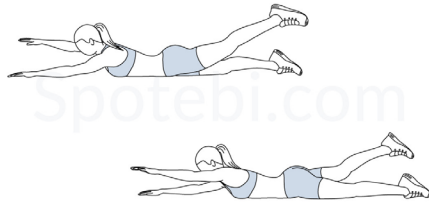


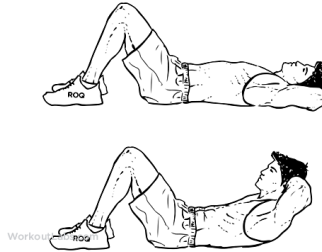
Exercise Quick Reference Sheet

Superman



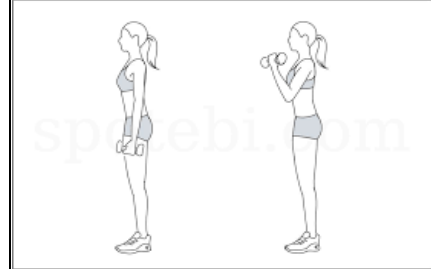
- Lying on the floor face-down, extend your arms straight over your head.
- Lift your right arm and your left leg up off of the floor at the same time, keeping your head, neck, and back in a straight line.
- Hold that position for 2 to 4 seconds before lowering your arm and leg back to the floor.
- Alternate, by lifting your left arm and your right leg.

Sit-ups



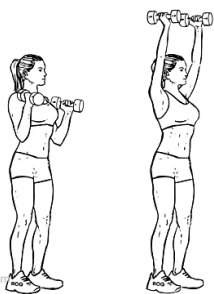
- Lie on your back on the floor, with your knees bent and your feet flat on the floor.
- Place your hands behind your head, elbows pointing out.
- Slowly raise your shoulders and upper back off of the floor, pause, and lower your shoulders back on the floor.
- Remember -- only lift your head and shoulders off of the floor. Don't pull on your head or neck with your hands, and keep your chin lifted toward the ceiling, with your elbows pointed out.

Bicep Curls



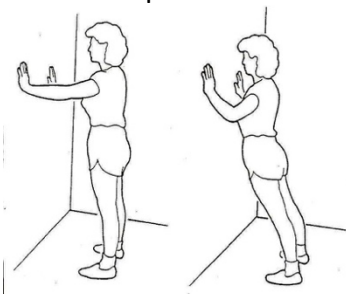
- With a dumbbell in each hand, place your feet shoulder-width apart, keep your arms at your sides. Have your palms facing your thighs.
- Lift the weight so your forearms rotate and your palms face toward your shoulders. Keep your upper arms and elbows close to your side. Keep your wrists straight and dumbbells parallel to the floor.
- Pause, and then lower the dumbbells back toward your thighs, rotating your forearms so that your arms, once again, are at your sides, with your palms facing your thighs.
- How do you determine the correct amount of weight for you? use an amount that's going to leave you tired after 10 repetitions.

Overhead Press



- Stand or sit with your feet shoulder-width apart, with a dumbbell in each hand.
- Raise your hands, with your palms facing forward and your wrists straight until the dumbbells are level with your shoulders and parallel to the floor.
- Push the dumbbells up and over your head until your arms are fully extended, making sure not to lock your elbows.
- Pause, then lower the dumbbells back to shoulder level, bringing your elbows down, close to your sides.

Wall Push-Ups



- Stand 1 – 2 feet from the wall with your feet shoulder width apart, feet pointing towards the wall.
- Place hands on wall, shoulder height.
- Keep your body straight and bend at your elbows moving towards the wall, then straighten your elbows, without locking them.
- Count 1, 2 as you move toward the wall and 3, 4 as you move away.

Squat



- Stand with your feet slightly more than shoulder width apart, feet pointing towards the chair.
- With your trunk upright, bend your knees 1/3 of the way, keeping your knees above the big toes.
- Count 1, 2 as you bend and 3, 4 as you straighten.

Toe Lift



- Start out by standing on the floor with your hand secured on counter or a chair.
- With your feet shoulder-width apart, push up as far as you can on the balls of your feet.
- Count 1, 2 as you go up and 3, 4 as you go down.

Shoulder Circles



- Circle your left shoulder up, back, down and forward.
- Do the same on the right side.
- Count 1, 2, 3, 4 as you move.

Trunk Rotation

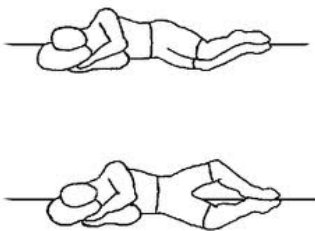


- Sitting in a neutral position on the chair, shift your weight onto your left buttock.
- Turn your trunk to the right.
- Repeat on the other side.
- Count 1, 2 as you turn right and 3, 4 as you return back to your neutral position in the center.

Balance



- With the chair in front of you, hold on with 1 or 2 hands.
- Slowly raise your left foot off the floor so that you are balancing on the right foot.
- Repeat on the other side.
- Try first balancing with your eyes open and as you progress, try with your eyes closed.
- Move from holding on to the chair with two hands, to one hand, to balancing without holding on.



Knee Lift

- Lie on your right side with your knees bent and your neck and head supported.
- Keep your feet together as you slowly raise and lower the top knee. Your trunk and pelvis must not rock backwards.
- Repeat on the other side.

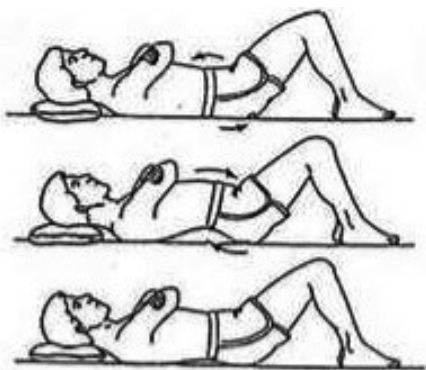
Count 1, 2 as you raise your knee and 3, 4 as you lower you knee.



Neck Strengthening

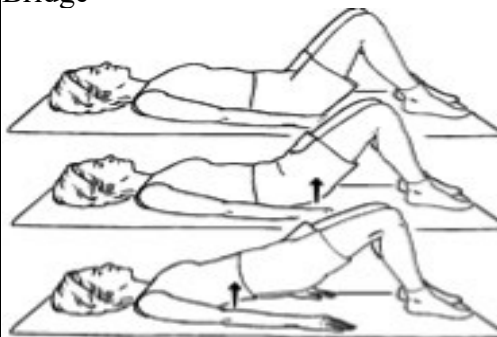
- Hold your head still as you apply gentle pressure with your fingertips to your forehead for a count of 4.
- Apply 4 counts of pressure to the back of your head.
- Apply 4 counts of pressure to the left and then right side.

Pelvic Tilt




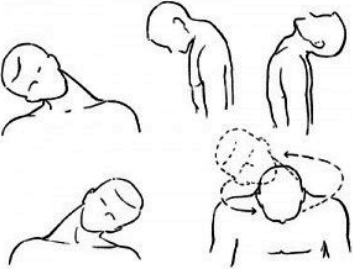




- Lie on back on firm surface, knees bent, feet resting on floor and arms on chest.
- Breathe in; fill lungs and belly and arch lower back.
- Exhale as you flatten your spine to the floor

Bridge



- Lie on back on firm surface, knees bent, feet resting on floor.
- Rock your pelvis to find your neutral spine position.
- Tuck in your abdominal muscles and hold throughout the exercise.
- Slowly lift your buttocks off the floor and then slowly lower.
- Count 1, 2 as you lift and 3, 4 as you lower.

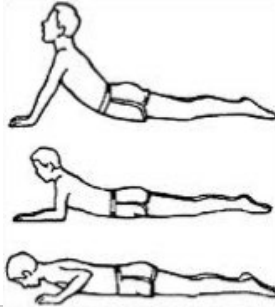
STRETCHING EXERCISES

 <p>Inner Thigh Stretch</p> <ul style="list-style-type: none"> • Lie on back, knees bent, feet resting on floor. • Move your knees out to the sides until you feel a stretch in the inner part of your thighs. 	 <p>Neck Stretches</p> <ul style="list-style-type: none"> • Hold your head in a neutral position and bring right ear down to right shoulder and back to neutral. Do the same on the left side. • Bring chin to chest and back to neutral. • Turn head to the left and then right. • Move your head gently in a circle. 	 <p>Low Back Rotation Stretch</p> <ul style="list-style-type: none"> • Lie on back, knees bent, feet resting on floor. • Extend your arms out from your body. • Keep your knees and feet together. • Slowly lower your knees to one side and allow your trunk to rotate. • Slowly move your knees back to the starting position. • Repeat on the other side.
 <p>Piriformis Stretch</p> <ul style="list-style-type: none"> • Lie on back, knees bent, feet resting on floor. • Cross one leg so the ankle rests on the opposite knee. • Gently move your bent leg towards your chest, keeping your back flat to the floor. • Hold stretch by holding the leg under your knee. You can use a towel to help if reaching is too difficult. • Repeat on the other side. • Feel the stretch in the back of your thigh and buttocks. 	 <p>Single Knee to Chest</p> <ul style="list-style-type: none"> • Lie on back, knees bent, feet resting on floor. • Bring one knee toward your chest. • Hold onto the knee with both hands and slowly bring the knee closer to your chest. • Feel the stretch in your buttock or your back. 	 <p>Double Knee to Chest</p> <ul style="list-style-type: none"> • Lie on back, knees bent, feet resting on floor. • Bring knees toward your chest. • With a hand on each knee, slowly bring your knees closer to your chest. • Feel the stretch in your buttocks or back.



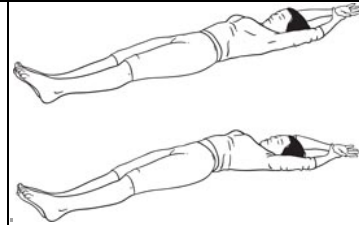
Hamstring Stretch

- Lie on back, knees bent, feet resting on floor.
- Wrap a towel around one thigh just above the knee and hold the ends of the towel in both hands.
- Bend your knee and using your towel, pull your thigh toward your chest.
- Keeping your thigh in this position, slowly straighten out your knee until you feel the stretch in the back of your thigh and leg.
- Repeat on the other side.



Press Up

- Start by lying on your stomach, forearms flat on the floor, elbows under your shoulders, chin on the floor and legs together.
- Press your forearms down into the floor and inhale and lift your head and chest off the floor keeping the neck in line with your spine.
- If you need a bigger stretch, keep your elbows close to your sides and use your arms to lift you up even higher.
- Go up only as far as you can without discomfort.



Total Body Stretch

- Lie on your back with your legs straight and your arms above your head resting on the floor.
- Stretch your legs and arms up and down, away from your trunk
- Feel the stretch throughout your body.



Child's Pose Stretch

- Start on your hands and knees with your hands directly below your shoulders and your knees directly below your hips.
- Lower your torso until your stomach is resting on your knees.
- Move your hips back as far as you can, extend your arms as much as possible and lower your head.
- Press your hips down toward your heels to lengthen your spine.



Cat/ Camel Stretch

- Start on your hands and knees with your hands directly below your shoulders and your knees directly below your hips. Head straight and gazing at the floor.
- Slowly allow your trunk to sag as far as you can so that your back is arched, do not pull it down – let it relax as you lift your face towards the ceiling.
- Return to neutral position and then arch your back and lower the top of your head toward the floor.
- All motion should be initiated from your lower back.
- Stretch only as far as you can without discomfort.