

## **WARMUP AND STRETCH**

This is the Warm-Up and Stretch routine. It is helpful to ride a bike, walk, jump rope, etc. before doing the stretching exercises. Hold each stretch for a minimum of 15 seconds before moving on to the next stretch. Continue to breathe as you stretch. Remember not to bounce as you stretch, and don't forget to stretch both sides of your body! Try to perform the stretches below in the order shown. A good general stretching program either before, during or after your exercise session will help relieve soreness and guard against injuries.

## **LEGS**

### **STATIC SQUAT JUMPS**

Stand with your legs in a normal squat position. Lower your body down so that your thighs are parallel to the ground. Explode into the air as high as possible. When you land, lower your body quickly into the parallel squat position. Hold this position for one second and repeat for the required number of repetitions. Upon landing, your feet should be in a strong, dorsi flexed or "toes up" position. Use your whole foot to land and generate power, not just your toes! Maintain good posture in your upper body. Keep your chest and head up. Don't let your shoulders lean out beyond your knees. This can stress your lower back.

### **FORWARD LUNGES**

Stand with your feet about 6 inches apart from each other toes pointed forward. **INHALE:** Step forward with one leg and lower your body to 90 degrees at both knees. Don't step out too far. There should be 2 to 2.5 feet between your feet at this point. Keep your weight on your heels and don't allow your knees to cross the plane of your toes. **EXHALE:** Push up and back to the starting position to complete one rep. Repeat all reps on one leg, then switch to complete one set. Keep your back upright. The further you step, the more you work the glutes (buttocks) and hamstrings. The closer you step, the more you work the quadriceps muscles on the top of your thighs. Place your hand on a chair or wall or balance if necessary.

### **FORWARD LUNGES**

Begin by standing with your feet shoulder width apart, hands on hips. **INHALE:** Step out to the right and shift your body weight over your right leg, squatting to a 90 degree angle at the right knee. Try to sit down with your butt, keeping your back as upright as possible. **EXHALE:** Push off and bring your right leg back to center to complete one rep. Finish all reps on this side, and repeat on left side to complete one set. Keep your weight on your heels and make sure your knees don't go over the plane of your toes. Hold your arms out in front of you to help with balance.

### **WALL SQUATS**

Stand facing away from a wall, with your back against the wall. Plant your feet 12" in front of your body with a shoulder width stance, toes pointing forward. This exercise can be used with or without dumbbells. Leaning against the wall, lower your body until your knees are flexed at a 90 degree angle. Hold this position for two seconds. Your weight should be on your heels, not your toes, and your knees should not cross the plane of your toes. Except to check your knee position, keep your head in a neutral position, looking straight ahead. Extend your legs to elevate your body back to the starting position. Don't lock your knees when you extend your legs back to the starting position.

### **CALF RAISES W/WALL**

Stand with feet shoulder width apart, with or without dumbbells. Raise up on balls of feet, and hold for 2 seconds, Return to start position and repeat. As you progress, use one foot at a time.

## **CORE (ABS, BACK)**

### **BACK EXTENSION**

You can use the back extension apparatus or just a mat on the floor. Apparatus: position the apparatus so that the front pad is positioned just slightly below your pelvis. Let your upper body relax and comfortably lean forward towards the ground. Contract your lower back and slowly elevate your upper body until it is parallel to the ground. You can hold onto a light weight when performing this exercise if you would like some added resistance. Do not hyper-extend your lower back! Remember to exhale upon exertion. Don't hold your breath on this one or you will surely get dizzy!. Floor Mat: Lie facedown, legs together and extended straight, arms bent with hands behind neck, head and neck in neutral position. Exhale and lift the upper body (chest, shoulders) off the ground, "crunching" towards the hips. Hold for 1-2 counts at the highest position.

### **CRUNCHES**

Lie on the floor with knees bent and hands behind head. Feet should be flat on ground. Keep space between your chin and chest (looking towards ceiling). Raise your chest until your shoulder blades lift off the floor, pause slightly and slowly lower back to the floor. Don't use your arms and hands to help lift you up, use your abs and hips!

**PLANK**

Begin this exercise by lying on your stomach with your forearms on the floor pointing straight forward, your feet together and your spine in a neutral position. Your feet should be touching or no more than an inch apart. Lift your body up on your forearms and toes, keeping your body as straight as possible. Maintain this position for as long as possible and challenge yourself to longer periods in the plank position. Try to hold the position for 60 seconds in the beginning, working your way up in 30 second jumps until you can hold the position for 3 minutes or longer. Don't let your hips/knees drop, your butt raise, or shift weight to one forearm.

**SUPERMAN**

Lie facedown on the floor, legs together and straight, arms straight and extended above your head. Keep your head/neck in a neutral position. Keeping limbs straight (but not locked) and torso stationary, simultaneously lift your arms and legs up toward the ceiling to form a gentle curve with your body. Hold for a slow 30 counts. Don't hold your breath! Try to keep breathing steady and even. Make it easier: Hold for fewer counts and don't raise legs/arms quite as high. Change it up: Lower to the ground to complete one rep and do a 2-3 sets.

**REVERSE CRUNCH**

Lie on the floor or a mat on your back, with knees bent and hands behind head. Lift legs and bend knees to 90 degrees. Keep a space between your chin and chest (looking diagonal towards the ceiling). EXHALE: Pull knees in toward chest and hold for 2 seconds. INHALE: Slowly lower legs back to starting position. Don't use your momentum to swing your legs up. Try to keep the motion controlled by your abs.

**LYING STRAIGHT LEG RAISES**

Lie on the floor/mat on your back. Keep lower back in contact with the floor, feet and legs straight and together. Place hands to sides or under lower back for support. Keeping legs straight and together, back flat, lift legs upward until they are straight above hips. Lower down to starting position slowly and with control (but do not allow feet to touch the ground between reps) to complete one rep. Make sure back stays flat on floor and abs are tight (pull navel in towards spine).

**PENDULUM**

Lie on back, arms in a T, legs straight up, feet together, toes pointed or flexed. EXHALE: Slowly lower legs several inches to the left without touching the floor. INHALE: Return to start. Repeat to right for one rep. Keep lower back on floor.