




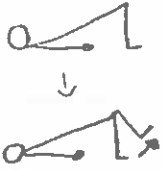






Feb 19<sup>th</sup> Strength Training

- Please do not do any exercises that cause pain
- Please modify any exercises to work within your limits
- Workout should take approximately 15 minutes. Start with exercise #1 and work through exercise #5 and then repeat through a total of 3 times.

|                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                 |
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| <p>1) Starting position<br/>Bridge Hold with leg raise</p>  <p>Lay on back with knees bent and feet on floor hip width apart.</p>                                                                                                                                                             | <p>2) Starting Position<br/>Fire Hydrant</p>  <p>On your hands and knees</p>                                                                                                                              | <p>3) Starting Position<br/>Mountain climbers</p>  <p>Push up position.</p>                                                                        | <p>4) Starting Position<br/>Sumo walks to side</p>  <p>Stand with feet shoulder width apart. Squat down with hips back arms out in front</p>                                                                              | <p>5) Starting Position<br/>Push up on knees</p>  <p>Push up position with knees bent and on ground. Hips flat</p>           |
| <p>1) Active Position</p>  <p>Rise hips off the ground and press toward the ceiling. Keeping hips held high raise one foot off the ground and return then raise other leg off the ground and return. Repeat 10 times on each leg making sure hips are pressed high after each leg raise.</p> | <p>2) Active Position</p>  <p>Keeping leg bent raise leg out to the side and return to starting position. For more advanced raise leg out to the side then straighten leg then return the same way.</p> | <p>3) Active Position</p>  <p>Keeping straight line from head to toes bring one knee in towards chest. Return leg and repeat with other leg.</p> | <p>4) Active Position</p>  <p>Maintain squat position and walk to the right 10 steps and then walk to the left 10 steps all without coming out of the squat position. The lower you can stay the harder it will be.</p> | <p>5) Active Position</p>  <p>Lower chest between hands and try to touch ground before returning to starting position.</p> |
| <p>1) Time/Repetitions</p> <p>10 times each leg</p>                                                                                                                                                                                                                                                                                                                            | <p>2)Time/Repetitions</p> <p>10 times each leg</p>                                                                                                                                                                                                                                         | <p>3) Time/Repetitions</p> <p>10 times each leg</p>                                                                                                                                                                                 | <p>4) Time/Repetitions</p> <p>10 times to the right then 10 times to the left</p>                                                                                                                                                                                                                           | <p>5) Time/Repetitions</p> <p>10 times</p>                                                                                                                                                                      |