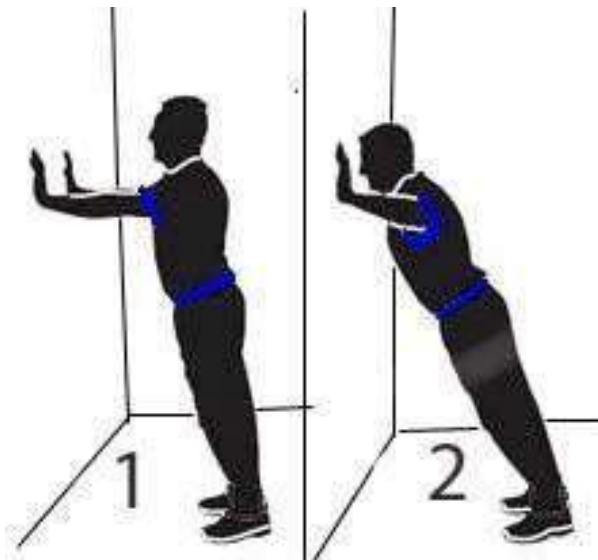


E**xercises**

Start with Extension exercise against the wall.
As I taught you, open up mid back,
nice and easy- gravity stretch!



1. Stand 1-1/2 to 2 feet away from a wall.
2. Lean forward pushing against the wall with your hands.
3. Keep your heels flat on the ground.
4. Hold it for ten seconds, and then relax. Repeat 3 times.

Back Extensions on the Floor

This is a simple lower back exercise that I teach many of my personal training clients.

Starting Position: Lie on the floor, face down with your hands at the level of your head.

Form: Inhale and lift your chest off the floor. As you lift your chest off the floor, bring your arms towards your sides and squeeze your shoulder blades together.

Personal Training Tips: Turn your shoulders outwards so that your palms face away from your body. Move in a slow and controlled manner, and hold at the top for 1 second before lowering back towards the floor. Perform 10-20 repetitions per set, and stretch between sets if your lower back muscles feel tight.



Do 3 times 15 reps. Can just push up with hands.

Superman: Upper Body and Lower Body

This exercise is more challenging than the previous exercise.

Starting Position: Begin by lying face down on the floor with your hands over your head.

Form: Inhale and lift your chest and arms off the floor, and at the same time lift your legs off the floor.

Personal Training Tips: Move in a slow and controlled manner. This prevents you from using momentum, and puts the most emphasis on your muscles. Only go as far as you feel comfortable.

Hold for 1 second at the top of the exercise before lowering back to the floor.

Perform 10-20 repetitions per set, and stretch your lower back in between sets if you feel tightness in your muscles.



Do 3 times 15 reps. Don't tuck chin

Low Back Exercises: Alternate Arm and Leg Raise on the Ball

I really like this back strengthening exercise, it's one of my favorite low back exercises. Compared with the other 2, this one really challenges your balance. You will probably find that you are better on one side compared with the other, especially if you've had a past injury to your back, hips, or leg.

I ran track in high school and college, and I injured my left hip a few times. My left hip and left lower back are not as strong as my right. So when my left leg is on the ground, I am not as stable as when my right leg is on the ground.

If you have one side that is weaker, don't worry.
Just keep working on it and it will get better.

Starting Position: Lie face down on the ball with your waist at one end and your head hanging over the other end. Place your feet about shoulder's width apart, and place your hands on the floor.

Form: Stabilize yourself with your left hand and right leg as you lift your right arm and left leg.

Repeat on the same side for 8-15 repetitions.

Then, switch sides and perform 8-15 repetitions.

Do 2 times. Don't tuck chin



Personal Trainer Tips: Don't get confused about the left/right...I'm simply describing the first picture. It doesn't matter which side you start on. Simply lift the opposite arm and leg.

If you try this exercise lifting your left leg and left arm (same arm and leg) you will likely find that's it's nearly impossible to keep your balance.

Keep your trunk in a straight line, so that your back does not overly arch.

The size of the ball makes a difference in the feeling of the exercise.
If the ball is too large, it will be harder to balance.

In the starting position, the best ball size will allow you to place your hands flat on the floor while your trunk stays in a straight line.

Isometric Exercises for Stomach Strength:

FULL PLANK

Starting Position: Start by balancing on your elbows and your toes, while keeping your body in a straight line.

Form: This is one of the three isometric exercises for stomach muscles that I use regularly. Hold the same position for 10-30 seconds without moving.

Personal Trainer Tips:

Make sure that you keep your body in a straight line.

Keep your abs pulled in to stop your back from arching.

When you are doing this exercise for the first few times, your body may start shaking.

This is a result of muscle weakness and lack of coordination.

After a little practice the shaking will stop and you will be able to hold this exercise for 30 seconds or more.

If you feel your back arching, lift your hips slightly higher in the air.



HALF PLANK - *Don't tuck chin.*

Starting Position: Start by balancing on your elbows and your knees, while keeping your body in a straight line.

Form: This is an isometric exercise for the stomach, which simply means that you hold the same position without moving. Hold for 10-30 seconds.

Personal Trainer Tips:

Begin with the half plank if you have difficulty holding the full plank for less than 10 seconds.

Build up to 30 seconds on the half plank and then graduate to the full plank.

Make sure that you keep your body in a straight line.

Keep your abs pulled in to stop your back from arching.

Use a pad for your knees and elbows for comfort.



**Do full or half plank for abs
3 times and hold for 15 sec each time**

Don't tuck chin

How to do the Side Bridge

Start by lying on a mat with your legs straight out.

Turn sideways holding your body up with one bent arm parallel to the floor.

Keep your abs tight until 30-60 seconds.

A great sports specific exercise.

Try increasing your time after a while.



2 times for 15 seconds

BACK EXTENSIONS W/BALL



Using a ball for back extensions will give you more range of motion than you get on the floor and you'll also have a balance challenge since the ball is unstable. You may want to prop your feet against the wall to get more leverage.

1. Lie down with the ball under the belly and hips, legs straight out behind you (or knees bent for a modification).
2. Place the hands behind the head or under the chin - you can also keep the hands resting on the ball if you need a modification.
3. Round down over the ball and then squeeze the lower back to lift the chest off the ball.
4. Rise up until the body is straight (don't hyperextend), lower down and repeat for 1-3 sets of 10-16 reps.

BACK EXTENSION



Repeat for 12-16 reps

Position the ball under your hips and lower torso with the knees straight or bent. With hands behind the head or behind back, slowly roll down the ball. Lift your chest off the ball, bringing your shoulders up until your body is in a straight line. Make sure your body is in alignment (i.e., head, neck, shoulders and back are in a straight line), your abs are pulled in and that don't hyperextend the back.

BALL BALANCE



Repeat for 12-16 reps, alternating arms.

Position the ball under your abs and hips, hands on the floor and legs straight and off the floor. Hold that position, keeping your body in a straight line, abs pulled in. Working to stay balanced, slowly raise your right arm out to the side, taking care not to roll or allow any part of your body to collapse. Hold briefly, lower the arm and repeat on the other side.

BUTT LIFT



Repeat for 12-16 reps

Lie on the ball with the head, neck and shoulders supported, knees bent and body in a table-top position. Lower the hips towards the floor without rolling on the ball. Squeeze the glutes to raise hips until body is in a straight line like a bridge. Hold weights on the hips for added intensity and make sure you press through the heels and not the toes.

HIP EXTENSION



Hold for a few seconds and lower, repeating 15 times

Lie on floor with heels propped on ball. Keeping abs tight, slowly lift your hips off the floor (squeezing the buttocks) until body is in a straight line. . To make it easier, place ball under knees rather than under heels. To make it harder, cross your arms over your chest.

AB Roll



Continue for 1-3 sets of 8-12 reps,
avoiding this move if you have any back problems.



1. Kneel in front of the ball and place arms on the ball, elbows bent.
2. Contract the abs and pull the belly towards the spine.
3. Slowly roll forward and out as far as you comfortably can. Don't go so far that you hurt your back or collapse.
4. Keeping the body straight, slowly pull your body back using your arms and abdominals.
5. You can change the difficulty of the move by placing your hands closer in or further out.

BALL ROTATION

This advanced move not only works the core, with a focus on the obliques, it also targets balance, stability and flexibility. To keep this move safe, keep the exercise slow and controlled and keep the knees in line with the shins and ankles rather than twisting them to one side or the other.



Repeat for 1-3 sets of 10-16 reps
(One rep includes both the right and left sides).

1. Lie with ball under shoulders, neck and head, hips lifted in a bridge position.
2. Hold a medicine ball or light weight straight up over the chest.
3. Tighten your abs and rotate your torso to the left as far as you can, allowing the hips and legs to move naturally with the motion.
4. Rotate back up and then rotate to the other side.

BALL TWIST



Repeat for 12-16 reps, alternating sides.

Get into a pushup position with the feet on either side of the ball (turning your ankles so that you are hugging the ball). Hold body in a straight line with abs pulled in, hips straight and hands directly under shoulders. Slowly rotate the ball to the right while trying to keep your shoulders level, then to the left.

SHOULDER

EXTERNAL ROTATION



INTERNAL ROTATION

FOLLOW DIRECTIONS FOR EXTERNAL



Aside from working the deltoid muscles, you also want to include the smaller muscles of the rotator cuff. These small, internal muscles act as stabilizers and also help rotate the shoulders in an out. That rotation is a common action in many daily activities as well as during strength training exercises, such as the Arnold Press shown above. Keeping the rotators strong will help you remain injury free. If you have any shoulder problems, please check with your doctor before trying this exercise.

The rotators can be prone to injury, particularly if they're tight, so pay attention to that if you're doing this exercise. This move specifically targets the [terse minor](#) and [infraspinatus](#).

1. Loop a light resistance band around a sturdy object, threading one handle through the other and pulling it tight.
2. Stand with left side facing the band, holding handle in right hand.
3. Starting position is with elbow bent to 90 degrees, palm and forearm directly in front of the belly.
4. Keeping the elbow bent, rotate the shoulder, bringing the forearm out to side. Work within your range of motion - you may not be able to take the arm all the way out.
5. Rotate the forearm back in and repeat for 12-16 reps

Tips

1. Keep the elbow in a fixed position and the movement slow and controlled.
2. Avoid swinging the arm out too far - only go as far as your flexibility allows.
3. This is a small, subtle movement. Take your time and really feel what you're doing.

LATERAL RAISES



This version of the lateral raise is a bit more challenging than the bent-arm version shown previously because the arms are straight. Whenever you have a longer lever to work with, you increase the difficulty of the exercise, which means you may not be able to use as much weight as with the bent-arm version. The key to doing this move correctly is to keep a slight bend in the elbows, but to keep them pointing towards the back of the room rather than towards the floor, which is a common mistake. Think of leading with the elbows rather than the hands or wrists.

1. Sit or stand and hold light-medium weights at the sides.
2. Keeping a slight bend in the elbow, lift the arms out to the sides, stopping at shoulder level.
3. Lower back to start and repeat for 1-3 sets of 10-16 reps.

Tips

1. Keep the back straight and the abs contracted throughout the movement.
2. Keep the wrists straight and the elbows just slightly bent.

SEATED ROWS



Return to start and repeat for 1-3 sets of 10-16 reps.

Using a resistance band is just one way to vary a traditional dumbbell row and add a different level of intensity to the move.

1. Wrap the resistance band around a sturdy object in front of you (or use a door attachment) and stand or sit so that there's tension on the band and the bend is about chest-height.
2. Hold the handles in each hand, arms straight out in front with the palms facing each other.
3. Contract the back to pull the elbows in towards the torso in a rowing motion.
4. Keep the shoulders relaxed and down and only pull the elbows back to about torso level.

Tips

1. Use a medium to heavy band to get the most out of this exercise.

How to do Standing Back Rows with an Elastic Exercise Band

Step 1

Tie the elastic band to a door knob or other stationary object located at stomach level. Make sure that each side of the band has the same length of elastic cord.

Step 2

Stand about 4 feet away from the place where the band is secured. Your feet should be about shoulder width apart and you should grasp one handle in each hand.

Step 3

Bend your knees slightly while keeping your back straight. This isolates your back muscles.

Step 4

Pull the handles toward you in a smooth motion. Your elbows will point behind you and your fists should remain at chest level.

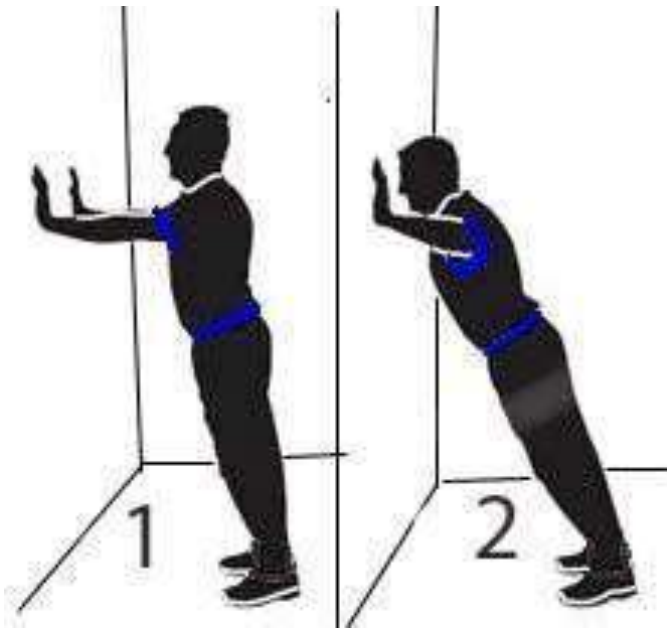
Step 5

Extend your arms fully in front of you. Even though you are moving with the pull of the elastic cord, be sure that you maintain your steady movement or you will not get much out of the exercise and can even strain or tear a muscle.



Exercises

End with Extension exercise against the wall 3 times for 10 seconds each rep.- for you back.



2. Stand 1-1/2 feet away from a wall.
3. Lean forward pushing against the wall with your hands.
4. Keep your heels flat on the ground.
5. Hold it for ten seconds, and then relax. Repeat 3 times.

And, finally try and walk 3 miles per day- retire the running. You may have to walk in short lengths such as ½ mi., 1 mi, 2 mi.etc.

NOTES: _____
