





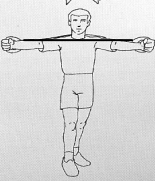
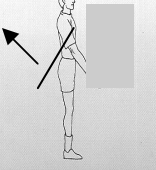


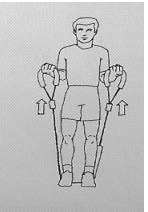
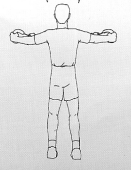

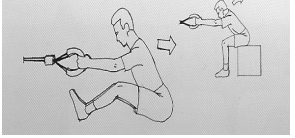
**Cervical Spine:** To strengthen the front, back, and side muscles of the neck. Do each one **1 to 3 times**, Holding **10-15 seconds**. Use a 22cm ball and place against the wall where the hands are located in picture (available at office). These are great exercises.

 <p>Press your forehead into your palms, resisting any forward motion with your hands. Hold.</p>	 <p>Clasp your hands behind your head and press your head back. Resist motion with your hands.</p>	 <p>Turn your head to one side, resisting any motion with your hand. Switch sides. Hold.</p>	 <p>Tilt your head to one side, resisting any motion with your hand. Switch sides. Hold.</p>
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**Shoulder, Chest, and upper arms.** Do 8-12 repetitions with a resistance that causes your muscles to tire toward the end of a set. Do 1-3 sets, Resting only for a short while, between sets and exercises. Exhale on the strenuous part and inhale coming back.

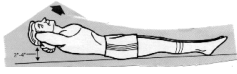
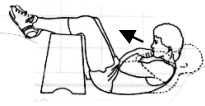
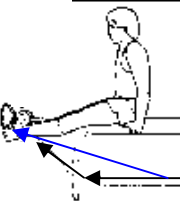
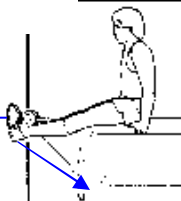
Shoulder Shrugs: Trapezius	Bench Press: Chest, Shoulder, Triceps.	Fly: Chest (Pectoralis)	Back of upper arm (triceps)
<p><b>Resistance Shoulder Shrugs</b></p>  <p>Keeping arms straight, lift shoulders as high as possible. Rotate back and down.</p>	<p><b>Chest Press</b></p>  <p>Start with handles close to body with arms bent and push out from body.</p>	<p><b>Chest Fly</b></p>  <p>Start with arms out to side and bring together in front of body.</p>	<p><b>Tricep Pushdown</b></p>  <p>Start with arm straight in and bring back away from body.</p>

**Upper arm and Back:** Do **8-12 repetitions** with a resistance that causes your muscles to tire toward the end of a set. Do **1-3 sets**, Resting only for a short while, between sets and exercises. **Exhale** on the strenuous part and **inhale** coming back.

Curls: Front of upper arm (biceps)	Reverse Fly: mid back(rhomboids)	mid and upper/lower sides of back	Extension:Lumbar Extensors/Gluts
 <p>Start with arms straight down and curl handles to shoulders.</p>	<p><b>Reverse Fly</b></p>  <p>Start with handles in front of you with arms straight. Bring arms out to side of body and push back.</p>	 <p>Start with handles in front of you. Pull into sides and pull back a little more at end.</p>	 <p>Start slightly bent forward and lean back keeping arms straight</p>

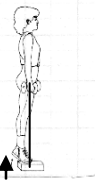
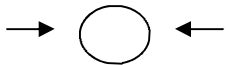
**Stomach and midsection:** Do each exercise one time. Start with **5-10 repetitions**. Progress up to **20-25 repetitions** gradually.

**Upper Leg:** Do **8 to 12** repetitions. Do **1 to 3** sets. Exhale on the strenuous part and inhale coming back.

Crunches: rectus abdominus. Exhale on the strenuous part/inhale coming back.		Leg Extension: Quadriceps	Leg Curl: Hamstrings
 <p>Lie flat on floor, hands clasped behind the neck. Tighten buttocks and at the same time, lift head and shoulders off the floor 2-4 inches. Do not pull on head. Hold for 3 to 5 seconds.</p>	 <p>Tuck chin to chest, then keeping low back flat on floor, curl upper body toward knees.</p>	 <p>Beginning from sitting position with knee bent. Straighten leg. Hold 2 seconds.</p>	 <p>Start with leg out straight and bring to floor.</p>

**Lower Leg:** Do **8 to 12** reps. Do **1 to 3** sets. **Calve raises**

**Groin:** Do **8 to 12** reps. Do **1 to 3** sets. **Thigh Master**

 <p>Holding handles. With knees locked, raise up on toes as high as possible and return until heels touch floor. Can do on step.</p>	 <p>In a seated position, chair, place a 22 cm ball between the thighs and squeeze together. Hold for 4 seconds and release.</p>
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**• Band Exercise Program •**

Start off gradually. Use a resistance that causes your muscles to fatigue at the end of the set. Perform 3 or 4 times a week. Follow the directions in each section. Start off with a comfortable # of sets/repetitions and then build up from there. Exhale when performing the strenuous phase of each motion and inhale while returning to the starting position. Protect your back from strain by tightening abdominal muscles and keeping back straight. Perform all movements smoothly, never jerk or bounce from one position to another.