



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:	
Reps:	
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:



standing external rotations

With one knee up and elbow on knee, hold dumbbell thumb side up and 90 degree angle elbow flexion. Slowly rotate lower arm downward while keeping 90 degree angle. Repeat.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 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:



Hip Hinge

A: Correct: Keep spine straight by hinging at the hips.

B: Incorrect: Spine bends forward putting low back in a harmful position.
 Hold pole against back of head and tail bone
 Once the pole breaks from the body clients not using their hips. Client may bend knees to get lower. Master this before doing any weights.
 This is not so much a test its just a way for you to see how poor bending mechanics are.

Sets:	
Reps:	
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:



1 Arm 1 Leg Row

Stand on 1 leg and with opposite arm, pull cable toward body keeping elbow close to body.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 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:



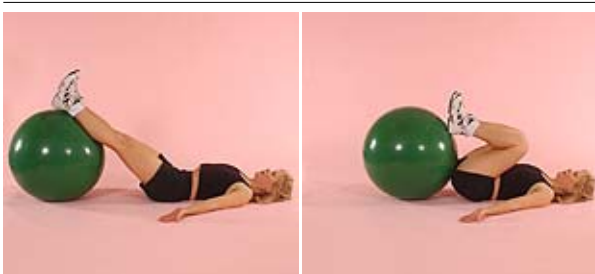
Straight Leg Dead Lift

Taking a shoulder width, overhand grip on a barbell, bend forward at the hip under control keeping the knees and back straight until hamstrings become tight. Return to starting position by extending the hip and coming to a stand. Avoid rounding the back, and don't bounce at the bottom of the movement.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 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:



Hamstring Curls - Supine

Lying on floor, place heels on ball with both knees straight. Use heels to pull ball toward the buttocks. Straighten legs and repeat

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
2x/day	

- 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:



Face Pulls

Stand holding ends of rope in each hand. Keeping arms up and elbows out, pull rope toward face, and keep scapula depressed. return to start

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 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:



Backward Lunge

Start by standing with feet about shoulder width apart. While bracing the core take a step back into a split stance. Dont let back knee touch the floor. Return and repeat

To improve single leg strength and proprioception

Sets:	
Reps:	
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:



Side walks with band

Place band around your ankles. While toes are pointed maintain neutral spine, slowly step to the side. Do not hike hip.

Sets:	
Reps:	
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:



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 contraction of the transverse abdominal. (suck abs in against gravity)

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

To improve core strength.

- 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 Crossover

Grasp cables from opposite sides and crossover so they make an "X". keep elbows bent and bring elbows straight back contracting the rear deltoid and mid back. Return to start

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 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:



Corkscrew

With med ball, extend left leg back while twisting trunk to the right. Raise left leg with knee up and twist trunk to the left. Return to starting position. Repeat with opposite leg. Maintain neutral spine through entire movement.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 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 Bridge - Forearm

Lying on side with legs out straight (feet staggered) keeping, hip and shoulder in line. Support upper body on forearm, placing elbow directly under shoulder. Raise hip up off floor brace core maintain a neutral spine and hold. Avoid rotating forward or backward.

Sets:	
Reps:	
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

To improve core strength.

Notes:



Bridge One Leg Dips

From the bridge position, maintain pelvic tilt and abdominal hollow. Raise and extend one leg out until it is straight. With control, slowly lower pelvis down to floor and raise back up to the starting position.

Sets:	
Reps:	
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

For glute recruitment and core strength.

Notes:



Cross Crawl Quadruped

On hands and knees, maintain abdominal hollow and keep back flat. Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor. Keep trunk square and stable. Return arm and leg to floor and alternate.

Sets:	
Reps:	
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

To improve core strength and spinal stability.

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:	
Reps:	
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:



Bridge / Marching

Holding a bridge position, keep pelvis stable and maintain abdominal hollowing to support low back. Slowly raise one foot off the floor as if to march. Return foot to floor and repeat with opposite leg.

To strengthen the core and challenge proprioception.

Sets:	
Reps:	
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: