lay back over the roller. Lay your mid back over the foam roller and then roll your spine back and forth slowly by flexing and extending your knees. Keep a neutral spine and keep low back down as you extend over the roller. Your head should almost touch the floor.

Sets:	2
Reps:	15
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



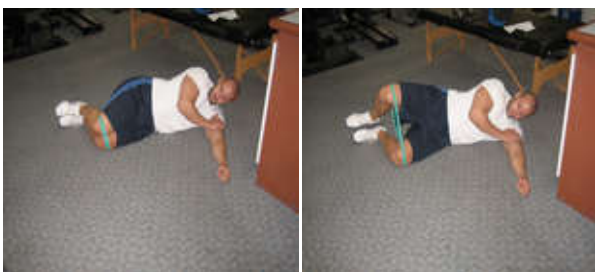
Shoulder clocks

Lie on one side with knees bent and hands together. While keeping hips on the ground, gently bring arm to other side of the body. Repeat

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Side Lying Clam

lie on side with a neutral spine place band above knees bend knees open knees and keep feet together go only as far as you can keep neutral spine

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	15 sec

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Squat and Row

Start holding a straight bar, squat down and row cable inward toward body simultaneously. Keep elbows close to the body. Return to start.

Sets:	2-3
Reps:	
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



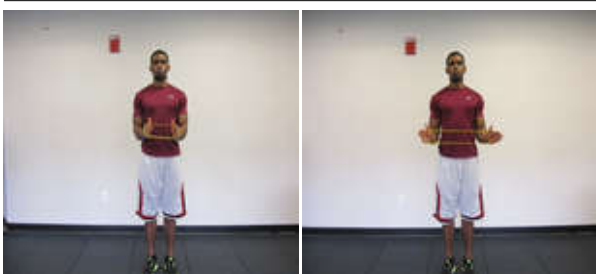
Lateral walkout

Place theraband around ankles. Start with feet shoulder width apart and take a big step to the side with one foot then follow the a step from the trail leg ending with feet shoulder width apart.

Sets:	2-3
Reps:	20
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Bilateral External Rotation

Place theraband between hands. Start with elbows at your side. Bring your hands away from each other squeezing your shoulder blades while opening the chest.

Sets:	2-3
Reps:	12
Weight:	
Hold:	
Rest:	30 -60 sec

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Cable Chest Press

Start holding handles of cables in both hands with back facing the machine. Keep elbows bent and arms out to the sides. Bring cables to front of the body and together, contracting the pecs and return to start

Sets:	2-3
Reps:	12
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



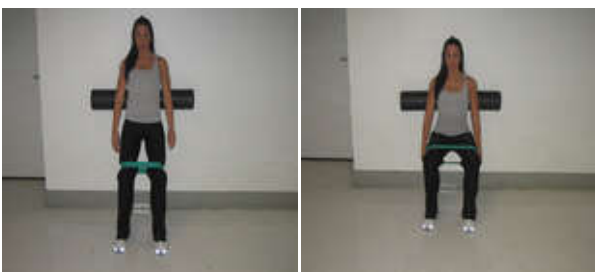
1 Arm Stiff Pushdown

Stand holding cable handle in 1 hand with arm extended out in front of body. Push arm down, keeping it close to the body. Repeat.

Sets:	2-3
Reps:	12
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Foam Roller Squat w/band

Place band around legs, just above knees. Place roller between lower back and wall. Squat down and keep band tight and legs out. Keep abdominals tight.

Sets:	2-3
Reps:	12
Weight:	
Hold:	
Rest:	30-60 sec

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Shoulder Retraction

Sitting or standing in readiness position. Hold tubing out in front at chest level keeping elbows straight and palms facing down. Pull tubing straight back and down by squeezing through the mid back and shoulder blades. Hold, return to start and repeat. Do not squeeze shoulder blades together, squeeze down.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Reverse Flys

Standing in a half squat position. Attach tubing at chest level in front of body. Hold tubing in front of chest keeping elbows slightly bent and palms facing each other. Slowly pull tubing out and away from body, in a circular motion, squeezing through the mid back. Return to start position and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Iso Ball push

Push ball forward with lower torso while pushing butt out. Return and repeat

Sets:	2
Reps:	
Weight:	
Hold:	30 sec ea side
Rest:	30 sec

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Plank - Feet Wide

Support body in a plank position with forearms shoulder width apart and feet wide apart. Keep a straight line through the knee, hip and shoulder. Maintain abdominal brace and neutral spine.

To improve core strength.

Sets:	2
Reps:	
Weight:	
Hold:	1 min
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Bridge March

Holding a bridge position, maintain pelvic tilt and abdominal brace. Slowly raise one foot up off the floor keeping pelvis level.

Lower foot back to floor and alternate.

To improve core and glute strength.

Sets:	2
Reps:	20
Weight:	
Hold:	
Rest:	0

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Supine Bridge Leg Curl

Lying on back with heels on ball and knees straight. Arms 45° at sides with palms up for stability. Press heels into ball to bridge pelvis and low back up off floor (keep shoulder blades on floor). Maintaining bridge position, perform hamstring curls by pulling ball in toward buttocks.

Sets:	2
Reps:	12
Weight:	
Hold:	
Rest:	30-60 sec

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Pectorals - Corner / Doorway

Facing corner or standing through a doorway. Place forearms on each wall at shoulder height.

Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	2
Reps:	
Weight:	
Hold:	30-60 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Lats / Rot. Cuff Self Traction

Stand at a 45° facing a closed door with one foot in front of the other in a lunge type position.

Reach forward and grasp doorknob then slowly sit lower body down and backward to feel a stretch in the back and side of the shoulder.

Sets:	2
Reps:	
Weight:	
Hold:	30-60 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
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Notes:



Hip Flexors / Lateral Bend

Down on one knee into a lunge position so that knees remain shoulder width apart.

Lunge position should be long enough so that the front knee does not bend past 90°.

Keeping upper body square and upright, perform a pelvic tilt then lean torso to the opposite side to feel a stretch in the front of the hip.

Sets:	2
Reps:	
Weight:	
Hold:	30-60 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
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Notes:



Adductors - Wall Splits

Lying on back with buttocks up against wall and legs up the wall. Allow legs to drop out sideways along wall into a splits position. Keep toes pulled back feel a stretch in the inner thigh.

Sets:	2
Reps:	
Weight:	
Hold:	30-60 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Fig.4 Knee to Chest - Supine

Lying on back, knees bent with feet flat on the floor. Cross one ankle onto opposite knee. Bring the knee (that is under the ankle) straight up towards the same side shoulder to feel a stretch in the buttocks.

Sets:	2
Reps:	
Weight:	
Hold:	30-60 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Quad roll

Place roller just above knees and roll up to hips then repeat. Tipping onto one side will focus on that side.

Sets:	2
Reps:	20
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: