



## AT HOME EXERCISES

### **BODY PLANK**

This exercise will use your core body muscles and nervous system. The core body muscles give support to the entire body. Body Planks will help make your neck and back muscles stronger.

1. Start by having your hands and knees on the floor. With your face looking down at the floor, keep your knees on the floor and walk your hands out in front of you. Stretch your legs out behind you.
2. Place your forearms, parallel to each other, on the floor. Make loose fist with your hands to keep you balanced.
3. Lift your body up away from the floor, but keep knees on the floor. You should feel your back stretching as you extend your spine so that it's very long. Push your body upwards using your stomach, not your back muscles.
4. Make a C- shape with your hips by moving your hips forward and squeezing your buttocks.
5. Keep your elbows in line with your shoulder and keep your neck and face down towards the floor. Make sure not to bend your shoulders towards your ears.
6. Your neck is a long extension of your spine, so do not drop your head to the floor or curve it upwards.
7. Take a deep breath in and hold for 30 seconds. Let breath out as you bring your body down to the floor and relax for 5 seconds. Repeat all steps up at least 4 times.

### **Reminders**

- Your body is in a straight line from the ears, through the shoulders and hips. For advanced, your legs will be straight, too.
- Do not arch or curve down with your lower back. Use your hip and stomach to pull in for C-shape.
- Always keep looking down at the ground so your neck and shoulders won't hurt.
- If you start to shake, release the pose and start again. This is normal and will go away the more you do this exercise.

### **Tip**

Your core body muscles will help you have good posture and keep balance as you move. Make this part of your daily exercise routine.





## **HIP AND LEG STRETCH**

- Kneel on both knees.
- Move your right leg forward, lift your leg, and place foot on floor. Keep your left knee on the floor.
- Put your hands on top of your right thigh.
- Slide your left leg back behind you slowly until you feel the stretch in the front of your hip. Do not lean forward or backwards with your back.
- Push your hip forward. Keep your back, neck, and head straight.
- Put your hands on your right leg front knee. Hold this position for 10-15 seconds and relax.
- Repeat these steps, but stretch the right leg and have the left leg and foot on the floor in front.

## **ADVANCED HIP AND LEG STRETCH**

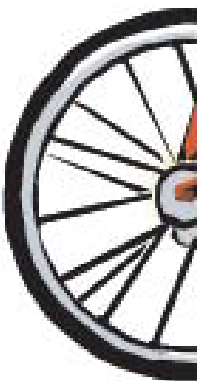
Try this stretch with the back leg stretched out as far as you can with your toes completely resting on the ground. Lift your body off the ground slightly as if you are getting into a standing position. Take the arm on the side with the leg back and reach up towards the sky and then behind you leaning back slightly. Be careful not to lean back too much because you should not use your lower back muscles.

### **Reminders**

- Always stretch before exercising because it may prevent muscle cramps and injury.
- Always stretch your body at a slow and smooth pace.
- Hold the stretch for at least 10 seconds.
- Take deep breaths as you are stretching and let the breath out slowly when relaxing from the stretch.

### **Tip**

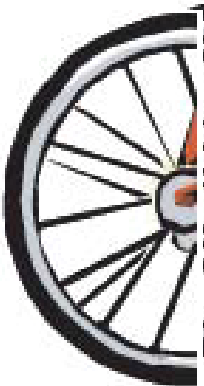
Make sure that you stretch before and after exercising. Stretching prevents injury and helps you have good posture.





## **HAMSTRING (BACK OF THE LEG) STRENGTHENING**

- 1.** Lie with you back on the floor with a towel or mat. Your hands and arms should be flat beside you with palms facing the floor.
- 2.** Bend your knees up towards the sky and keep our feet in line with your hips.
- 3.** Your leg should be at an angle. Make sure heels are not too close to the buttocks.
- 4.** Press down with the heels of your feet on the floor and lift the buttocks and lower back off the floor.
- 5.** Keep your stomach straight and do not curve your lower back upwards or inwards. (Hint: pretend you're squeezing your butt towards your heels. If you do it right you should feel your upper body slide towards your feet.)
- 6.** Hold this position for 15 seconds. (You should be on your upper back or shoulder and your heels when you are at the top position.)
- 7.** Do not lift your neck or head off the floor.
- 8.** Slowly lower the body back to the mat.
- 9.** Keep your lower leg at an angle and your feet away from your buttocks.
- 10.** Do about 15-20 of these at a slow to medium speed, resting for only 5 seconds in-between.





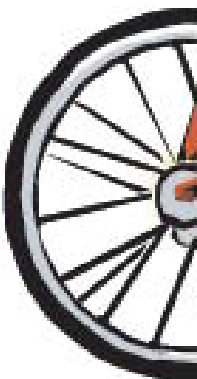
## **PUSH-UPS**

The push up may just be the best total body exercise to build strength because it uses muscles in the chest, shoulders, arms, back, stomach and the legs.

- 1.** Get on the floor face down and position your hands slightly wider than your shoulders, but not even with your elbows.
- 2.** Push up your entire body using your arms, but keep balance with your toes. Keep your elbows slightly bent as you push your body upwards. Your arms should never be completely straight.
- 3.** Keep your body in a straight line from head to toe. Do not push your back out or pull it down.
- 4.** Keep your legs close together.
- 5.** Keep your head and neck down, looking straight ahead.
- 6.** Take a deep breath in as you slowly bend your elbows and lower yourself to the floor. Your elbows should be pointed up and outwards to the sides. Your chest is close to the ground.
- 7.** Breathe out slowly as you push your body up to the off the floor.
- 8.** Repeat for at least 10 times or as many as you can comfortably do.

## **ADVANCED PUSH-UPS**

- **Incline Push Ups** - if regular pushups are too hard you can start by doing pushups against a wall, a table or a sturdy chair. Stand several feet away from the object you are using and use the same push up technique as above. Remember to keep your body straight and tight.
- **Bent Knee Push Ups** - this is an easier push up. Bent Knee pushups are performed on the knees rather than on the toes. Be sure to keep the knees, hips and shoulders all in a straight line. It may help to cross your legs and lift your feet off the floor slightly.
- **Un-even Push Up** - perform a push up with one hand one top of a basketball or a stack of a few books. This works the shoulder in a slightly different range of motion which strengthens your shoulder muscles.





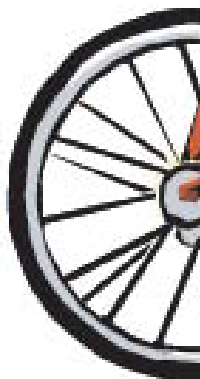
### **COBRA OR SUPERMAN**

This exercise helps strengthen the back muscles, spine and muscles in the back of the shoulders. This exercise will help you have good posture, stand tall and straight, and develop balance while standing.

1. Lie face down on the floor with your arms beside your hips and inside of your hands facing towards the sky.
2. Keep your head and neck looking at the floor.
3. Squeeze your stomach and your buttocks.
4. Take in a deep breath. Let the breath out slowly as you lift your chest off the floor by pulling your arms up and backward toward your hips. Make sure your thumbs are pointed up toward the ceiling. Squeeze your shoulders together and arms back as if you are trying to touch the backs of your hands together.
5. Be sure to lift your legs off the ground a few inches.
6. Pause at the top of the movement for 5 seconds. Rest for 2 seconds and repeat up to 10 times.

#### **Tip**

Make sure to keep your head straight looking down at the ground.





## **CHEST STRETCH**

1. Stand in the middle of an open doorway.
2. Place your hands and arms on the door wall. Your hands should be even with your ears
3. Slowly step or lean forward so you feel a comfortable stretch in the chest and front shoulder muscles.
4. Hold this position for at least 15-30 seconds. Rest for 5 seconds and repeat to get a really good stretch.

### **Tips**

This is an important stretch for everyone who sits for more than 30 minutes at a time. Try to do this stretch in once in the morning and once in the evening.

## **BICYCLE CRUNCH**

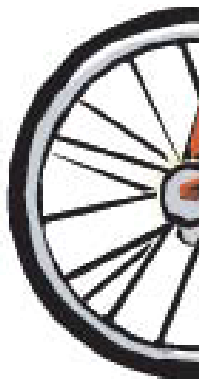
The Bicycle exercise is the best move to target the lower stomach (known as the “six pack”) and the waist.

1. Lie on the floor on your back, face up towards the sky.
2. Place your fingers behind your ears, but do not use them to pull on your head upwards.
3. Bring your knees in towards the chest and lift the shoulder off the ground. Remember not to pulling on the neck.
4. Straighten you left leg out while at the same time turning to bring the left elbow towards the right knee.
5. Switch sides, bringing the right elbow towards the left knee.
6. Continue alternating sides in a 'pedaling' motion for 30 seconds. Rest and repeat 4 times.

### **Tip**

Never pull on your head during abs exercises and if you neck gets tight relax and try again.

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## **SQUATS**

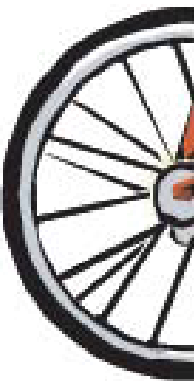
1. Stand up with you legs apart, feet out a bit further than your hip or shoulder.
2. Hold your hands up under your chin together with your fingers locked. Hold the hands in front of you, touching to the top of your chest – just a bit under your chin.
3. Squat down as if you are bending to sit down in a chair behind you. Keep your back as straight possible as you lean back putting your body weight on your heels.
4. Make sure to keep your elbows between your knees as you squat, not on top or outside.
5. Squat down as low as possible in one motion.
6. Hold squat position for 2 seconds.
7. Push up by using your thighs and squeezing your buttocks.
8. Repeat up to 20 times.

## **HAMSTRING STRETCH**

1. You will need a towel or exercise ban.
2. Sit on mat or floor with knees bent.
3. Position towel under middle of your foot with hands grasping towel on both ends.
4. Lie back and raise leg straight above maintaining grip on towel with both hands.
5. Pull leg back while keeping knee straight. Hold stretch for 20 seconds.
6. Keep other leg tight and close to the floor as possible.
7. Repeat with opposite leg.

### **Tip**

If you don't have a towel or something to pull on the foot, hold you leg with your hands behind the leg just below the knee and pull back.





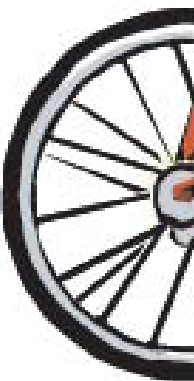
## **SHOULDER ROTATION**

1. Stand with a ban or cable in your hand as in the picture above.
2. Pull the ban by moving your arm away from your side until your hand is turned with the palm facing forward.
3. Keep your elbow bent, close to your waist.
4. Move from your shoulder to pull the lower arm and ban across your body out as far as possible without rotating your body or moving your elbow from the side of your body.
5. Slowly return to the starting position.

## **CALF STRETCH**

Your calves are used in every movement with your lower body, especially, in walking and running.

1. Stand facing the wall about a few feet away.
2. Take a step forward with your left foot.
3. Place your hands on the wall in front of you. Stay facing the wall.
4. Take your left leg forward bending the knee and push back with the right leg keeping the heel on the ground, both feet stay on the ground.
5. Hold stretch for about 15 seconds.
6. Keep your right knee (back leg) straight.
7. Switch legs and repeat both the straight knee and bent knee stretches on the other leg to completely stretch your calf.





## **ONE LEG SQUAT AND REACH**

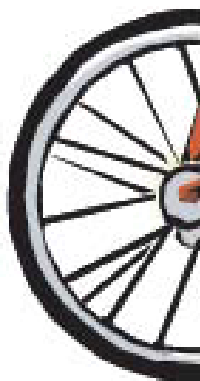
This exercise will make your leg, knee, ankle, and hip muscles stronger.

1. Stand on one leg with the knee bent just a little.
2. Place your hand on the hip of the leg you are standing on.
3. Keep the other leg bent upwards at the knee with your toes pointing towards the floor.
4. Take the arm that is on the same side as the leg that is off the floor and reach down towards the floor in front of you. When reaching, use the leg you are standing on to squat, so you can reach further. Squat as you lean over. Be careful not to lean too far forward.
5. Do this with one leg 15 times and switch legs and repeat.

## **ARM ROWS**

You will need an exercise band to do this. Use a medium or heavy band to make your arm muscles work harder.

1. Wrap the exercise band around a sturdy object in front of you, such as the leg of a couch or staircase railing.
2. Stand or sit holding the band at mid chest-height.
3. Hold one handle or end of the band in each hand, with your arms straight out in front with your palms (inside of your hand) facing each other.
4. Keep your elbows bent and wrists straight at all times.
5. Use arms to pull the bands, moving your elbows in towards your sides and back.
6. Make sure not to squeeze your shoulders up.
7. Pull back and hold for 3 seconds. Repeat up to 20 times.
8. Rest and repeat.
9. Resistance bands are inexpensive and can be used anywhere. Pack a few on your next vacation and get in a few workouts for 20 minutes at a time.



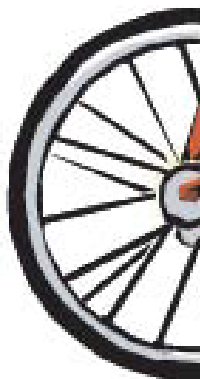


## **LOWER BACK STRETCH**

- 1.** Lie on back with your right knee pulled towards your chest.
- 2.** Slowly bring your right leg across body. You should feel the muscles in your lower back and hip stretching.
- 3.** Remember to keep shoulders and head flat on the floor.
- 4.** The bottom leg should be bent so that your knees are touching each other during the stretch.

## **TRUNK ROTATION**

- 1.** Sit down with your feet slightly lifted off the floor and knees bent just a little.
- 2.** Lean back just a little, but make sure to keep you back straight.
- 3.** Hold a filled milk gallon or 2-liter plastic bottle.
- 4.** Twist from your stomach and back moving the filled bottle/gallon to each side of your body.
- 5.** Hold the bottle at each side for 5 seconds. Do this for 30 times on each side.
- 6.** Rest and repeat.





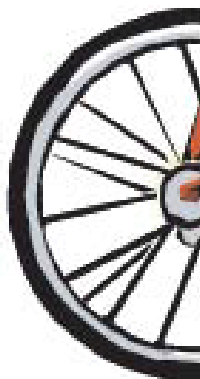
## **INNER THIGH STRENGTHENING**

- 1.** Lie on your side with the top leg crossed over the leg that is on the floor.
- 2.** Hold yourself up using your elbow.
- 3.** Bend the top leg so the foot is as flat as possible on the floor.
- 4.** Keep your knees and toes pointing forward.
- 5.** Slowly lift your lower leg off the ground.
- 6.** Keep the leg lifted for 10 seconds.
- 7.** Repeat 15 times with same leg.

## **SHOULDER PRESS**

You may use gallon filled milk or water containers instead of dumbbells.

- 1.** Position dumbbells to each side of shoulders with elbows bent
- 2.** The dumbbells should be at about chin height.
- 3.** Push dumbbells upwards until your arms are almost straight in the air. Do not bring the dumbbells over your head.
- 4.** Hold up for 3 seconds.
- 5.** Keeping your elbows bent, slowly lower to your chin. Repeat 15 times.



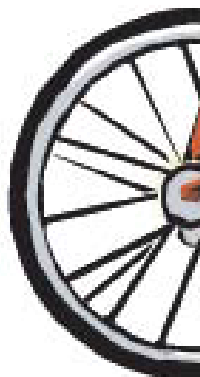


## **UPPER ARM (TRICEPS) STRETCH**

- 1.** Bend right arm at elbow above your head.
- 2.** Keep your hand open and try to have your fingers touch the top of the left shoulder in the back .
- 3.** Place left hand on the right elbow and gently pull back and down.
- 4.** Feel the stretch in your upper arm.
- 5.** Hold stretch for a count of 10.
- 6.** Switch arms and repeat.

## **SHOULDER STRETCH**

- 1.** Bend right arm at elbow just a little.
- 2.** Take the right arm across chest.
- 3.** Place left hand on the right elbow to gently support the arm during this stretch.
- 4.** Pull arm towards the chest. Feel the stretch in your right arm and shoulder.
- 5.** Hold stretch for a count of 10.
- 6.** Switch arms, using right hand to stretch left arm and shoulder.





## **MODIFIED CRUNCH**

1. Lie down on your back and lift your legs off the ground.
2. Bend your knees back crossing your ankles.
3. Place your arms crossed over your chest, touching the opposite shoulder.
4. Using your stomach to squeeze and lift your shoulders off the ground towards your knees. You are trying to touch your elbows to your thighs.
5. Hold for 2 seconds. Repeat up to 20 times.
6. Make sure not to use your neck or head to lift your body.

## **QUADRICEPS (FRONT THIGH MUSCLES) STRETCH**

1. Stand facing a wall and support yourself against the wall by placing your hands on the wall.
2. Stand about arms length away.
3. Take your right hand and hold the top of you right foot ankle.
4. Pull ankle upwards towards your back.
5. Do not bend your back or hip when stretching. Use your arm and left leg to give you stability.
6. Hold stretch for 30 seconds. Release and repeat using the left arm and left ankle.





## **LUNGES**

- 1.** Stand straight with you legs slightly apart, relaxed. Arms down to your sides.
- 2.** Place your hands on your hips.
- 3.** Step (longer than usual) forward with one leg.
- 4.** Lower your body down by bending your leg at the knees. Go down until your bottom knee almost touches the ground.
- 5.** Keep your front foot flat on the floor and allow the back leg to bend with knee on floor and toes on the floor.
- 6.** Do not allow your knee to go forward past your toes as you come down and do not lean forward or backwards with your back. Try to keep it straight and look ahead.
- 7.** Hold for 3 seconds.
- 8.** Using your legs, push your body up and repeat on the same leg for 15 times.
- 9.** Switch legs and repeat.

## **ILIOTIBIAL BAND (OUTSIDE OF THIGH MUSCLE) STRETCH**

- 1.** Stand with your side towards the wall lean against a wall using your arm and hand.
- 2.** Take your right leg behind your left leg like your criss crossing them.
- 3.** Do not bend your knees.
- 4.** Lean to the right bending your arm at the elbow. You should feel your hip muscle stretching.
- 5.** Hold the stretch for 30 seconds and release for 5 seconds.
- 6.** Repeat once with same leg.
- 7.** Switch sides, turning with your left side and left leg crossing your right leg. Repeat.





## **SQUAT THRUSTS**

1. Start by jogging in place for 2 minutes.
2. Squat down and place both of your hands on the ground with palms touching the floor. Your feet should be on your toes.
3. Kick both feet back like you are in the push-up position.
4. Pull feet and legs towards your upper body and stand up.
5. Repeat for 20 times.

## **ADVANCED SQUAT THRUSTS**

1. While you are down in the push-up position, you can do 2 push-ups before standing up.
2. While standing up, use hand weights or gallon filled milk/water containers to put in your hands. Lift these and bring them up towards your face with your palms facing your face. Hold for 3 seconds.

