




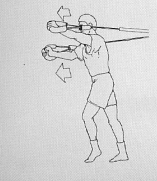
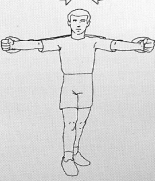
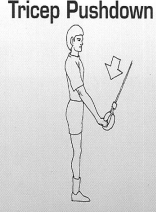


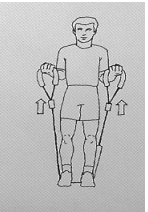
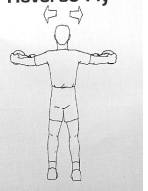


Cervical Spine: To strengthen the front, back, and side muscles of the neck. Do each one **1 to 3 times**, Holding **10-15 seconds**. Use a 22cm ball and place against the wall where the hands are located in picture (available at office). These are great exercises.

 <p>Press your forehead into your palms, resisting any forward motion with your hands. Hold.</p>	 <p>Clasp your hands behind your head and press your head back. Resist motion with your hands. Hold.</p>	 <p>Turn your head to one side, resisting any motion with your hand. Switch sides. Hold.</p>	 <p>Tilt your head to one side, resisting any motion with your hand. Switch sides. Hold.</p>
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Shoulder, Chest, and upper arms. Do 8-12 repetitions with a resistance that causes your muscles to tire toward the end of a set. Do 1-3 sets, Resting only for a short while, between sets and exercises. Exhale on the strenuous part and inhale coming back.

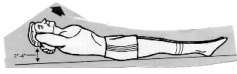
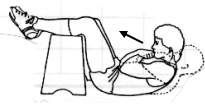

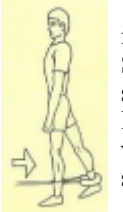
<p>Shoulder Shrugs: Trapezius</p>  <p>Resistance Shoulder Shrugs Keeping arms straight, lift shoulders as high as possible. Rotate back and down.</p>	<p>Bench Press: Chest, Shoulder, Triceps.</p>  <p>Chest Press Start with handles close to body with arms bent and push out from body.</p>	<p>Fly: Chest (Pectoralis)</p>  <p>Chest Fly Start with arms out to side and bring together in front of body.</p>	<p>Back of upper arm (triceps)</p>  <p>Tricep Pushdown Start with arm out straight in front of you and bring down to body.</p>
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Upper arm and Back: Do **8-12 repetitions** with a resistance that causes your muscles to tire toward the end of a set. Do **1-3 sets**, Resting only for a short while, between sets and exercises. **Exhale** on the strenuous part and **inhale** coming back.

<p>Curls: Front of upper arm (biceps)</p>  <p>Start with arms straight down and curl handles to shoulders.</p>	<p>Reverse Fly: mid back(rhomboids)</p>  <p>Reverse Fly Start with handles in front of you with arms straight. Bring arms out to side of body and push back.</p>	<p>mid and upper/lower sides of back</p>  <p>Start with handles in front of you. Pull into sides and pull back a little more at end.</p>	<p>Extension:Lumbar Extensors/Gluts</p>  <p>Start slightly bent forward and lean back keeping arms straight</p>
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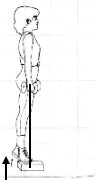
Stomach and midsection: Do each exercise one time. Start with **5-10 repetitions**. Progress up to **20-25 repetitions** gradually.

Upper Leg: Do **8 to 12** repetitions. Do **1 to 3** sets. Exhale on the strenuous part and inhale coming back.

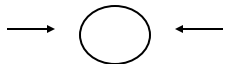
<p>Crunches: rectus abdominus. Exhale on the strenuous part/inhale coming back.</p>		<p>Soccer Kick: Quadriceps</p>	<p>Leg Curl: Hamstrings</p>
 <p>Lie flat on floor, hands clasped behind the neck. Tighten buttocks and at the same time, lift head and shoulders off the floor 2-4 inches. Do not pull on head. Hold for 3 to 5 seconds.</p>	 <p>Tuck chin to chest, then keeping low back flat on floor, curl upper body toward knees.</p>	 <p>With band coming from behind. Start with tension and move leg forward keeping leg straight.</p>	 <p>With band coming from front. Start with tension and move leg backwards with leg straight.</p>

Lower Leg: Do **8 to 12** reps. Do **1 to 3** sets. Calve raises

Groin: Do **8 to 12** reps. Do **1 to 3** sets. Thigh Master



Holding handles. With knees locked, raise up on toes as high as possible and return until heels touch floor. Can do on step.



In a seated position, chair, place a 22 cm ball between the thighs and squeeze together. Hold for 4 seconds and release.

Back to Life Chiropractic • Band Exercise
 Start off gradually. Use a resistance that causes your muscles to fatigue at the end of the set. Perform 3 or 4 times a week. Follow the directions in each section. Start off with a comfortable # of sets/repetitions and then build up from there. Exhale when performing the strenuous phase of each motion and inhale while returning to the starting position. Protect your back from strain by tightening abdominal muscles and keeping back straight. Perform all movements smoothly, never jerk or bounce from one position to another.