




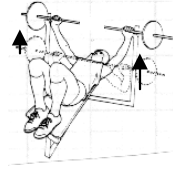
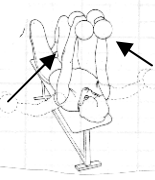




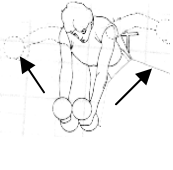

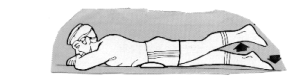
Cervical Spine: To strengthen the front, back, and side muscles of the neck. Do each one **1 to 3 times**, Holding **10-15 seconds**. Use a 22cm ball and place against the wall where the hands are located in picture (available at office). These are great exercises.

 <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>
---	---	---	---

Shoulder, Chest, and upper arms. Do 8-12 repetitions with a weight 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.

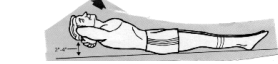
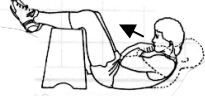
<p>Shoulder Shrugs: Trapezius</p>  <p>Keeping arms straight, lift shoulders as high as possible. Rotate back and down.</p>	<p>Bench Press: Chest, Shoulder, Triceps.</p>  <p>With feet on bench, lower barbells or bar to chest and press to straight arm position.</p>	<p>Fly: Chest (Pectoralis)</p>  <p>With elbows slightly bent lift dumbbells away from sides of body until they meet overhead.</p>	<p>Back of upper arm (triceps)</p>  <p>Straighten arm backward to elbow-locked position.</p>
--	--	---	--

Upper arm and Back: Do **8-12 repetitions** with a weight 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.

<p>Curls: Front of upper arm (biceps)</p>  <p>Curl dumbbells to shoulders. Keep upper arms in line with torso.</p>	<p>Reverse Fly: mid back(rhomboids)</p>  <p>Laying face down on bench. Start with arms straight. Bring up to sides and push all the way back.</p>	<p>mid and upper/lower sides of back</p>  <p>From dotted position, pull dumbbell to side of chest, slowly. Push all the way back at end of lift.</p>	<p>Extension: Lumbar Extensors/Gluts</p>  <p>Lie face down on the floor with pillow. Lift one leg from the floor, keeping leg straight, hold for 3 seconds/5 times. Build up to 3 sets.</p>
---	--	---	--

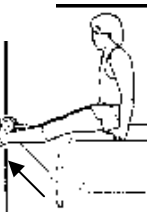
Stomach and midsection: Do each exercise one time. Start with **5-10 repetitions**. Progress up to **20-25 repetitions** gradually.

Crunches: rectus abdominus. Exhale on the strenuous part/inhale coming back.

 <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>
---	---

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


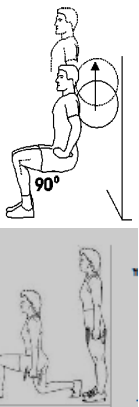
Leg Extension: Quadriceps




Beginning from sitting position with knee bent. Straighten leg. Hold 2 seconds.

Leg Curl: Hamstrings

From position shown, pull leg toward buttocks. Hold two seconds. Slowly

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



Holding barbells. With knees locked, raise up on toes as high as possible and return until heels touch floor. Can do on step.

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

In a seated position, chair, place a 22 cm ball between the thighs and squeeze together. Hold for 4 seconds and release.



Barbell Exercise Program Start off gradually. Use a weight that causes your muscles to fatigue at the end of the set. Use barbells and a weight bench with a leg extension. 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 flattening low back area. Perform all movements smoothly, never jerk or bounce from one position to another. (also available as band exercises)