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Warm Up

Pick one of the following before starting your workout

Walk

Duration: 15 - 20 mins

Execution:

Walk around the neighbourhood

Intensity:

Talk Test: Should be out of breath while trying to hold a conversation

Stair Climb

Duration: 5 mins

Execution:

- Go up and down a flight of stairs (at home)

Intensity:

- Talk Test: Should be out of breath while trying to hold a conversation

Dynamic Stretches

Arm Circles AROM

Sets: 1 | Reps: 5 - 10 per side

Preparation:

- Stand with good posture

Execution:

- Make big, slow forward circles with your arms
- Repeat now making backward circles



Stand with good posture



Make big...



...slow...



...circles...



...with your arms



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Bear Hugs

Sets: 1 | Reps: 5 - 10

Preparation:

- Stand with good posture

Execution:

- Bring your arms horizontally back (as if you're embracing someone in a hug)
- As you're bringing your arms back, squeeze your shoulder blades together
- Bring your arms forward (as if you're hugging someone/yourself)

Over Head Reaches

Sets: 1 | Reps: 5 - 10 per side

Preparation:

- Stand with good posture

Execution:

- Reach above and across the midline (As if apple picking)
- Bring that hand (apple) down to the same side hip
- Repeat on the other side

Butt Kicks

Sets: 1 | Reps: 5 - 10 per side

Preparation:

- Stand with good posture

Execution:

- Bring your heel towards your bum, while keeping your knees in line with one another
- perform this while walking

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High knee March

Sets: 1 | Reps: 5 - 10 per side

Preparation:

- Stand with good posture, feet shoulder width apart

Execution:

- March forward, lifting knees as high as you can
- Maintain good posture and keep your hips level



Lift knee up high



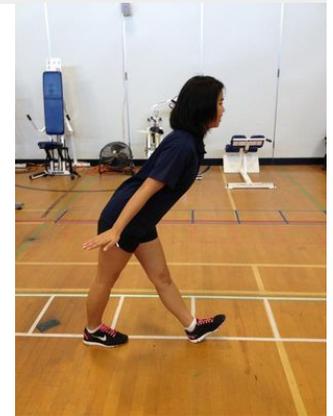
Alternate legs

Peacock Walk (Dynamic Hamstring Stretch)

Sets: 1 | Reps: 5 - 10 per side

Execution:

- Take a large step forward with one leg
- Straighten the knee of the forward leg, while shifting your body weight onto the bent, back leg
- Hands on the forward knee
- Hinge forward from the hips, keeping your back straight
- Push your hips back until you feel a definite, but not painful, stretch at the back of the forward knee
- Return to standing position.
- Take a large step forward with the other leg and repeat



Hip Opener Walk

Sets: 1 | Reps: 5 - 10 per side

Preparation:

- Stand tall and with good posture
- Use wall for support

Execution:

- Lift one knee up in front of you
- Bring your lifted knee out to the side
- Return to centre and step forward



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Walking Lunge + Thoracic Rotation

Reps: 5 - 10 per side

Execution:

- Have arms held straight center & in-front of body. Step forward into a lunge.
- Once you have landed into a lunge, rotate from torso & move one arm out as far back (e.g. left leg forward, move right arm back 180 degrees, or as far back can rotate with bending from back).
- Move in controlled fashion. Neural Spine & leveled hips



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Activation

Wall Angels

Sets: 1 | Reps: 6 - 8

Preparation:

- Stand against the wall, feet slightly away from the wall
- Raise arms up to shoulder height with elbows bent
- Keep **lower back** flat against the wall

Execution:

- Press elbows into the wall and slide them up and down



Arms against wall



Slide arms up wall

Scapular Protraction + Retraction

Sets: 1 | Reps: 6 - 8

Preparation:

- Kneel on your hands and knees

Execution:

- Keeping your elbows straight push away from the floor using your shoulder blades
- Return to the start position, letting your shoulder blades slide backwards around your rib cage



Shoulder blades flat against ribs



Push away from floor, moving your shoulder blades into your armpits

Four Point + Arm and Leg Raise

Sets: 1 | Reps: 6 - 8 per side

Preparation:

- Start on hands and knees, hips and shoulders at 90°

Execution:

- Lift one arm straight out in front
- At the same time, lift opposite leg straight back



Start Position



Lift one arm out front, lift one leg straight back



Return to start



Alternate

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Glute Bridge

Sets: 1 | Reps: 6 - 8

Preparation:

- Lie flat on your back with your arms straight beside you
- Bend knees up so that your feet are flat

Execution:

- Lift your hips up in the air to make a bridge using your arms to stabilize
- Lower down in a controlled manner

Important:

- Perform glute bridges, slow and controlled
- Ensure you're engaging the core to limit arching in the lower back



Start Position



Lift hips up

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Day 1 Circuit (Lower Body Focus)

Chair Squat (Chair)

Sets: 2 - 3 | Reps: 8 - 12

Preparation:

- Stand in front of a chair or bench, feet shoulder width apart

Execution:

- Perform a squat by bending at the hip
- Stop when your bum touches the chair or bench
- Rise up by straightening at the hip

Progression:

1. Perform squats without the chair
2. Goblet Squats: Perform squats without the chair and hold weight in a goblet hold (a)



Chair squat: Start Position



Squat - Bend at the hip, back flat



Knees aligned with toes



Finish Position



(a) Goblet Squats: Hold the weight close to chest and perform squats

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Hip Hinge

Sets: 2 - 3 | Reps: 8 - 12

Preparation:

- Stand upright with feet hip width apart
- Shoulders relaxed away from ears
- Shoulder blades (squeezed together) & core engaged
- Have knees feel nice & loose

Execution:

- Push hips back by bending at the hips
- Maintain flat back, core engaged
- Allow slight bend in the knee as your hips flex
- Engage your glutes to extend your hip back up to standing

Progression:

- Hold onto a weight (e.g.: Canned food, or carton of milk) in front of your shin
- Perform hinge, keeping the weight close to your body throughout the movement



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Wall Push Up

Sets: 2 - 3 | Reps: 8 - 12

Preparation:

- Stand arm-length in front of a wall.
- Palms on the wall at shoulder level.
- Engage core, squeeze glutes.

Execution:

- Imagine your body is a solid plank of wood.
- Lean forward toward the wall, using your arms to control the movement. Touch nose to wall.
- Slowly return to the start position.

Important:

- Keep hips and back straight.

Progression:

- Knee pushups (a): pushups on the ground, but on your knees
- Toe pushups (b): pushups on the ground, but on your toes



Push-Up against wall



Wall push ups: Start position



(a) Knee push ups: Start Position



(a) Knee push ups: Push up on knees



(b) Toe push ups: Hands by shoulders



(b) Toe push ups: Push. Maintain a plank position

Split Squat

Sets: 2 - 3 | Reps: 8 - 12 per side

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Preparation:

- Stand in stride stance position
- Point both feet forward

Execution:

- Lower the back knee towards the ground while maintaining an upright posture through the torso
- Lower down as far as possible with no knee pain
- check to be sure the front knee does not extend ahead of the toe
- Return to upright position while maintaining split stride stance position

Progression:

1. Perform lunges with weights
2. Forward Lunges (a):
3. Backward Lunges (b)



Eyes and head forward, belly button pulled in, hands relaxed at sides



Lower 1/4 of the way down...



Lower 1/2 way down, keep body in straight alignment



Continue to the bottom, keep knee behind toes



(a) Forward Lunge: Good posture



Back is flat



Lunge - Take a step forward and keep front knee aligned over toes



(b) Backward Lunge: Start position



Lunge - Take a step backward

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Glute Bridges

Sets: 2 - 3 | Reps: 8 - 12

Preparation:

- Lie flat on your back with your arms straight beside you
- Bend knees up so that your feet are flat

Execution:

- Lift your hips up in the air to make a bridge using your arms to stabilize
- Lower down in a controlled manner

Progression:

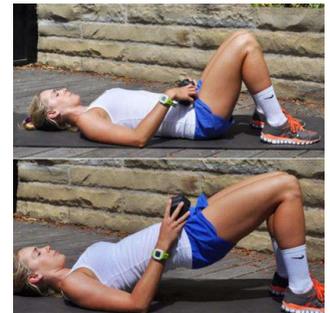
1. Weighted Glute Bridges (a)



Start Position



Lift hips up



(a) Weighted Glute Bridges

Bent Over Rows

Sets: 2 - 3 | Reps: 8 - 12

Preparation:

- Go into a partial squat
- Arms hang straight down
- Set your shoulders

Execution:

- Row straight into your stomach, squeezing shoulder blades

Progression:

1. Add more weights (e.g.: canned goods in grocery bags)



Partial squat



Row straight up



Squeeze shoulder blades



Day 2 Circuit (Upper Body Focus)

Static Lateral Lunge

Sets: 2 - 3 | Reps: 8 - 12

Preparation:

- Stand with good posture
- Stand with your feet wider than hip width apart

Execution:

- Lunge to the side
- Keep back straight and your hip, knee and ankle aligned
- Return to the start position

Progression:

- Dynamic side lunges - Take a step out to the side, before lunging down. After the lunge, come back to standing with your feet together.



Tall



Lunge to side - Hip, knee and ankle aligned

Front & Lateral Raise

Sets: 2 - 3 | Reps: 8 - 12

Preparation:

- Stand up nice tall, neutral spine position
- Keep core nice & engaged

Execution:

- (1) Front Arm Raise:
 - Have weight in-front of thigh, palm face thigh.
 - Raise weight to shoulder level, keep arm straight
 - Descend down with control
- (2) Lateral Arm Raise:
 - Have weight on sides, palms facing center
 - Raise weight to shoulder level along the side of body, arms kept straight
 - Descend with control

Progression:

- Use heavier weights



Tricep Extensions

Sets: 2 - 3 | Reps: 8 - 12

- Chose 1 of the 2 variations below -

Preparation:

- (1) Supine Tricep Extension
 - Lie on your back with arms by your sides, elbows bent, and a weight in each hand
 - Reach your hands toward the ceiling until your elbows are straight
- (2) Seated Tricep Extension
 - Sit with good posture, feet shoulder width apart
 - Hold dumbbell in both hands straight above your head

Execution:

- (1) Supine Tricep Extension
 - Allow your elbows to bend slowly until the weights are resting at the sides of your head near the ears
 - Straighten your elbows, lifting the weights toward the ceiling
- (2) Seated Tricep Extension
 - Bend your elbows, lowering the weight back behind your head
 - Straighten your elbow, lifting the weight directly back overhead



(1) Slowly bend elbows, lowering dumbbells



(1) Arms overhead



(2) Hold dumbbell above head



(2) Lower dumbbell behind head

Bicep Curl to OH Press

Sets: 2 - 3 | Reps: 8 - 12

Preparation:

- Sit or stand with good posture
- Hold weights, arms relaxed at sides (neutral grip - palms facing the body)

Execution:

- Bend elbows, curling weights to shoulders
- Now press weight overhead

Progression:

- Heavier weights



Start Position



Curl dumbbells to shoulders



Press overhead

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Shoulder External Rotation (Isometric)

Sets: 2 - 3 | Reps: 8 - 12

Preparation:

- Stand with good posture facing a wall or doorframe
- Hold your arm by your side, elbow at 90 degrees, palm facing away from wall or doorframe



Rotate hand outward into doorframe

Execution:

- Rotate your hand outwards into the wall or doorframe
- Keep your elbow at your side

Glute Bridge w/ Chest Press

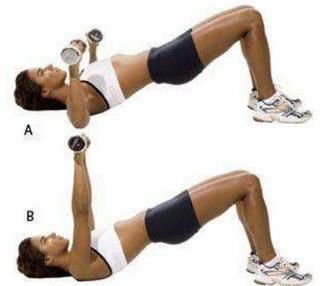
Sets: 2 - 3 | Reps: 8 - 12

Preparation:

- Lie supine on the ground
- Hold onto weights (i.e.: Cans of food) at around chest level and flare elbows out (between 45 - 90 degrees)

Execution:

- Engage the glutes to drive your hips up into the glute bridge position as shown
- Hold that position, and perform 8 - 12 chest presses



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Day 3 Circuit (Core & Balance Focus)

Farmer's Walk

Reps: 20 yards each arm | Sets: 2 - 3

Preparation:

- Stand with good posture
- Hold weight on both sides (e.g.: Groceries of equal weight)



Execution:

- Walk around the house

Progression:

1. Single-arm Farmer's Walk - Weight on one side only.

Dead Bug

Sets: 2 - 3 | Reps: 8 - 12 | Hold: 2s - 3s

Preparation:

- Lie flat on back

Execution:

- Raise arms straight in front of you
- Raise knees up as shown
- Lower arm and OPPOSITE leg down towards the floor



Starting with arms and knees up. Back is flat



Lower arm and opposite leg, keeping back flat

Progression:

1. Hold a can of beans per hand, and perform dead bug

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Thoracic Rotation

Sets: 2 - 3 | Reps: 8 - 12 | Hold: 2s - 3s

Preparation:

- Hold a stick as shown

Execution:

- Gently twist to one side
- Now twist to the other
- Think of twisting through your upper back

Important:

- Perform rotation with ease

Progressions:

1. Hold for longer on each side



Hold a stick as shown



Twist to one side



Now twist to the other

Single Leg Balance

Sets: 2 - 3 | Hold: 30s per side

Preparation:

- Stand next to a wall, counter or chair if needed

Execution:

- Stand on one leg

Progression:

1. Start to take hand off support
2. Hold for longer than 30s per side
3. Bring knee higher up (a)



Balance on one leg



(a) Bring knee higher up

Unilateral Superman

Sets: 2 - 3 | Reps: 8 - 12 | Hold: 1s - 2s

Preparation:

- Lay on your stomach
- Arms above head

Execution:

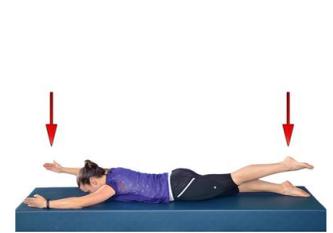
- Lift opposite arm and leg off the floor slightly
- Repeat on the other side

Progression:

1. Bilateral Superman (a)



On stomach, arms above head



Lift arms



(a) Bilateral Superman - Lift both arms and legs off the floor

Knee Planks

Sets: 2 - 3 | Hold: 30s

Preparation:

- Position yourself on forearms and knees

Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch

Progression:

1. Regular Planks (a) - Planks on your toes
2. High Planks (b)



Start on stomach



Plank on forearms and knees



(a) Regular Planks



(b) High Planks

Cool Down Stretches

Neck Stretches

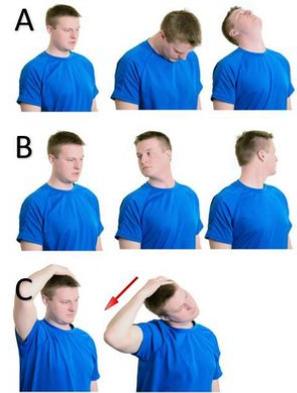
Hold: 30s - 60s

Preparation:

- Sit with good posture

Execution:

- **(A) Flexion + Extension:** Active Range of Motion (AROM): raise/lower chin comfortably
- **(B) Rotation AROM:** look over your shoulder as comfortably as you can
- **(C) Lateral Flexion:** (Assist + Rotation): slowly lower ear towards your shoulder
 - use arm to guide your head slightly until a gentle stretch is felt along the neck
 - ** if using chair, use one arm to lock shoulder in place by holding the base of the seat. Then with other arm, gently pull head. Then add a small rotation in the position



(A): Flexion + Extension AROM (B): Rotation AROM (C): Lateral Flexion

Posterior Shoulder Stretch

Hold: 30s - 60s per side

Preparation:

- Sit or stand with good posture

Execution:

- Reach across your chest
- Use your other arm to pull a bit further



Head and eyes forward, belly button pulled in



Reach arm across body



Place opposite hand at elbow, gradually pull to stretch the back of your shoulder

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Pectoralis Stretch (Wall)

Hold: 30s - 60s per side

Preparation:

- Place your forearm against the wall with arm at shoulder height

Execution:

- Twist away from the wall
- You should feel a stretch across your shoulder and chest



*Forearm against the wall,
stand tall*



Twist away from wall

Calf Stretch Foot on Wall

Hold: 30s - 60s per side

Preparation:

- Stand close to a wall
- Place bottom of foot up on the wall
- Heel is on the floor

Execution:

- Lean forward until you feel a stretch in your calf



*Toes against wall, heel
on floor, lean forward*

Quadriceps Stretch (Chair)

Hold: 30s - 60s per side

Preparation:

- Stand behind a chair

Execution:

- Lift your heel towards your buttock and hold the top of your ankle with your hand, balancing on one leg
- Straighten your hip to increase the stretch across the top of your thigh



*Pull heel to buttocks -
avoid arching back*

Hamstring Stretch

Hold: 30s - 60s per side

Preparation:

- Sit on the edge of a chair

Execution:

- Put one leg out front
- Keep your knee locked
- Lean forward from the hips
- You should feel a stretch in the back of your leg



Eyes and head forward, hands resting on thigh, toes toward the ceiling



Hinge at hips to feel stretch in the back of the thigh

Glute Stretch

Hold: 30s - 60s per side

Preparation:

- Sit with good posture
- Have one foot on top of the opposite knee as shown

Execution:

- Push knee down
- To increase the stretch, lean slightly forward



Start Position - Push knee down



Lean forward to increase stretch



Push knee down, lean forward to increase stretch

Four Point Trunk Flexion + Extension

Duration: 30s - 60s

Preparation:

- Start on hands and knees

Execution:

- Arch your back up to the ceiling as high as you comfortably can. Hold.
- Arch your back the opposite direction as low as you comfortably can. Hold.



Start on all fours



Arch down



Arch up

Child's Pose

Duration: 30s

Preparation:

- Kneel on the floor, buttocks over heels.

Execution:

- Stretch arms forward far as you can.
- Let head and trunk sag to the floor and hang heavy.
- Keep buttocks over heels.
- Relax.



Start



*Buttocks over heels,
stretch arms*

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Child's Pose + Lateral Flexion

Duration: 30s per side

Preparation:

- Kneel on the floor, buttocks over heels.

Execution:

- Stretch arms forward far as you can.
- Let head and trunk sag to the floor and hang heavy.
- Now reach arms to one side, following with trunk.
- Keep buttocks on heels.
- Relax.



Childs pose



Reach to side



Reach to the other side



Front view



Reach to side



Reach to the other side