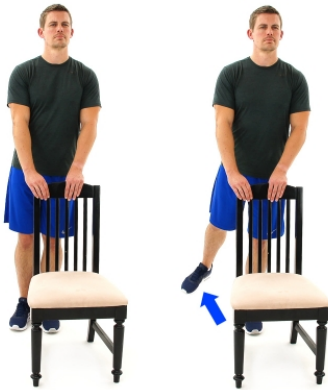


**PUSH UP**

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 the entire time.

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

**HIP ABDUCTION - STANDING**

Start by standing with feet together. Next, move your leg back and to the side at approximately 45 degree angle. Keep your knee straight and use your arms for support if needed for balance and safety.

Return to starting position and repeat.

Perform on each leg 10 repetitions (1 set)

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

**SIT TO STAND - NO SUPPORT**

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

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



BRACE - SINGLE KNEE EXTENSION SUPPORTED

While lying on your back with knees bent, straighten out one knee while keeping the leg off the ground. Hold as indicated, then return to original position. Next, perform on the other leg.

Use your stomach muscles to keep your spine from moving the entire time.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Times a Week



BENT OVER ROWS

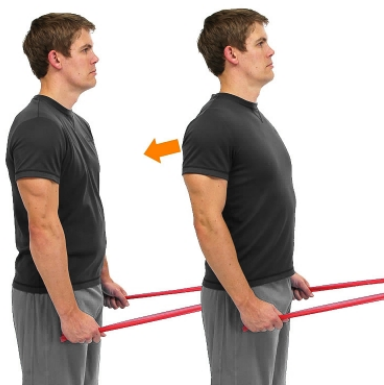
While standing, bend over and support your self one arm. With your opposite arm starting at your side, draw up your arm as you bend your elbow.

Repeat on each side.

Keep your spine straight, abdominals tight. Keep the arm movement smooth with no jerking movement.

5-20 pound dumbbells

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



ELASTIC BAND SCAPULAR RETRACTIONS WITH MINI SHOULDER EXTENSIONS

While holding an elastic band with both arms in front of you with your elbows straight, squeeze your shoulder blades together as you pull the band back. Be sure your shoulders do not raise up.

Keep abdominals braced and keep the weight neutral in your feet.

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



KETTLEBELL UPRIGHT ROW

Start by holding a Kettlebell with both hands at waist height. Next, lift the Kettlebell to chest height as you bend at your elbows. □

Abdominals braced and do not lean backwards as you bring the weight up to your collar bones. □

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



KETTLEBELL LUNGE ROW: Dynamic Full body program with a lunge

Start in an end-lunge position. Next, grab a Kettlebell and pull it up towards the ceiling as raise up to a lunge position. Lower back down and repeat. □ □

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



LATERAL LUNGE WITH DUMBBELLS ALTERNATE

Start by standing while holding a dumbbell in each hand.

Next, take a step to the side and bend that knee and lower your buttock as you hinge at the hips.

Do not let your knee pass in front of your toes and keep your knee in line with your foot. Your hands should surround your knee with one hand on each side of the bent knee.

Push back up to starting position and then repeat on the other side.

□ □

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day



CROSS OVER WALK - CARICOA (braiding drill)

Take steps to the side as you cross one leg over the other leg. Alternate crossing your leg over the front, then behind the back of the other leg. Focus on slow and controlled movements.

NOTE: As you perform this, you should be stepping in only one direction for several feet, then perform the other direction for several feet.

10-20 ft or 10 steps each direction is one set.

This exercise will help improve your balance as well.

Repeat 10 Times
Hold 0 Seconds
Complete 2 Sets
Perform 2 Times a Day



CARDIOPULMONARY - WALKING IN PLACE WITH ARM SWINGS

Walk in place as you swing your arms along your side. Continue this to build your endurance.

Duration 60 Seconds
Complete 2 Sets
Perform 2 Times a Week