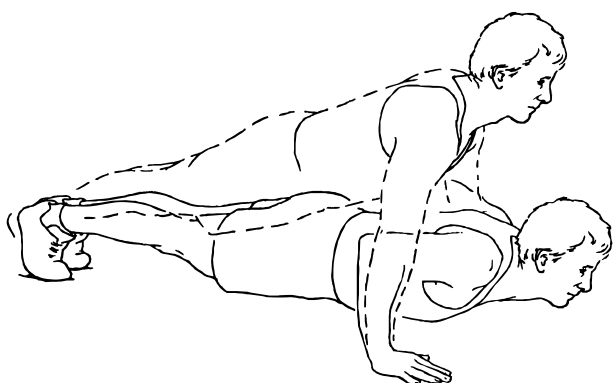


CHEST - 10 Push-Up: Wide Hands

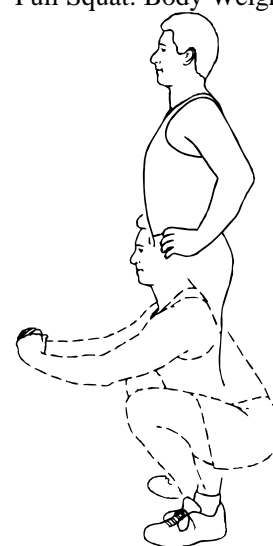


Chest a few inches from floor, push up until arms are straight.

Do \_\_\_\_\_ sets. Complete \_\_\_\_\_ repetitions.

LEGS: GLUTES / THIGHS - 5 Full Squat: Body Weight

Head up, back straight, feet pointed slightly out, squat until backs of thighs touch back calves. Adjust arm position for balance. Keep abdominals tight and maintain weight on heels.

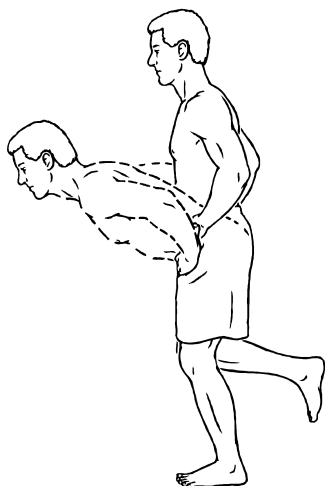


Do \_\_\_\_\_ sets.

Complete \_\_\_\_\_ repetitions.

ANKLE / FOOT - 45 Balance: Unilateral – Forward Lean

Stand on left foot, hands on hips. Keeping hips level, bend forward as if to touch forehead to wall. Hold 20 seconds. Relax.

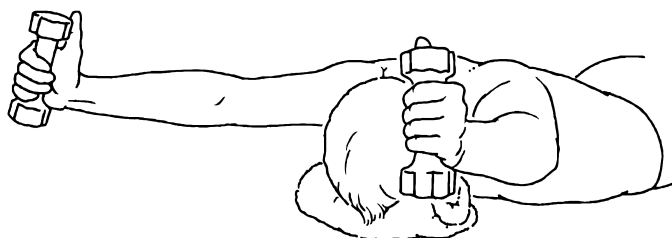


Repeat \_\_\_\_\_ times per set.

Do \_\_\_\_\_ sets per session.

Do \_\_\_\_\_ sessions per day.

SHOULDER - 59 Scapular: Flexion (Prone)

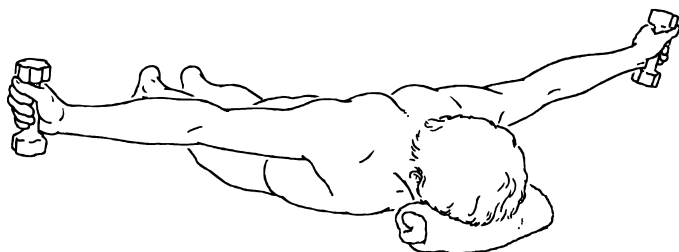


No weights, raise both arms forward. Keep elbows straight.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.

Do \_\_\_\_\_ sessions per day.

SHOULDER - 58 Scapular: Stabilization (Prone)

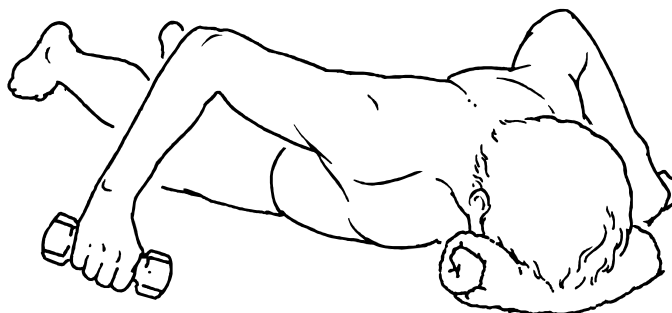


No weights, raise both arms out from sides. Keep elbows straight.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.

Do \_\_\_\_\_ sessions per day.

SHOULDER - 60 Scapular: Retraction (Prone)

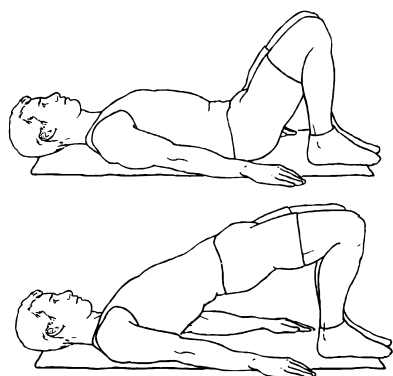


No Weights, keep arms out from sides and elbows bent. Pull elbows back, pinching shoulder blades together.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.

Do \_\_\_\_\_ sessions per day.

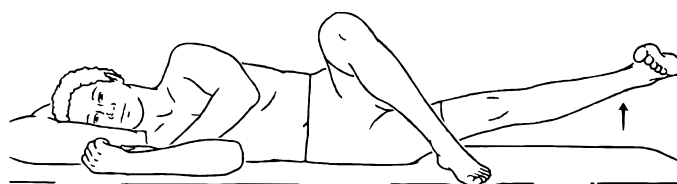
BEGINNER - 28 Bridge



Lie back, legs bent. Inhale, pressing hips up. Keeping ribs in, lengthen lower back. Exhale, rolling down along spine from top.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

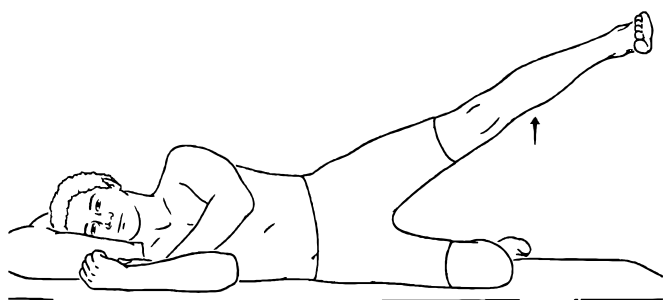
HIP / KNEE - 22 Strengthening: Hip Adduction (Side-Lying)



Tighten muscles on front of right thigh, then lift leg 15-20cm from surface, keeping knee locked.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

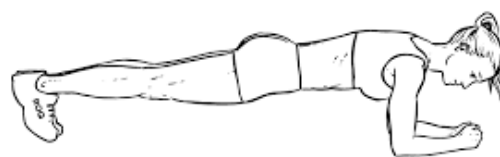
HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of left thigh, then lift leg 50cm from surface, keeping knee locked.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

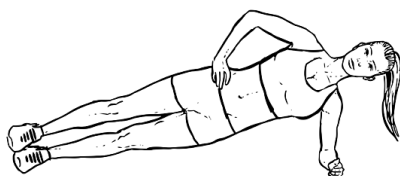
Plank- Hold



Lie prone on mat. Place forearms on mat, elbows under shoulders. Place legs together with forefeet on floor.

Raise body upward by straightening body in straight line. Hold position.

Side Plank- Holds



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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 hips upward by lateral flexion of spine and Hold for \_\_\_\_\_ sec Lower to original position. Repeat with opposite side