

EXERCISE PLAN

I. Warm up and Flexibility Exercises


This exercise plan is designed to promote fitness and well-being. Begin with the full body warm-up and flexibility exercises. Muscles must be warm and pliable before engaging in stretches.

Perform each of the toning exercises 10-12 times. As you become more fit, increase to 2 and then 3 sets.

Before beginning any exercise program, consult your physician/healthcare provider.


1 FULL BODY WARM-UP

Start an easy march in place to increase blood circulation and lift the body's core temperature. Repeat for 3 sets of 15 counts.




2 TORSO REACH

With one arm extended over your head and the other on the hip, slowly reach extended arm and hold for a count of 10. Repeat three times on both sides.



3 HIP FLEXOR/QUAD STRETCH

Stand tall with feet hip-width apart. Step forward with right leg. Bend both knees in line with hip bones. Hold the abdominal muscles in tight. Remain lifted through the spine. Hold for 10-30 seconds. Repeat with left leg.




4 STANDING HAMSTRING STRETCH

Stand tall with your left foot a few inches in front of your right foot and your left toes lifted. Bend your right knee slightly and pull your abdominals gently inward. Lean forward from your hips, and rest both palms on top of your right thigh for balance and support. Hold 10-30 seconds. Repeat the stretch with your right leg forward.




5 GLUTEAL STRETCH

Lie on the back on the floor with both legs bent, feet flat on floor. Place the right foot just above the left knee. Then lift the left leg up and towards the chest. Gently pull left leg toward chest. Repeat with the opposite leg. Repeat 2 times.




6 KNEE TO CHEST STRETCH

Lie flat on the floor with legs bent. Place hands against the back of the right thigh and pull your right knee up to your chest. Hold for 5-10 seconds and alternate with left leg. Repeat 3 times.




7 SPIRAL RELEASE

Lie on your back with your knees bent, feet on the floor, arms out from your body, palms on the floor. Slowly point your knees to one side, as far as is comfortable for you. Look in the opposite direction. Hold for 20 to 30 seconds, then release. Repeat, shifting your knees to the opposite side and turn head to look in opposite direction.



8 GROIN STRETCH

From the seated position, pull your heels as close to the buttocks as possible. Then slowly press your knees down towards the floor. Hold for a count of 10, then repeat several times.

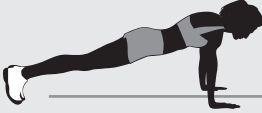


II. Toning/Strengthening Exercises


After you do (I) Warm up and Flexibility Exercises, you may proceed to the (II) Toning/Strengthening Exercises. You may wish to use an appropriate exercise or yoga mat to perform floor stretches & exercises.

1 PUSH-UPS

Full Push Up: With toes on the floor, place hands shoulder width apart on the floor. Lower upper body almost to the floor, keeping back straight. Push back up to starting position.



Modified Pushup: Same as above, except knees are on the floor, slightly bent.



2 FORWARD LUNGE

Stand with your feet about 6 inches apart from each other toes pointed forward.

Step forward with one leg about 2 feet, and lower your body to 90 degrees at both knees. Keep your weight on your heels; don't allow your knees to bend over your toes. Push up and back to the starting position to complete one rep. Repeat all reps on one leg, then switch to the other leg.


Longer strides work the glutes (buttocks) and hamstrings; shorter strides work the quadriceps (thighs). Place your hand on a chair or wall or balance if necessary.



3 WALL SLIDES

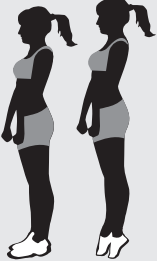
Stand with your back against a wall, feet shoulder width apart, in front of your body as if you are seated.

Leaning against the wall, lower your body until your knees are flexed at a 90 degree angle. Hold for five to fifteen seconds. Keep your weight on your heels, looking straight ahead. Extend your legs to elevate your body back to the starting position without locking your knees.



4 CALF RAISE

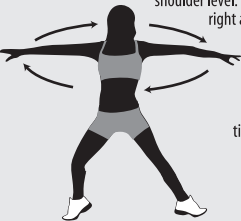
With your hands on your hips and standing erect, raise up on your toes as high as possible. To make it a little harder, place a 2-inch board under your toes.



“Consistency is key to your success!”

5 TWISTERS

Stand with feet shoulder width apart, arms raised to the side at shoulder level. Twist to the right and hold for a count of 10 and then to the left. Repeat two more times in each direction.



6 BRIDGES

Lie with arms at sides, feet on floor, knees bent. Press into heels.

Slowly lift hips off of floor toward ceiling, squeezing the glutes (rear end muscles). Return to starting position.




7 HIP AND GLUTE EXTENSION

Position yourself on hands and knees.

While keeping your back straight, raise one foot upwards, keeping a 90° angle between your upper leg and calf. Raise foot toward ceiling.


Lower your leg back down, but don't touch the floor until all reps are complete.

Change legs.




8 THE “BIKE”

Lie on the floor, on your back with hands behind the head. Bend one knee and bring it to the opposite elbow, lifting shoulders off the floor. Switch sides and continue alternating knee to elbow in pedaling fashion.



9 PLANK

Lie face down on floor resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep body in a straight line from ears to toes with no sagging or bending. Hold for 10 seconds to start; work up to 30, 45 or 60 seconds.



10 SUPERMAN

Lie face down on the floor, legs together and straight, arms straight and extended above your head. Lift your right arm and left leg 5-6" off the floor or as far as you comfortably can. Hold for 5 seconds.

Return to floor. Alternate with left arm and right leg.



11 ACHILLES TENDON

Stand in front of a wall approximately 3 feet away, keeping your feet flat on the floor. Place your hands on the wall and lean forward as if doing a push-up. You should feel your calf muscles stretching. Again execute slowly, holding for 10 seconds and repeat several times.

