



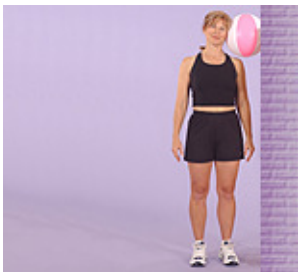
Neck Flexion / Neck Ball

Standing in readiness position about 1 foot from wall. Place ball on bridge of nose. Rock chin down and tuck into neck. Return to start position and repeat. Should feel the muscles deep in the front of the neck working.

Sets:	1
Reps:	2 to 5
Weight:	
Hold:	on 4 hold 6 seconds
Rest:	5-10

- 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:



Isometric Neck Lateral Ball

Hold beach ball against wall with side of head. Push head into beach ball and hold. Perform in 3 different angles. (full lateral flexion right, neutral and full lateral flexion left)

Sets:	1
Reps:	2-5
Weight:	
Hold:	ramp on 4 hold 6 s
Rest:	5-10

- 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:



Neck Extension Neck Ball

Standing in readiness position about 1 foot from wall. Place ball behind head. Raise chin up to rock head backward. Return to start position and repeat.

Sets:	1
Reps:	2-5
Weight:	
Hold:	ramp on 4 hold 6 s
Rest:	5-10

- 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:



Chest Press - Dumbbells

Lying on back holding weights straight up over chest with palms facing down. Keep shoulder blades back and down, elbows slightly bent and maintain an abdominal hollow. Lower weights straight down toward chest until elbows are level with bench. Push weights straight back upward over chest. Repeat.

Sets:	1-3
Reps:	8-12
Weight:	
Hold:	
Rest:	30-60 sec
2/3 week	

- 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:



Flys

Lying on back holding weights up over chest with palms facing inward. Keep shoulder blades back and down, elbows slightly bent and maintain abdominal hollowing. Lower weights out sideways in a circular motion until elbows are level with the bench. Push weights back up to starting position. Repeat.

Sets:	1-3
Reps:	8-12
Weight:	
Hold:	
Rest:	30-60 sec
2/3 week	

- 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:



Biceps Curl

Seated or standing in readiness position holding weights down at sides with palms facing in. Raise one weight up, rotating palm to face up, keeping elbow tight against side. Repeat.

Sets:	1-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
2/3 wk	

- 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:



Triceps / Elbow Extension

Standing or sitting , 1/2 bent over, with elbow at side holding weight at waist level (can also put one knee up on a bench). Push weight straight back in an arc without moving elbow from side of body. Repeat.

Sets:	1-3
Reps:	8-12
Weight:	
Hold:	
Rest:	30-60 sec
2/3 x/week	

- 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:



Ball Squats

Standing, place ball behind back resting between wall and small of the back. Feet should be shoulder width apart and placed slightly in front of body. Hanging weight down between knees, lower body down into a squat position letting ball guide movement. Push up to starting position and repeat.

Sets:	1-3
Reps:	8-12
Weight:	
Hold:	
Rest:	30-60 sec
2-3 x/week	

- 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 - Dumbell

Standing in readiness position with feet shoulder width apart. Hands down in front holding weights between legs. Slowly lower body down into a squat position keeping head and chest up. Do not allow knees to buckle inward. Keep body centered over the ankles to raise up to the starting position. Repeat.

Sets:	1-3
Reps:	8-12
Weight:	
Hold:	
Rest:	30-60 sec
2-3 x/week	

- 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:



Static Lunges - Dumbells

Step forward into a lunge position, longer than a normal stride. From this position, lower body straight down until back knee almost touches floor. Keep upper body tall and avoid leaning forward. Front knee should not bend past 90°. Push up, returning to lunge stance, and repeat.

Sets:	1-3
Reps:	8-12
Weight:	
Hold:	
Rest:	30-60 sec
2/3 x/week	

- 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:



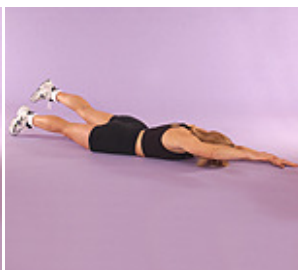
Calf Raises - Barbell

Standing in readiness position with barbell across shoulders, balls of feet on a board/platform. Lower heels to be just below the toes, keeping knees straight. Push up, raising up onto the toes. Slowly lower down to starting position. Repeat.

Sets:	1-3
Reps:	8-12
Weight:	
Hold:	
Rest:	30-60 sec
2/3 x/week	

- 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:



Leg / Arm Raise - Prone

Lie face down with a towel or pillow under pelvis. Maintaining abdominal hollow, slowly raise one leg and the opposite arm up off the floor and hold. Lower arm and leg back to floor and alternate.

Sets:	1-3
Reps:	5-12
Weight:	
Hold:	4-10 sec
Rest:	15
2/3 x/week	

- 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:



Notes:

Plank - Toes Together

Support body in a plank position with forearms shoulder width apart and feet together. Keep a straight line through the knee, hip and shoulder. Maintain contraction of the transverse abdominal. (suck abs in against gravity)

Sets:	1-3
Reps:	1-3
Weight:	
Hold:	15-60 sec
Rest:	30-60
2/3 x/week	

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:



Front Plank / Hip Extension

Support body in a plank position with feet together. Keep a straight line through the knee, hip and shoulder. Bend one knee and balance on one foot. Lower that knee down toward floor, then raise up to hip level. Maintain abdominal hollow throughout exercise.

Sets:	1-3
Reps:	8-12
Weight:	
Hold:	4-10 sec
Rest:	15
2/3 x/week	

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:



Abdominal Crunches

Lying on back with knees bent, feet flat on the floor and hands resting behind head. Suck stomach in to curl body up until shoulder blades are off floor. Keep stomach sucked in as you lower back down. Keep chin in neutral, elbows back and do not pull on head.

Sets:	1-3
Reps:	15-25
Weight:	
Hold:	4-10 sec
Rest:	30-60
2/3 x/week	

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