



PUSH UP (knees bent)

Lying face down, use your arms and push yourself up as shown.

Keep your knees in contact with the floor and maintain a straight back with abdominals engaged the entire time.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Day



BENT OVER ROWS

While standing, bend over and support your self with your uninjured arm. With your affected arm starting at your side, draw up your arm as you bend your elbow. Keep chin tucked in to improve spine posture.

Use a weight that is challenging for you to complete 10 reps on each arm for the first set.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week

PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time. Abdominals are braced the entire time.

Do not hold your breath.



Repeat 1 Time
Hold 30 Seconds
Complete 2 Sets
Perform 2 Times a Week



SUMO SQUAT

Stand with feet a little wider than shoulder-width apart. Hold the end of a dumbbell with both hands as shown. Use a dumbbell or kettle bell that is appropriate for your fitness level.

Bend your knees and lower your body towards the floor to perform a squat. Keep your back straight and hinge at the hips.

Your body weight should mostly be directed through the heels of your feet. Knees should bend in line with the 2nd toe and not pass beyond the toes.

Return to a standing position pressing through the heels. Repeat.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week



LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles. 10 -20 steps each direction for one set.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week