

Exercise Descriptions For:
 Exercises to be performed:
 Prescribed by:

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 Daily
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Leg-lock bridge



Lie on your back with one foot on the floor a comfortable distance from your buttocks. Lift your left knee to your chest, and hold it there with your hands (you can progress this exercise by placing a tennis ball between your thigh and your chest, making sure there is enough pressure on the tennis ball that it doesn't fall out. The reason for keeping the knee to chest is to ensure the movement is from the hip, and not from the back. Push down with the foot on the floor and extend the hips to bring the hips up into a bridge position. Only go as high as you can without your knee moving away from your chest (losing contact with the tennis ball in the progression). Make sure your hips are level. Hold for the desired time and then lower.

Repetitions:

10

Hold/Duration:

3 seconds

Romanian deadlift w/ dowel (Body weight)



Standing with feet approximately hip width apart, and knees slightly bent (10-20 degrees), and holding a dowel along your back with one hand such that the dowel is touching the back of your head, between your shoulders, and your buttocks. Gently bend forward at the hips such that the dowel always maintains contact with the head, shoulders and buttocks. This prevents you from rounding your low back! Keep bending until you either feel a stretch in your hamstrings (back of your legs) or your torso is almost parallel with the ground. Return to the starting position with the same slow and controlled movement, and continuing to maintain contact between the dowel and the three points of contact.

Repetitions:

10

Hold/Duration:

3 seconds

Bird dog (band resistance)





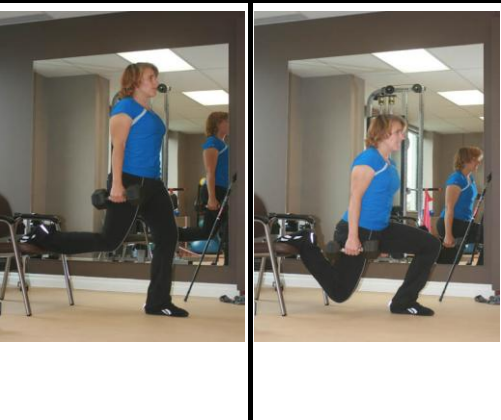
Position yourself on your hands and knees, with a band positioned such that there is a band handle in each hand with the band wrapped around one foot. Maintaining a neutral spine, engage your core and lift one arm and the opposite leg until they are in line with the body. Be sure to keep your hips and shoulders level (if you can look in a mirror take a peak to see that you aren't lifting one hip or shoulder - if you are, adjust). Hold this position for the desired time and then lower the arm and leg and lightly "sweep" the ground with them and raise them again for another repetition with the same limbs. Repeat for the desired repetitions and then switch sides.


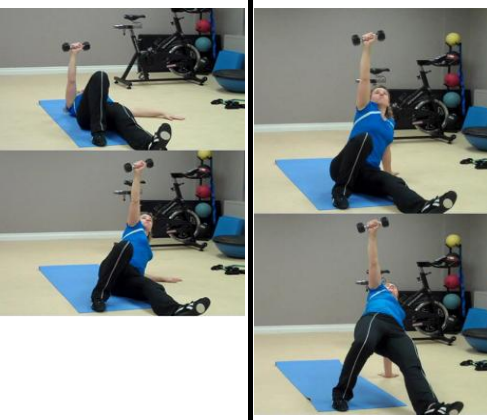

Repetitions:

5

Hold/Duration:

5 seconds

Rolling (phase 1)			<p>Lie on your back with your legs straight and arms straight overhead. Lift your head off the ground, look to the right, initiate movement with your left arm and shoulder and roll onto your stomach, without using your legs. From this position, initiate the movement again with your head and left arm as you roll back onto your back. Be sure that you do not use your legs to help. Repeat for the desired repetitions and then change positions so that you initiate the rolling with your right arm.</p>
Repetitions:	3	Hold/Duration:	SLOW
Half-kneeling Cable chop			<p>Position yourself perpendicular to the cable column with the column at your left, about 2 feet away. You should be in a half-kneeling position with the left foot forward, and right lower-leg on the floor behind you, with the torso erect. Use the rope attachment for the cable, with the cable at the highest position. Grab the rope with one hand on each end, engage your core and pull the rope down and across your body from right to left and top to bottom. Do not allow movement in your torso throughout this exercise. Perform all repetitions and then switch sides.</p>
Repetitions:	10	Hold/Duration:	2 seconds
Rear foot elevated split squat			<p>Place your left foot in front of you and the laces of your right shoe on a chair behind you, with upper body very vertical. Ideally you should place a mat, Airex pad or pillow just in front of where your right shoe is elevated. Hold a dumbbells in each hand at your side. Slowly bend your knees and ankles so that the rear knee almost touches the ground and the upper body remains vertical. Return to the start position and repeat for the desired number of repetitions. Switch feet and repeat with the right foot forward.</p>
Repetitions:	6	Hold/Duration:	2 seconds

Spiderman walks with rotation		Stand and take an exaggerated lunge step forward with your left foot and bring your hands down to the floor next to your foot. Bring your hips down toward the floor so that you feel a stretch in your right hip flexor. From here, lift your right hand up toward the sky, looking at your fingers as you do so. Bring your right hand back down, and then push up into a standing position. Repeat on the other side.	
Repetitions:	10	Hold/Duration:	3 seconds
1/2 Turkish Getup		<ol style="list-style-type: none"> 1. Lie on your back with a dumbbell (DB) or kettlebell (KB) in your right hand. Bend your right knee, with the foot on the ground. 2. Straighten your left elbow and place your hand on the ground so that there is a 45 degree angle between your left arm and your body. Engage your core, push your right foot into the ground and extend your right arm above you, so that your elbow is straight and your hand is directly above your shoulder. Look at the DB. 3. Using your core, pull your upper body upward until you are leaning on your left elbow. Do not allow your back to flex while you do this. 4. Push yourself up so that you are leaning on your left hand, with the elbow straight. Look at the DB. 5. Extend your hips upward. Hold for the desired time and then return to the starting position through the same steps. Repeat for the desired repetitions. 	
Repetitions:	5	Hold/Duration:	2 seconds
KB Swings (one arm)		Stand in an athletic position with feet slightly wider than hip width apart. Hold a kettle bell in both hands with arms relaxed so the KB is resting between your legs. From this position, bend your hips and knees about 20-30 degrees and lower the KB, then extend the hips and knees as you swing the kb in front of you. The KB should swing out to parallel. Control it at the end range and then with a controlled motion, let the KB swing back down as you bend your hips and knees again.	
Repetitions:	25	Hold/Duration:	1 second