

UPPER EXTREMITY - 24
Kneeling Forward/Backward Roll



Roll ball forward and hold _____ seconds. Return to starting position.

Repeat _____ times per set.

Do _____ sets per session. Do _____ sessions per day.

UPPER EXTREMITY - 28
Kneeling One-Arm Support
Opposite-Arm Horizontal Abduction

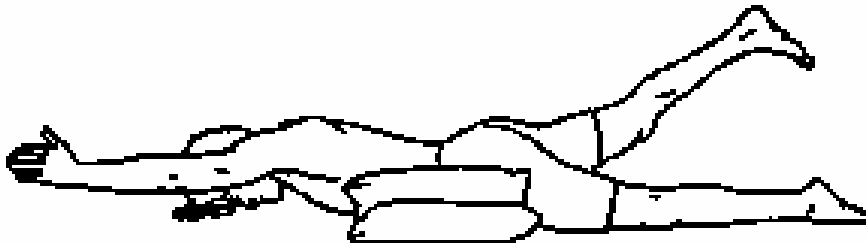
On all fours over ball, reach up toward ceiling with one arm. Return and repeat with other arm.



Repeat _____ times per set.

Do _____ sets per session.

Do _____ sessions per day.

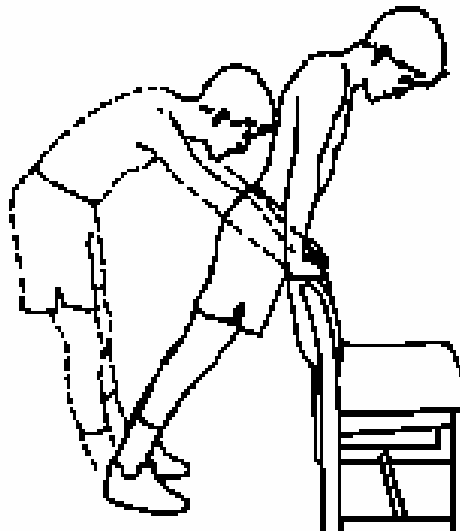
BACK - 5 Arm / Leg Lift: Opposite (Prone)

Lift right leg and opposite arm _____ inches from floor, keeping knee locked.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

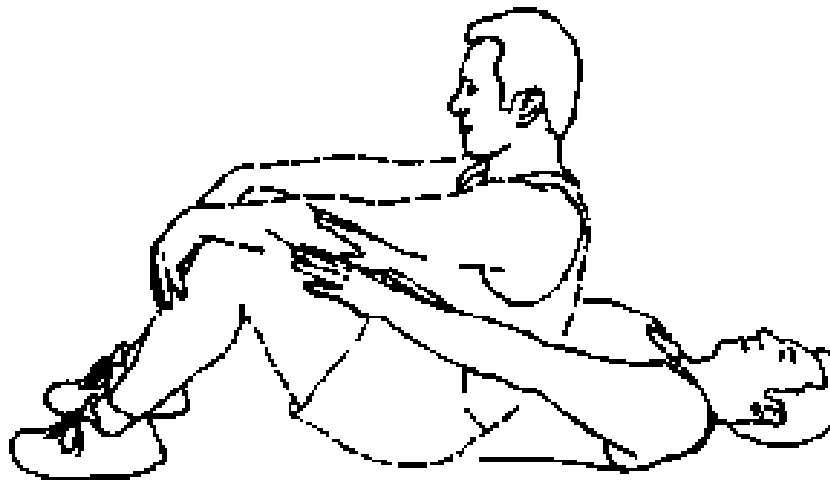
UPPER EXTREMITY - 3
Standing Shoulder Flexion / Extension

With hands shoulder-width apart on chair, rock forward over hands and then back, stretching shoulders to tolerance. Do not move feet.



Repeat _____ times
or for _____ minutes.
Do _____ sessions per day.

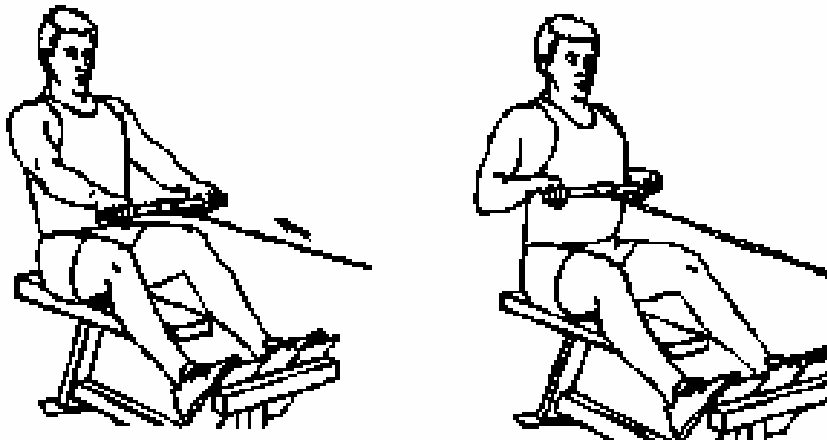
ABS - 1 Sit-Up: Bent Knee



Arms straight, tighten abdominals, bend at waist, curling upper body toward knees.

Do ____ sets. Complete ____ repetitions.

BACK: LATS - 17 Row (Cable)

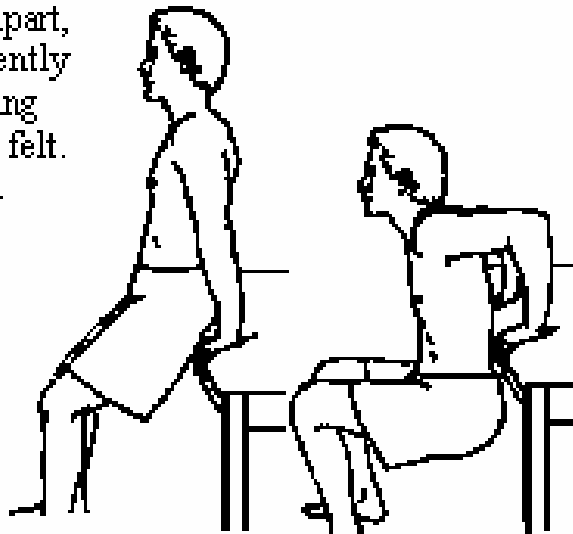


Torso erect, pull bar to lower chest.

Do ____ sets. Complete ____ repetitions.

SHOULDER - 12 ROM: Extension

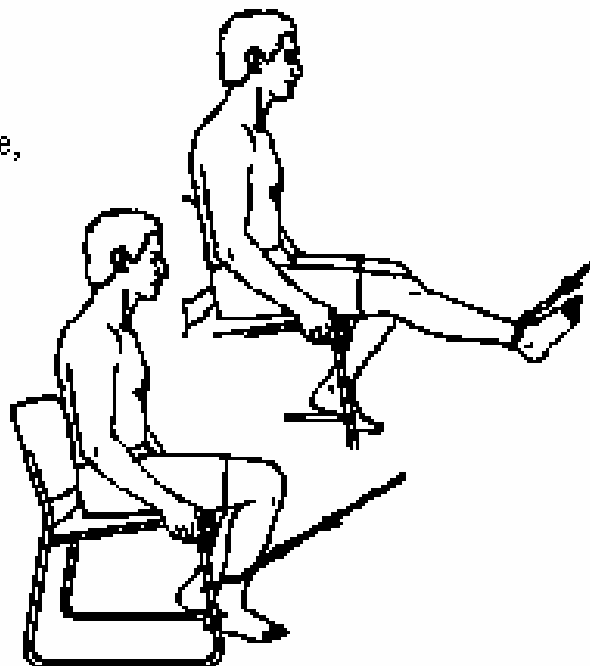
Feet shoulder width apart,
holding onto table, gently
lower body by bending
knees until stretch is felt.
Hold _____ seconds.



Repeat _____ times
per set.
Do _____ sets
per session.
Do _____ sessions
per day.

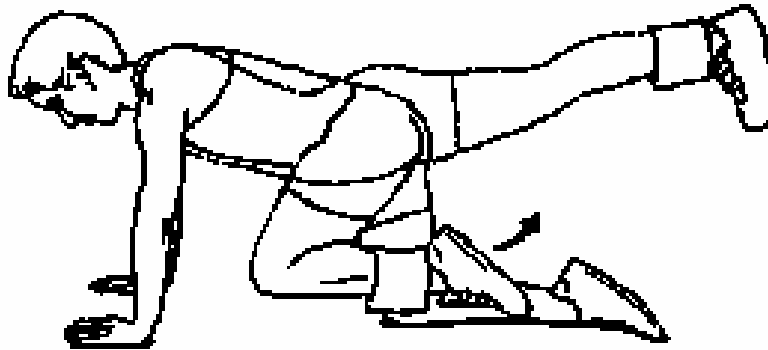
HIP / KNEE - 44 Hamstring Curl: Resisted (Sitting)

Facing anchor with
tubing on right ankle,
leg straight out,
bend knee.



Repeat _____
times per set.
Do _____ sets
per session.
Do _____
sessions per day.

LEGS: GLUTES / THIGHS - 1 Kick Back

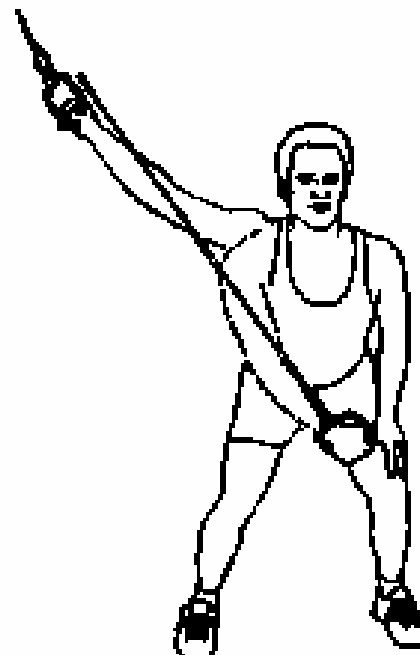


Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.

Do ____ sets. Complete ____ repetitions.

CHEST - 51 Fly: Standing - Single Arm (Cable)

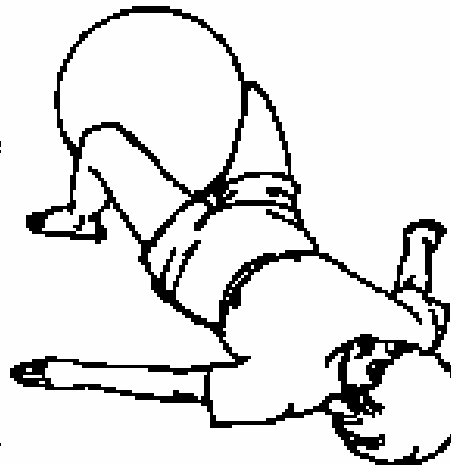
Cross arm just past midline of body under lower chest, keeping elbow and knees slightly bent.



Do ____ sets.
Complete ____ repetitions.

LOWER EXTREMITY - 19
Isometric Adduction in Supine

Lying flat on back, squeeze
ball between knees.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

LOWER EXTREMITY - 20
Isometric Abduction in Supine



With ball against wall, press outside of knee into ball.

Repeat _____ times per set.
Do _____ sets per session. Do _____ sessions per day.

TRUNK - 1 Bar Twist

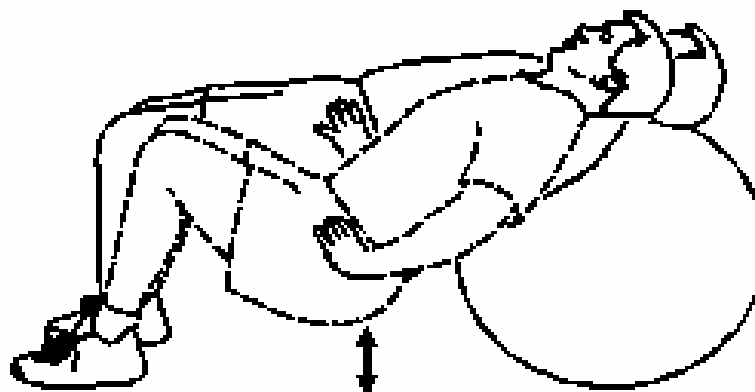


Sit with bar across shoulders. Twist upper body to one side, then to other.

Repeat _____ times each side, alternating per set.

Rest _____ seconds after set. Do _____ sets per session.

TRUNK - 13 Gymball: Hip Hinge (Double Leg)



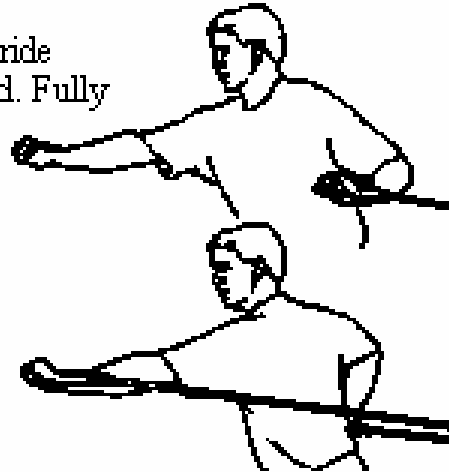
From sitting, roll out so ball supports shoulder blades, back straight, knees over ankles. Lower and raise hips, keeping back straight.

Repeat _____ times per set. Rest _____ seconds after set.

Do _____ sets per session.

UPPER EXTREMITY - 50 Resistance:
Arm Punch (Alternate)

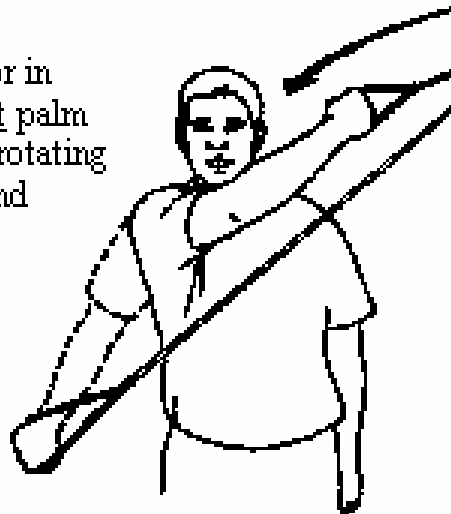
Face away from anchor in stride stance. Push one arm forward. Fully straighten elbow and push shoulder forward as far as possible.
Push other arm forward as first arm returns.
Rotate trunk.



Repeat ____ times each arm, alternating, per set.
Rest ____ seconds after set.
Do ____ sets per session.

UPPER EXTREMITY - 44 Resistance: PNF D1 Extension

Opposite side toward anchor in shoulder width stance. Right palm back, pull down and away, rotating hand and arm. Palm starts and ends facing backward.

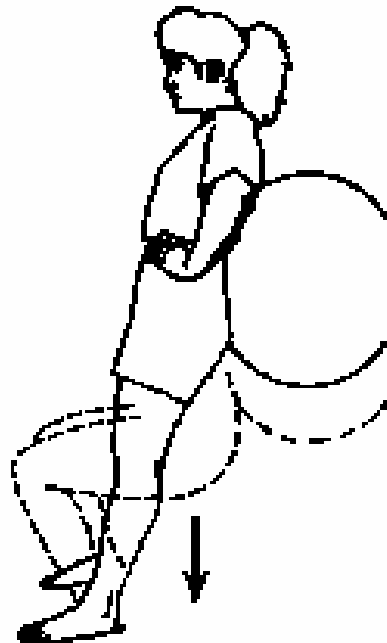


Repeat ____ times.
____ Repeat with other arm for set.
Rest ____ seconds after set.
Do ____ sets per session.

LOWER EXTREMITY - 3

Parallel Squat

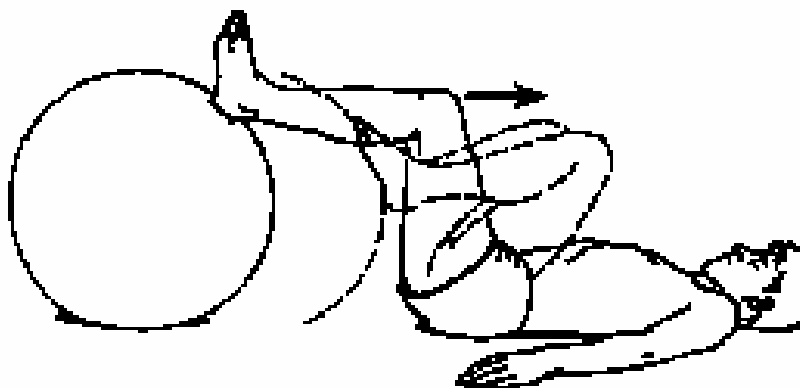
Perform a deep squat
as shown.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

LOWER EXTREMITY - 10

Leg Curl with Hips Flat



With hips and knees bent at 90° and heels resting on ball,
bend knees so that ball rolls toward you. Return to start.

Repeat _____ times per set.
Do _____ sets per session. Do _____ sessions per day.