



Home-Based Maintenance Program



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Health and Wellness Lab

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Instructions

Welcome to the ACE Home-Based Maintenance Program!

The purpose of this exercise maintenance program is to provide guidance for your tailored workout, where you are in control. The goal of staying active and following this program is to increase your daily energy levels and decrease fatigue. Therefore, it is important to listen to your body and choose a circuit depending on your level of energy (See the Thermometer for Fatigue ratings – p.31).

This program provides different levels of intensities in each circuit. The circuits are based on the traffic light system. The traffic light system includes intensities from light (red), medium (yellow), and hard (green). The traffic light intensity scale can be found on page 32. Each intensity level has two exercise circuits to choose from.

Please start each workout with a light warm up, chosen from one of the cardio exercises (page 48-51). The purpose of a short warm up is to break a light sweat and warm-up your muscles. The amount of circuits you choose to complete depends on your fatigue and energy levels, and should also be guided based upon how you feel during exercise, using your rate of perceived exertion (RPE) after each completed circuit (see page 33). The fatigue thermometer on page 31 can be used to assess your fatigue. We have provided a recommended amount of circuits. The red circuits can be utilized on a day of high fatigue and low energy. The yellow circuits can be utilized on a day of moderate energy levels. The green circuits can be used if you have lower fatigue and moderate to high energy and you're looking for a challenge. After the circuit, it is beneficial to stretch while your muscles are still warm, to improve your flexibility.

The last column in each of the programs gives you alternative exercises, which can be found in the Exercise Appendix (page 34 - 57). These offer you the freedom to design your own program based on goals, limitations, or your preference by substituting the recommended exercise for one of the alternatives.

This is a home training program, therefore all exercises are able to be performed either at home or a local gym. Exercise bands, an exercise ball, and dumbbells are helpful for the program. However, if that equipment is not available, alternatives will work. For example, dumbbells can be replaced with water bottles with different fullness levels.

The program can also be used on a mobile device by downloading the Adobe Acrobat Reader on your smart phone, which is a free App that can be found in the App Store (for Apple products) or Google Play (for android products). After the download, the document can be opened in the app and used conveniently on your smart phone.

Usage summary:

1. Assess fatigue & energy based on thermometers (p. 31)
2. Choose traffic light program based on fatigue and energy (p.32)
3. Choose warm up (5-10min) out of cardio exercises (p.48-51)
4. Complete circuit and adjust exercises based on preference
5. Assess Rating of Perceived Exertion (RPE) (p.33)
6. After 1-2 min rest repeat circuit based on recommended sets and RPE
7. Stretch while your body is still warm

Safety Notes:

- Always ensure that you listen to your body and respect any new feelings that you experience. Remember that *exercise should never be painful*, so stop if there is anything that causes pain.

- *Breathe!!!* Focus on breathing out on exertion (the hard part of the exercise) during each rep. Slow controlled movements should always be the focus. *Quality over quantity.*

- *Changes in health status* - If there is any change in your cancer diagnosis, change in treatment or change to another chronic condition, consult with the ACE Staff for further guidance.

- *Rest and Recovery* - It is important to give your muscles sufficient rest to facilitate recovery. Allow a minimum of 48 hours recovery between these exercise sessions and/or a higher intensity cardio workout. Allow 24 hours recovery between lower intensity cardio type exercise sessions.

- *Monitor fatigue* - Exercise and physical activity should help improve your energy and decrease your fatigue. If you feel that your fatigue is increasing or your energy is not improving, please consult with the ACE Staff. (See the Fatigue and Energy thermometers for further details).

- *Signs/symptoms of exercise intolerance* - Stop exercising if you feel nauseous, light headed, short of breath, dizzy, or if you develop chest pain or any other sudden sharp pain in your muscles or joints. Consult with ACE Staff or a physician as required for further guidance.

- *Lymphedema* - Monitor for new symptoms - a feeling of fullness or heaviness in an area or limb; clothes, cuffs, rings or watches may feel suddenly tight; sudden swelling of an area or limb (unrelated to injury); or numbness or tingling (unrelated to neuropathy). If any of these symptoms present, discontinue exercise until you can discuss this with your physician, ACE Staff, or physiotherapist.

- *Neuropathy* - ensure that your activity and exercise occurs in a way that does not or only minimally increases your symptoms.

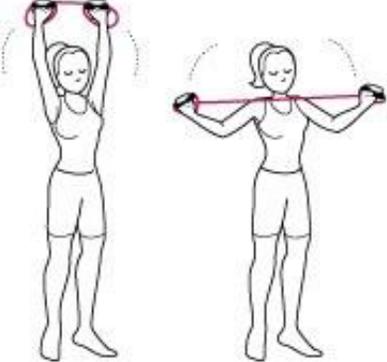
For any concerns or questions contact: ace@ucalgary.ca or (403) 210-8482.

Estimated Time for Workout: 10-30 min

Recommended Repetitions of circuit: 1-3 (depending on rating of fatigue and rating of energy)

Intensity: Light (RPE: 1 - 3)

Exercise	Repetition	Description	Alternatives
<p>Wall Squats with the Ball</p> 	<p>45 seconds or 10-15 reps</p> <hr/> <p>You should feel this in your: Front thigh (Quads), Glutes</p>	<p>Stand with the ball against your lower back and against the wall. Move your feet forward to get your legs at 45 degrees from the wall. Slowly bend your knees to 90 degrees without allowing your knees to go further than your toes. Return to the initial position and repeat. Always keep your back straight (slightly arched) and your knee cap aligned with your second toe. Push your hips back in to the wall. A more in-depth view can be found here.</p>	<p>-Sit to Stand -Body Weight Squat</p>
<p>Wall Push Ups</p> 	<p>45 seconds or 10-15 reps</p> <hr/> <p>You should feel this in your: Chest</p>	<p>Stand about arm's length away from a wall while facing it and place your hands on the wall at shoulder level. Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms to the wall. Return to the initial position and repeat. Move your feet away from the wall to progress this exercise. Avoid poking head forward in attempt to touch your nose to the wall - keep head aligned with body. A more in-depth view can be found here.</p>	<p>-Standing Chest press</p>

Exercise	Repetition	Description	Alternatives
<p>Jogging on the spot</p> 	45 seconds	<p>Jogging on the spot. Important to engage arms. A more in-depth view can be found here.</p>	<p>-Walking around -Marching -2in - 2out -your choice from Cardio in Exercise Appendix</p>
<p>Single Leg Balance</p> 	45 seconds	<p>Stand and lift one leg. Try to stand as still as possible. If you feel unsecure about your balance make sure you have something to hold on to (wall, pole, sink, etc.). Levels of difficulty:</p> <ol style="list-style-type: none"> 1) Eyes open on one leg 2) Eyes closed on one leg 3) Eyes open on one leg on the wobble board 4) Eyes closed on one leg on the wobble board <p>A more in-depth view can be found here.</p>	<p>-Tree pose -On two legs eyes closed</p>
<p>Lat Pulldown</p> 	<p>45 seconds or 10-15 reps</p> <p>You should feel this in your: Back, Shoulders</p>	<p>Start by grasping a band with both hands over your head, ensuring that there is already some tension on the band. At once, begin to separate the hands while also lowering your arms to your chest so that you feel that your shoulder blades are being pinched together. Have a slight bend in your elbows throughout the movement. Pause briefly at your chest before slowly returning the hands to over the head and in a narrow grasp. A more in-depth view can be found here.</p>	<p>-Wall Angel -One arm row -Standing Row</p>

Exercise	Repetition	Description	Alternatives
<p>High Knees</p> 	<p>45 seconds</p>	<p>Run on the spot while lifting the knees at hip-height Important to not hinge forward with the upper body but rather focus on having a straight, strong back with the chest out. If you need further inspiration, watch the British guard rotation at Buckingham Palace. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -Marching -Jogging on the spot -Walking around -your choice from Cardio in Exercise Appendix
<p>Glute Bridge</p> 	<p>45 seconds or 10-15 reps</p> <p>You should feel this in your: Core/ Buttocks (Glute)</p>	<p>Start laying on your back with knee bent at 90°. Squeeze the glutes and lift the hips off the ground. Feet stay flat on the ground. Ideal position is if the body is in one line from chest to the knees. Do not go too far in the range of motion. Repeat without touching the ground. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -Birdog -Clamshells -Fire hydrants

Exercise	Repetition	Description	Alternatives
<p>Pelvic tilt</p> 	<p>45 seconds 10-15 reps (hold for 5-10 sec)</p> <p>You should feel this in your: Abs/ Stretch in lower back</p>	<p>Lie on your back with your knees bent. Activate your lower abdominals (transversus abdominal) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction. Maintain a steady abdominal breathing while tilting your pelvis and flattening your low back to the ground. Return slowly to the initial position and then arch your back, tilting your pelvis in the opposite direction. Return to neutral and repeat. Levels of difficulty:</p> <ol style="list-style-type: none"> 1) Leaning against the wall 2) On the floor 3) On the floor (hold the tilt longer) <p>A more in-depth view can be found here.</p>	
<p>I – Y – T</p> 	<p>45 seconds, 5-10 reps/ direction</p> <p>You should feel this in your: Shoulders, chest</p>	<p>Lay on your back on the floor. Your arms stay extended throughout the exercise. First form an “I” with your arms then a “Y” and finally a “T”. Repeatedly form these letters. Start slowly and avoid ranges of motion, which cause pain. (Very similar to the YMCA dance.) Levels of difficulty:</p> <ol style="list-style-type: none"> 1) On the floor 2) Elevated (as shown in the picture) <p>A more in-depth view can be found here.</p>	<p>-Snow Angels (stretches) -Wall Angels</p>

RED LIGHT: CIRCUIT # 2

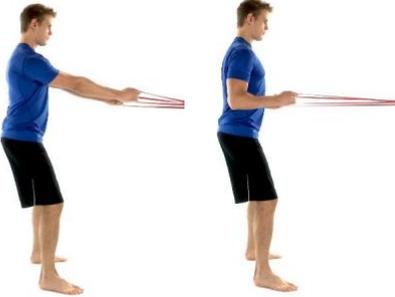
Estimated Time for Workout: 10-30 min

Recommended Repetitions of circuit: 1-3 (depending on rating of fatigue and rating of energy)

Intensity: Light (RPE: 1 - 3)

Exercise	Repetition	Description	Alternatives
<p>Sit to Stand</p> 	<p>45 seconds or 10-15 reps</p> <p>You should feel this in your: Front Thigh (Quads)</p>	<p>Sit on a chair that has been placed against a wall to prevent slipping. With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand. Slowly return to sitting. Focus on having an engaged core (either reach forward or cross your arms to the opposite shoulder in front of your chest). A more in-depth view can be found here.</p>	<p>-Wall Squats with the Ball -Body weight Squats</p>
<p>Wall Angels</p> 	<p>45 seconds or 10-15 reps</p> <p>You should feel this in your: Shoulders/ Mid Back</p>	<p>Stand up with your back and head against the wall, with the head, shoulder blades and bum in contact with the wall. Tighten your abdominal muscles, gently pull your shoulder blades toward each other and the back of your hands down into the wall (palms should be facing forward).</p> <p>Without letting your shoulders roll forward, slowly slide your arms on the wall to raise them overhead—as high as possible with the good posture and without pain. Stop the movement when something pops off the wall – i.e. arm comes off the wall, bum, head. Do not let your shoulders shrug toward your ears. Stay in a comfortable range of motion. A more in-depth view can be found here.</p>	<p>-Lat Pull Down -Snow Angels -I-Y-T's</p>

Exercise	Repetition	Description	Alternatives
<p>Walking around</p> 	<p>45 seconds</p>	<p>Walk around in the house, potentially walk stairs or change speed to increase intensity.</p>	<p>-Marching -Jogging on the spot -2in 2out -your choice from Cardio in Exercise Appendix</p>
<p>Standing Chest Press</p> 	<p>45 seconds or 10-15 reps</p> <p>You should feel this in your: Chest</p>	<p>Secure the middle of a band behind at shoulder level. In a split stance, grasp the band at shoulder-height and push forward, extending the elbows. Keep a good upper body posture by pulling the shoulders back slightly lifting the chest up during the movement. The difficulty can be varied by selecting different degrees of resistant bands. A more in-depth view can be found here.</p>	<p>-Wall Push Ups -Push-ups</p>

Exercise	Repetition	Description	Alternatives
<p>Drunk walk/Tandem Walk</p> 	<p>45 seconds</p>	<p>Challenge balance by walking with a tandem gait, one foot directly in front of the other. Turn 180 degrees and return back using the same gait. Difficulty levels: 1) Focus on point on the floor 2) Set your gaze straight ahead 3) Close your eyes A more in-depth view can be found here.</p>	<p>-Tree pose -On two legs eyes closed -Single leg balance</p>
<p>Standing Row</p> 	<p>45 seconds or 10-15 reps</p> <p>You should feel this in your: Mid Back</p>	<p>Anchor a resistance band in front of you at waist level and hold the ends in your hands. Pull the band with your elbows near your sides and keep your chest out and SQUEEZE shoulder blades back and down. Try not to sway backwards so staggering your stance can help prevent this. Keep your shoulders relaxed and ensure that the shoulders do not come up towards your ears, stop and reset if they do. Avoid curling your wrists with this exercise - wrists should stay straight. A more in-depth view can be found here.</p>	<p>-One arm row -Bent over row</p>
<p>2 in - 2 out</p> 	<p>45 seconds</p>	<p>Picture an imaginary box. Try to step alternating in the box with your right and left foot. Followed by stepping outside the box with your right and left foot. Increase the intensity by limiting the time on the floor, you could picture the floor as hot lava rocks. Thus, your floor contact times have to be fast otherwise you'll burn your feet. A more in-depth view can be found here.</p>	<p>-Walking around -Marching -Jogging on the spot -your choice from Cardio in Exercise Appendix</p>

Exercise	Repetition	Description	Alternatives
<p>Birddog</p> 	<p>45 seconds</p> <p>You should feel this in your: Core/ Back/ Glutes/ Shoulder</p>	<p>Get on your hands and knees (four-point position) with your knees and hands, hip and shoulders width apart. Your back is in neutral position (slightly arched) and your head in line with back. Activate your core by bringing your belly button inward and by activating your pelvic floor muscles. Maintain a level pelvis and straight back while you simultaneously lift one leg backwards and the opposite arm forward, keeping your back in neutral position. Return to the initial position and repeat with the other leg and arm.</p> <p>Levels of difficulty:</p> <ol style="list-style-type: none"> 1) One limb at a time 2) Opposite arm and leg 3) On an exercise ball, lift opposite arm & leg <p>A more in-depth view can be found here.</p>	<p>-Glute Bridge -Clamshells -Fire Hydrants</p>
<p>Clamshells</p> 	<p>45 seconds or 8-10 reps each side</p> <p>You should feel this in your: Side of Hip (Glute Med)</p>	<p>Lie on your side, starting with your body straight. Bend your knees slightly, bringing the knees forward so that the knees are in front of the body while keeping the feet in line with the body.</p> <p>Lift your top knee, keeping your pelvis stable, your leg slightly bent and your heels together.</p> <p>Ensure to keep your hips stacked and avoid rotating backwards during this exercise.</p> <p>Return to the initial position and repeat.</p> <p>The difficulty can be increased by adding a resistance band just above your knee.</p> <p>A more in-depth view can be found here.</p>	<p>-Glute Bridge -Birddog -Fire Hydrants</p>

YELLOW LIGHT: CIRCUIT #1

Estimated Time for Workout: 30 - 45 min

Recommended Repetitions of circuit: 2-3 (depending on rating of fatigue and rating of energy)

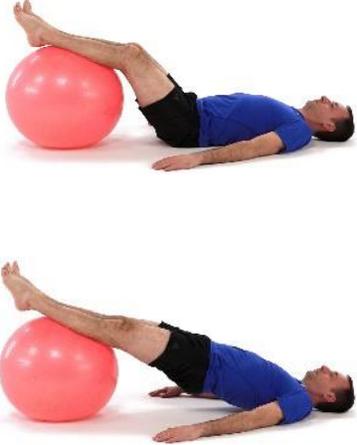
Intensity: Medium (RPE: 3 - 5)

Exercise	Repetition	Description	Alternatives
<p>Lunges</p> 	<p>1 Minute or 8 -10 reps each side</p> <hr/> <p>You should feel this in your: Legs and Buttocks</p>	<p>Stand with both feet hip width apart. Lunge forward, making sure you land with the heel and your knee stays over the foot, with your knee cap in line with the 2nd toe. Keeping shoulders over your hips, drop your back knee straight down towards the floor, where it is comfortable to a maximum of 90 degree angle at both knees and at the hip. Ensure that your front knee does not go past your toes - to do so, ensure that the step with the front leg is big enough. Push through the heel and return to the standing position. Repeat with the other leg. A more in-depth view can be found here.</p>	<p>-Reverse lunge -Walking lunge -Squats -BW Squats -Wall/Ball Squat</p>
<p>Push Ups</p>  <p style="text-align: center;">OR</p> 	<p>1 Minute or 15 - 20 reps</p> <hr/> <p>You should feel this in your: Chest</p>	<p>Put your feet together and place your hands slightly outside of your shoulders. Lower yourself all the way down so your chest almost makes contact with the ground (bench or wall) and push back up. Make sure to create one straight line from your heels (knees if they are on the ground) to the tip of your head throughout the exercise. Try to keep your core engaged through this. Levels: 1) On the wall 2) Incline (Hands on the bench, either on knees or feet) 3) Knees on the ground 4) Regular push ups A more in-depth view can be found here.</p>	<p>-Chest Press -Dumb Bell Press</p>

Exercise	Repetition	Description	Alternatives
<p>Bum Kicks</p> 	<p>1 Minute</p>	<p>Run on the spot and kick your heels to the butt or as close as possible. Keep your torso upright and stand tall as you do the movement. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -High Knees -Marching -Jumping Jacks -your choice from Cardio in Exercise Appendix
<p>Tree Pose</p> 	<p>20 - 30 sec each leg (or as long as you can)</p>	<p>Start by standing straight up. Place one foot on the inside part of your straight leg, either above or below the knee, but not right against the knee. Balance on the one leg. It helps to focus your vision on a specific target. Make sure there is something close to hold on to in case you lose balance. Arms can be placed where you feel most comfortable - out to the sides, up in a Y pattern or overhead with finger tips touching. Eyes can be closed to increase the level of difficulty. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -One leg balance -Drinking Bird -Drunk Walk

Exercise	Repetition	Description	Alternatives
<p data-bbox="50 215 317 248">Single Arm Row</p> 	<p data-bbox="583 256 758 418">30 sec each side or 8 - 10 reps each side</p> <p data-bbox="562 516 758 719">You should feel this in your: Back - mid to low back</p>	<p data-bbox="800 215 1787 378">Support yourself on a bench, ottoman or coffee table with your leg and arm and have your torso parallel to the ground, with your knee below your hip and hand below your shoulder on bench, ottoman or coffee table.</p> <p data-bbox="800 386 1787 459">Start with the other hand hanging down from the shoulder and the other leg straight below the hip.</p> <p data-bbox="800 467 1787 630">Pull the dumbbell toward your armpit or chest, focusing on squeezing the shoulder blade towards the spine. Hold briefly and relax, without rotating the trunk, lower the weight slowly back to the start of the movement.</p> <p data-bbox="800 638 1787 719">Repeat as recommended and then switch sides including support arms and legs.</p> <p data-bbox="800 727 1413 764">A more in-depth view can be found here.</p>	<p data-bbox="1816 215 2043 337">-Seated row -Lat pull down -Wall Angel</p>
<p data-bbox="50 773 222 805">Calf raises</p> 	<p data-bbox="569 906 758 979">1 Minute or 15 - 20 reps</p> <p data-bbox="562 1076 758 1247">You should feel this in your: Calves</p>	<p data-bbox="800 773 1713 894">Stand with both legs on a stair or small step next to a chair or table to hold on to. Come onto the balls of the feet without bending the knee.</p> <p data-bbox="800 902 1696 1024">Slowly drop back down by lowering the heel as far down as possible until a comfortable stretch is felt and repeat. Make sure to work through all the range of motion.</p> <p data-bbox="800 1032 1098 1065">Levels of difficulty:</p> <ol data-bbox="852 1073 1787 1365" style="list-style-type: none"> 1) Both feet at the same time while holding on to something 2) Both feet at the same time (have something close to grab in case you lose balance but try to only hold on to it if necessary) 3) One foot calf raises while holding on to something 4) One foot calf raises (have something close to grab in case you lose balance but try to only hold on to it if necessary) <p data-bbox="800 1373 1398 1406">A more in-depth view can be found here.</p>	<p data-bbox="1816 773 2011 894">-Plantar Flexion with elastic band</p>

Exercise	Repetition	Description	Alternatives
<p data-bbox="52 219 361 256">Scapular Push Ups</p> 	<p data-bbox="543 261 726 342">1 Minute or 15-20 reps</p> <p data-bbox="516 431 699 638">You should feel this in your: chest below your armpit</p>	<p data-bbox="785 219 1751 467">Stand facing a wall and put your hands against the wall with your <u>elbows straight</u>. Round your shoulder blades forward, then slowly relax your shoulder blades to the start position. It should be a very small range of motion movement. Focus on feeling the rotation of the shoulder blades along the ribs forwards and backwards.</p> <p data-bbox="785 472 1087 509">Levels of difficulty:</p> <ol data-bbox="846 514 1640 634" style="list-style-type: none"> 1) Standing with hands against the wall 2) Four-point position (feet and knees on the ground) 3) Push up position on the ground <p data-bbox="785 639 1388 677">A more in-depth view can be found here.</p>	<p data-bbox="1799 219 2018 300">-Supine Push-Up⁺</p>
<p data-bbox="52 685 298 722">Jumping Jacks</p> 	<p data-bbox="573 894 711 932">1 Minute</p>	<p data-bbox="785 685 1772 849">Stand up straight and look directly ahead of you. Bring your hands up by your side and together above your head, while you jump up and land feet apart. Lower your hands by your side while you jump up and land feet together.</p> <p data-bbox="785 854 1751 974">A Lo-Jack, where you step one foot out to the side and step back in, alternating sides, can be performed as a modification for non-impact.</p> <p data-bbox="785 979 1400 1016">A more in-depth view can be found here.</p>	<p data-bbox="1799 685 2043 1024">-Bum kicks -2in - 2out -Marching -High Knees -your choice from Cardio in Exercise Appendix</p>

Exercise	Repetition	Description	Alternatives
<p>Bicycle riding</p> 	<p>1 Minute or 10 reps each side</p> <p>You should feel this in your: Core/ Abs</p>	<p>Lie on your back with your knees bent and your lower back in a pelvic tilt position. Maintain steady abdominal breathing while you lift both knees up until 90 degrees. Then, slowly straighten one leg without touching the floor while you flex the other one at the same time as if you were bicycling. ONLY go as far as you can keep the low back in contact with the floor in the pelvic tilt position. A more in-depth view can be found here.</p>	<p>- Pelvic Tilt - Dead Bug</p>
<p>Glute Bridge on Stability Ball</p> 	<p>1 minute or 10 -15 reps, Hold 5-10 sec</p> <p>You should feel this in your: Core/ Glutes, Back Thigh (Hamstring)</p>	<p>Lie down with your calves resting on an exercise ball. Keeping knees straight and core engaged, lift up your buttocks while pushing down onto the ball with your legs. Hold 5-10 seconds. Lower your buttocks back down and repeat. Levels of difficulty: 1) Regular Glute Bridge 2) Glute Bridge on Ball 3) Glute Bridge on Ball + hamstring curl A more in-depth view can be found here.</p>	<p>-Birddog -Fire hydrants -Clamshells</p>

YELLOW LIGHT: CIRCUIT # 2

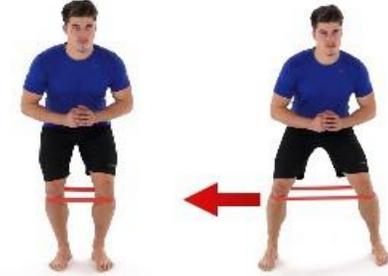
Estimated Time for Workout: 30-45 min

Recommended Repetitions of circuit: 2-3 (depending on rating of fatigue and rating of energy)

Intensity: Medium (RPE: 3 - 5)

Exercise	Repetition	Description	Alternatives
<p>Body Weight (BW) Squats</p> 	<p>1 Minute or 15 - 20 reps</p> <p>You should feel this in your: Front Thigh (Quads), Glutes</p>	<p>Stand with both feet hip width apart and facing forward. Slowly lower your body into a squat position (knees 90°) while keeping your back straight and your knee caps aligned with your second toes. Lean slightly forward just like you were sitting in a chair, keeping your heels on the ground. Push through your heels and activate your glutes to come back to standing.</p> <p>Difficulty levels:</p> <ol style="list-style-type: none"> 1) Wall squat with exercise ball 2) Body weight squat 3) Adding weight (by holding a dumbbell or a medicine ball, or other resistance) <p>A more in-depth view can be found here.</p>	<p>-Lunges -Reverse Lunges -Walking Lunges</p>
<p>Dumbbell (DB) Chest Press</p> 	<p>1 Minute or 15 - 20 reps</p> <p>You should feel this in your: Chest</p>	<p>Bring the dumbbells over your chest with your arms in extension, hands in pronation, then lower the dumbbells in line with your chest. Go as low as your flexibility allow and keep your buttocks on the bench. Make sure to have an engaged core with the lower back on the bench throughout the exercise.</p> <p>A more in-depth view can be found here.</p>	<p>-Standing Chest Press -Push-Ups -Incline DB Chest press</p>

Exercise	Repetition	Description	Alternatives
<p>Jumping Jacks</p> 	<p>1 Minute</p>	<p>Stand up straight and look directly ahead of you. Bring your hands up by your side and together above your head, while you jump up and land feet apart. Lower your hands by your side while you jump up and land feet together.</p> <p>A Lo-Jack, where you step one foot out to the side and step back in, alternating sides, can be performed as a modification for non-impact. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -Bum kicks -2in - 2out -Marching -High Knees -your choice from Cardio in Exercise Appendix
<p>Wobble board</p> 	<p>1 Minute</p>	<p>Stand on a balance board and try to maintain your balance. Ensure there is a stable object to hold on to in your range in case you lose balance for safety.</p> <p>Alternatively you could use a pillow, foam pads or folded blankets but be sure that you don't place on a slippery surface.</p> <p>You will have more stability with shoes on, so try it with shoes on or with shoes off.</p> <p>A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> - One leg balance - Single leg forward bend - Drunk Walk

Exercise	Repetition	Description	Alternatives
<p>Biceps curls</p> 	<p>1 Minute or 15 - 20 reps</p> <p>You should feel this in your: Biceps</p>	<p>Keep your palms facing forward and curl the dumbbells up at the same time. Do not swing the arms and keep the shoulders/shoulder blades in the neutral position (relax your neck). Extend the elbows completely in the bottom position. A more in-depth view can be found here.</p>	
<p>Monster Walks</p> 	<p>1 Minute or 10 - 15 steps each direction</p> <p>You should feel this in your: Side Hips (Glute Med)</p>	<p>Place a mini-band around the thighs, just above the knee or below the knee, or around the lower leg near the ankle, just not on the knee joint line. Bend the knees slightly and take a step sideways using your abductors (outside of the hip), without rotating at the hips. Keep the rubber band taut during all the duration of the movement. Keep the back straight. Keep the toes pointed in slightly or forward at all time, not outwards. A more in-depth view can be found here.</p>	<p>-Fire hydrants -Clamshells -Standing hip abduction</p>

Exercise	Repetition	Description	Alternatives
<p data-bbox="65 228 285 261">Lateral Raise</p> 	<p data-bbox="476 358 644 480">1 Minute or 15 - 20 reps</p> <p data-bbox="476 578 644 829">You should feel this in your: Shoulders (Deltoid)</p>	<p data-bbox="665 228 1495 480">Flex your elbows to 90°. Lift your arms sideways in a controlled motion until parallel to the ground. Keep the head aligned with the spine at all time and do not elevate the shoulders. Do not swing to lift the arms. Weight in form of dumb bells can be added depending on ease of the exercise.</p> <p data-bbox="665 526 968 565">Levels of difficulty:</p> <ol data-bbox="716 570 1220 691" style="list-style-type: none"> 1) Elbows bent and seated 2) Elbows bent standing 3) Elbows extended and standing <p data-bbox="655 699 1268 738">A more in-depth view can be found here.</p>	<ul data-bbox="1535 228 1780 305" style="list-style-type: none"> -Overhead press -Bent over row
<p data-bbox="65 932 321 964">Stationary Bike</p> 	<p data-bbox="491 1146 632 1179">1 Minute</p>	<p data-bbox="665 932 1457 1008">Adjust the seat height so your knees are slightly bent while at the bottom of the cycle.</p>	<ul data-bbox="1535 932 1955 1187" style="list-style-type: none"> -Bum kicks -2in - 2out -Marching -High Knees -your choice from Cardio in Exercise Appendix

Exercise	Repetition	Description	Alternatives
<p>Donkey Kicks</p> 	<p>1 Minute or 8 - 10 reps each side</p> <p>You should feel this in your: Core/ Back/ Buttocks (Glute)</p>	<p>Start on all fours with your hands under the shoulders and your knees under your hips. Keep the knee of the involved leg bent and push the heel up toward the ceiling. Do not arch the lower back as you perform the exercise. A more in-depth view can be found here.</p>	<p>-Standing Hip extension (band) -Glute busters</p>
<p>Plank hold</p> 	<p>30 seconds - 1 minute</p> <p>You should feel this in your: Core/ Abs</p>	<p>Start in all fours, then prop yourself up on your forearms and toes, with your head in line with the spine and body. Lift up your body, creating a straight line with your body from your ears to your ankles. Ensure to engage your core by drawing your belly button into your spine but maintain normal breathing. Maintain the position without arching the lower back or letting the hip up too high. Levels of difficulty:</p> <ol style="list-style-type: none"> 1) On the wall 2) Elbows on a bench 3) Knees on the ground 4) Regular Plank (as shown in picture) 5) On hands <p>A more in-depth view can be found here.</p>	<p>- Pelvic Tilt - Dead Bug</p>

GREEN LIGHT: CIRCUIT # 1

Estimated Time for Workout: 40-60 min

Recommended Repetitions of circuit: 2-3 (depending on rating of fatigue and rating of energy)

Intensity: Somewhat Hard (RPE: 5 - 7)

Exercise	Repetition	Description	Alternatives
<p>Sumo Squat</p> 	<p>1 Minute or 15 - 20 reps</p> <hr/> <p>You should feel this in your: Quads (front thigh)</p>	<p>Place your feet wider than shoulder-width apart and toes pointed out. Driving your knees, lower to the point where your thighs are almost parallel to the ground by pushing your hips backward and flexing your knees, like you are sitting in a chair. Keep your chest up and back neutral for the duration of the movement. Keep your heels planted on the ground and knees aligned with your ankles (if your knees can't be aligned with your feet and fall inward as you lower, your stance is probably too wide). A more in-depth view can be found here.</p>	<p>-BW Squat -Lunges -Lunge walks -Reverse Lunge</p>
<p>Chest Press on Swiss Ball</p> 	<p>1 Minute or 15 - 20 reps</p> <hr/> <p>You should feel this in your: Chest, glutes</p>	<p>Sit down on a swiss/physio ball with the dumbbells on your knees and roll on the ball so your upper back and head are supported. Hold the dumbbells over your chest and press up. Ensure that the hands remain over the shoulders/chest area versus over your head. Keep palms facing your feet. Keep the hips up by engaging the glutes and core. Make sure to not let the hips drop. A more in-depth view can be found here.</p>	<p>-Incline DB Chest press -Band Press -Push Ups -DB Chest Press</p>

Exercise	Repetition	Description	Alternatives
<p data-bbox="46 228 457 261">Dumbbell Bent-over Row</p> 	<p data-bbox="701 337 890 418">1 Minute or 15 - 20 Reps</p> <p data-bbox="684 532 873 735">You should feel this in your: Back / Shoulders</p>	<p data-bbox="951 224 1745 516">Sit down on a bench/chair and lean forward to a 45° angle, keeping the back straight. Hold the dumbbells with a neutral grip (palms facing each other) With your chest out and back straight, row the dumbbells in a controlled movement to your sides, in line with your navel.</p> <p data-bbox="951 524 1577 646">Do not poke forward with your chin/head. Never round your lower back. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> <li data-bbox="1835 232 2049 264">-Standing row <li data-bbox="1835 272 2018 305">-Seated row <li data-bbox="1835 313 2049 345">-One arm row
<p data-bbox="46 951 195 984">Step Ups</p> 	<p data-bbox="737 992 877 1024">1 Minute</p> <p data-bbox="684 1122 898 1325">You should feel this in your: Quads (front thigh)</p>	<p data-bbox="951 951 1808 1117">Step onto a small step placed directly in front of you then come back, leading with the same leg that came up first. Either switch your lead leg half way through or after every step up/down cycle.</p> <p data-bbox="951 1125 1549 1157">A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> <li data-bbox="1835 954 2011 987">-Bum kicks <li data-bbox="1835 995 1997 1027">-2in - 2out <li data-bbox="1835 1036 1997 1068">-Marching <li data-bbox="1835 1076 2028 1109">-High Knees <li data-bbox="1835 1117 2032 1292">-your choice from Cardio in Exercise Appendix

Exercise	Repetition	Description	Alternatives
<p data-bbox="44 180 365 215">Triceps Press Down</p> 	<p data-bbox="695 272 884 394">1 Minute or 15 - 20 Reps</p> <hr/> <p data-bbox="695 574 873 748">You should feel this in your: Triceps</p>	<p data-bbox="915 180 1787 516">Attach an exercise band overhead on a hook, etc. Keep your arms next to you and hold the band with both hands. Extend the elbows without moving your arms until your hands are about hip height and your triceps is fully extended. Then slowly move back up and repeat. Important to keep the elbows close to your body throughout the movement. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> <li data-bbox="1835 180 1969 215">-Triceps <li data-bbox="1835 224 1976 259">Kickback <li data-bbox="1835 267 1955 345">-Skull crusher <li data-bbox="1835 354 2007 389">-Close grip <li data-bbox="1835 397 1982 433">Push Ups <li data-bbox="1835 441 2018 477">-Chair Dips
<p data-bbox="44 784 359 820">Bosu Ball Alphabet</p> 	<p data-bbox="726 870 856 992">30 seconds each leg</p>	<p data-bbox="915 784 1808 1076">Stand up with one leg on the rounded part of a Bosu (a pillow works as well, however, make sure it is not placed on a slippery surface). Form the alphabet with your opposite leg to challenge your balance. Maintain the body straight and stand on the leg for the prescribed time. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> <li data-bbox="1835 784 1969 862">-One leg stand <li data-bbox="1835 870 2003 906">-Tree Pose <li data-bbox="1835 914 2039 950">-Drunk Walk <li data-bbox="1835 958 1969 1036">-Wobble board

Exercise	Repetition	Description	Alternatives
<p data-bbox="52 230 499 264">Shoulder External Rotation</p> 	<p data-bbox="709 266 877 435">1 Minute or 10 -15 reps each side</p> <p data-bbox="695 480 877 727">You should feel this in your: Outside of your shoulders</p>	<p data-bbox="919 230 1759 440">Hold an elastic band with a 90° bend in your elbows. Keeping your shoulders retracted (pulled back and down) and your palms up, externally rotate the arms against the resistance of the band in a controlled movement.</p> <p data-bbox="919 448 1220 483">Levels of difficulty:</p> <ol data-bbox="961 496 1766 711" style="list-style-type: none"> 1) Anchor the exercise band around a pole and externally rotate one arm at a time 2) Anchor with one arm and only externally rotate with the other arm 3) Externally rotate both arms at the same time <p data-bbox="905 716 1520 751">A more in-depth view can be found here.</p>	<p data-bbox="1822 230 1990 435">-Internal Rotation -Side lying external rotation</p>
<p data-bbox="52 823 365 857">Standing side kicks</p> 	<p data-bbox="709 906 877 1029">1 Minute or 10 reps each side</p> <p data-bbox="695 1075 877 1240">You should feel this in your: Outside Hip</p>	<p data-bbox="919 823 1793 1117">Stand on one leg with an elastic tied around the ankle of the other leg. The other end of the elastic should be tied to a stable object next to you on the opposite side of the attached leg at ankle level. Stabilize yourself on the stance leg and engage your core while you pull on the elastic towards the outside by turning your leg outward without bending the knee. Return to the initial position and repeat.</p> <p data-bbox="919 1125 1220 1161">Levels of difficulty:</p> <ol data-bbox="961 1182 1766 1349" style="list-style-type: none"> 1) Anchor the other end of the exercise band around a stable object next to your standing leg 2) Anchor the other end on the exercise band around the standing leg <p data-bbox="905 1354 1520 1390">A more in-depth view can be found here.</p>	<p data-bbox="1822 823 2032 987">-Monster walk -Fire Hydrant -Clamshells</p>

Exercise	Repetition	Description	Alternatives
<p>Plank with Shoulder touches</p> 	<p>1 Minute or 10 reps each side</p> <hr/> <p>You should feel this in your: Core/ Abs</p>	<p>Position yourself in a plank position on your hands (push-up position) with feet shoulder width apart. Keep your abdominals engaged and tap the opposite shoulder with the hand. Make sure your hips and trunk don't shift to one side as you tap. Your trunk should remain still, so that a water glass could be balanced on your lower back without tipping. If this is too hard, stick with plank for now. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> - Bird Dog - Dead Bug - Plank
<p>Birddog</p> 	<p>1 Minute or 10 Reps on Each side</p> <hr/> <p>You should feel this in your: Core/ Glutes/ Back/ Shoulders</p>	<p>Get on your hands and knees (four-point position) with your knees and hands, hip and shoulders width apart. Your back is in neutral position (slightly arched) and your head in line with back. Activate your core by bringing your belly button inward and by activating your pelvic floor muscles. Maintain a level pelvis and straight back while you simultaneously lift one leg backwards and the opposite arm forward, keeping your back in neutral position. Return to the initial position and repeat with the other leg and arm.</p> <p>Levels of difficulty:</p> <ol style="list-style-type: none"> 1) One limb at a time 2) Opposite arm and leg 3) On an exercise ball, lift opposite arm & leg <p>A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -Fire Hydrants -Clamshells
<p>Mountain Climbers</p> 	<p>1 Minute</p> <hr/> <p>You should feel this in your: Core/ Abs</p>	<p>In a plank position on your hands, bring your knees toward your elbow on the same side alternately. Make sure that your hips and lower back stay neutral during the duration of the exercise. Vary speed based on confidence in performing the exercise correctly. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -Bum kicks -2in - 2out -Marching -High Knees

GREEN LIGHT: CIRCUIT # 2

Estimated Time for Workout: 40-60 min

Recommended Repetitions of circuit: 2-3 (depending on rating of fatigue and rating of energy)

Intensity: Somewhat Hard (RPE: 5 - 7)

Exercise	Repetition	Description	Alternatives
<p>Walking Lunges</p> 	<p>1 Minute or 10 Reps/Leg</p> <p>You should feel this in your: Legs / Buttocks (Glute)</p>	<p>Stand up and take a big step forward then flex your knees to have roughly a 90° angle at the front knee and hip. Keep your front heel on the ground during the step. Continue the step forward to stand up again and repeat with your other leg. Alternate this way as if you were walking. To challenge yourself weight, in form of dumbbells or a med ball, can be added. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -BW Squat -Sumo squat -Lunges -Reverse Lunge
<p>Incline Bench Press</p> 	<p>1 Minute or 15 -20 Reps</p> <p>You should feel this in your: Chest</p>	<p>On an inclined bench, start with your hands in front of your shoulders. Bring the dumbbells straight up towards the ceiling over your chest with your arms in extension, palms facing your feet, then lower the dumbbells in line with your chest to the start position as your shoulder flexibility allows. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -Band Press -Push Ups -Dumb Bell Chest Press

Exercise	Repetition	Description	Alternatives
<p>Speed Skaters</p> 	<p>1 Minute</p>	<p>Jump from one leg to the other alternating, touching your leg behind the other one. Swing your hands with your movement. It is very important for this exercise to feel like a speed skaters at the Olympics and glide through the minute. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -Bum kicks -2in - 2out -Marching -High Knees -your choice from Cardio in Exercise Appendix
<p>Drinking Bird</p> 	<p>1 Minute</p>	<p>Standing on one leg, extend one leg behind you while you bend forward at the hips, not the back. Extend arms outwards to create balance. Only go far forward as is comfortable for your current balance abilities. Stand near a chair or table to increase comfort and hold on as required. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -One leg stand -Drunk Walk -Wobble board -Bosu Ball
<p>Biceps Curl + Overhead Press</p> 	<p>1 Minute or 15 -20 Reps</p> <p>You should feel this in your: Biceps / Shoulders</p>	<p>Stand with your feet about hip distance apart and holding dumbbells in your hands that you can lift for both bicep curl and overhead press. Bring your palms up towards your shoulders, then rotate hands towards your ears and press the weights up over your head, keeping the weight over your shoulders and within comfortable shoulder range of motion. Return the hands to in front of the shoulders, palms facing shoulders and then relax the hands back to the start position, with palms facing forward. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -Bicep Curls -Shoulder Press -Lateral raise

Exercise	Repetition	Description	Alternatives
<p>2 in 2 out</p> 	<p>1 Minute</p>	<p>Picture an imaginary box. Try to step alternating in the box with your right and left foot. Followed by stepping outside the box with your right and left foot. Increase the intensity by limiting the time on the floor, you could picture the floor as hot lava rocks. Thus, your floor contact times have to be fast otherwise you'll burn your feet. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -Bum kicks -speed skaters -Marching -High Knees -your choice from Cardio in Exercise Appendix
<p>One Arm Row + Triceps Extension</p> 	<p>1 Minute or 15 -20 Reps</p> <p>You should feel this in your: Mid -back and triceps</p>	<p>Support yourself on a bench, ottoman or coffee table with your leg and arm and have your torso parallel to the ground, with your knee below your hip and hand below your shoulder on bench, ottoman or coffee table. Start with the other hand hanging down from the shoulder and the other leg straight below the hip. Pull the dumbbell toward your armpit or chest, focusing on squeezing the shoulder blade towards the spine. Then extend the elbow so that the arm is in line with the body. Hold briefly and relax, without rotating the trunk, bend the elbow again and then lower the weight slowly back to the start of the movement. Repeat as recommended and then switch sides including support arm and leg. A more in-depth view can be found here.</p>	<ul style="list-style-type: none"> -Standing row -Seated row -One arm row -Reverse Fly

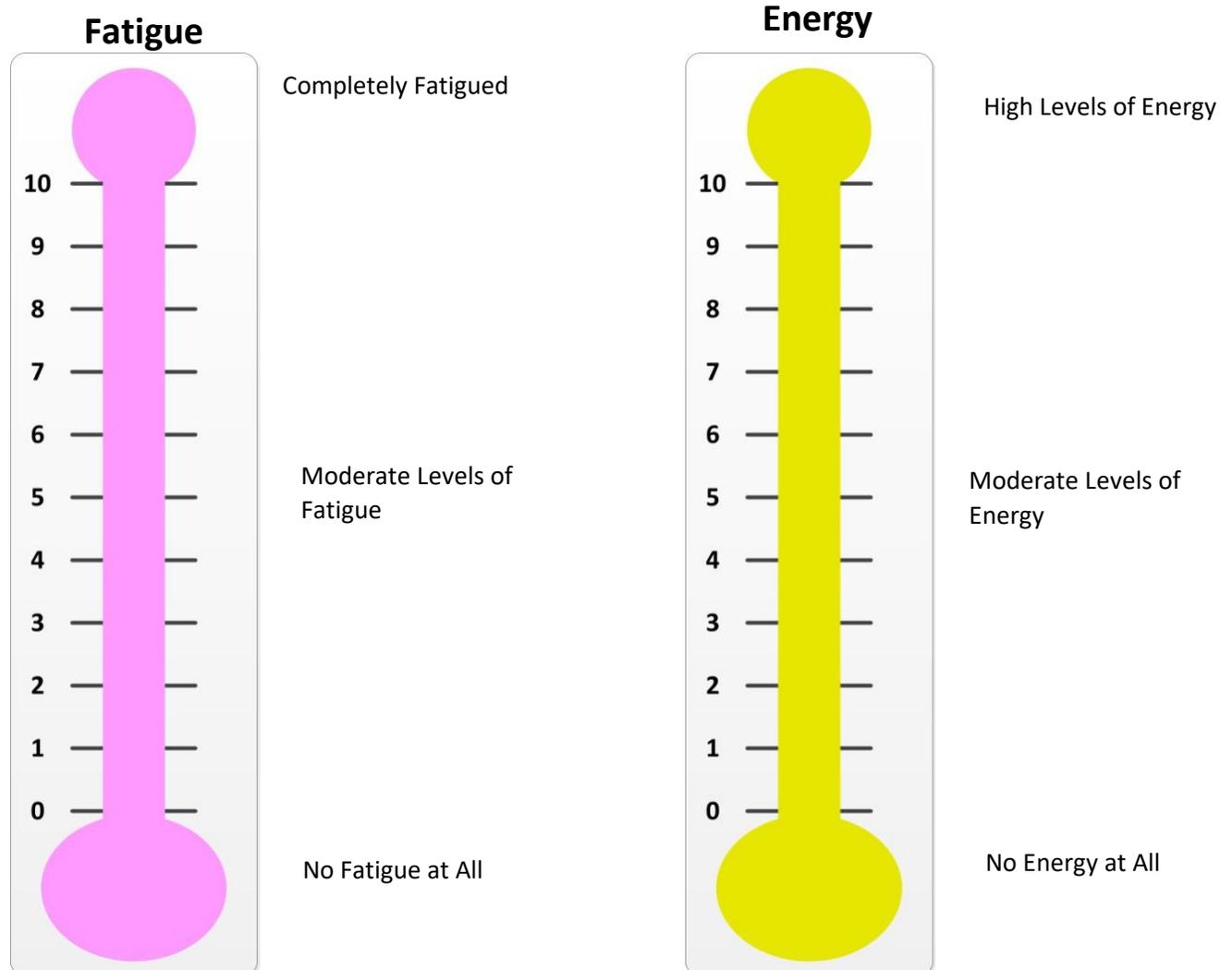
Exercise	Repetition	Description	Alternatives
<p>Glute Busters</p> 	<p>1 Minute or 15 -20 Reps</p> <p>You should feel this in your: Buttocks (Glute)</p>	<p>Start on all fours with your hands under your shoulders and knees under your hips. A band should be tied around your foot and the extremities should be under your hands. Brace your abdominals and lumbar muscle lightly to stabilize the hips and trunk, then extend the leg to straight in line with your body, without rotating or extending the lower back. Think about keeping the whole body still and only pushing your leg back, squeezing the glutes. A more in-depth view can be found here.</p>	<p>-Donkey Kicks -Fire Hydrants -Standing hip extension -Monster walk</p>
<p>Clamshells</p> 	<p>1 Minute or 15 -20 Reps</p> <p>You should feel this in your: Side of Hip (Glute Med)</p>	<p>Lie on your side, starting with your body straight. Bend your knees slightly, bringing the knees forward so that the knees are in front of the body while keeping the feet in line with the body. Lift your top knee, keeping your pelvis stable, your leg slightly bent and your heels together. Ensure to keep your hips stacked and avoid rotating backwards during this exercise. Return to the initial position and repeat. The difficulty can be increased by adding a resistance band just above your knee. A more in-depth view can be found here.</p>	<p>-Fire Hydrants -Standing hip extension -Monster walk -Donkey Kicks</p>

Exercise	Repetition	Description	Alternatives
<p>Glute bridge on ball/hamstring curl</p> 	<p>1 Minute or 15 - 20 reps</p> <p>You should feel this in your: Back Thigh (Hamstring)</p>	<p>Lie on your back with your legs straight and your calves on a physio/swiss ball. Lift your hips off the ground so your legs and torso are in a straight line.</p> <p>Use your legs to roll the ball towards your buttocks by bending the knee without lifting or lowering your hips any further. Focus on squeezing your heels in the ball while pulling it towards you. Then, roll the ball back to the starting position by straightening your knees.</p> <p>Either rest the hips down and start from the beginning or repeat the hamstring curl with the hips in the bridge position. A more in-depth view can be found here.</p>	<p>-Double leg hinge with stick</p>
<p>Side Plank</p> 	<p>up to 30 seconds each side</p> <p>You should feel this in your: Core / Side Abs</p>	<p>Lie on your side with your legs straight and in line with your body. With your upper body supported on your elbow, make sure the elbow is directly under the shoulder. Lift your pelvis and hold your body in a straight line. Focus that your body is one line from your nose to your belly button to your knees or feet.</p> <p>Levels of difficulty:</p> <ol style="list-style-type: none"> 1) On the wall 2) On knees 3) Elbow on the bench 4) Regular Side plank (feet tandem) 5) Regular Side plank (feet stacked) 6) On the hand <p>A more in-depth view can be found here.</p>	

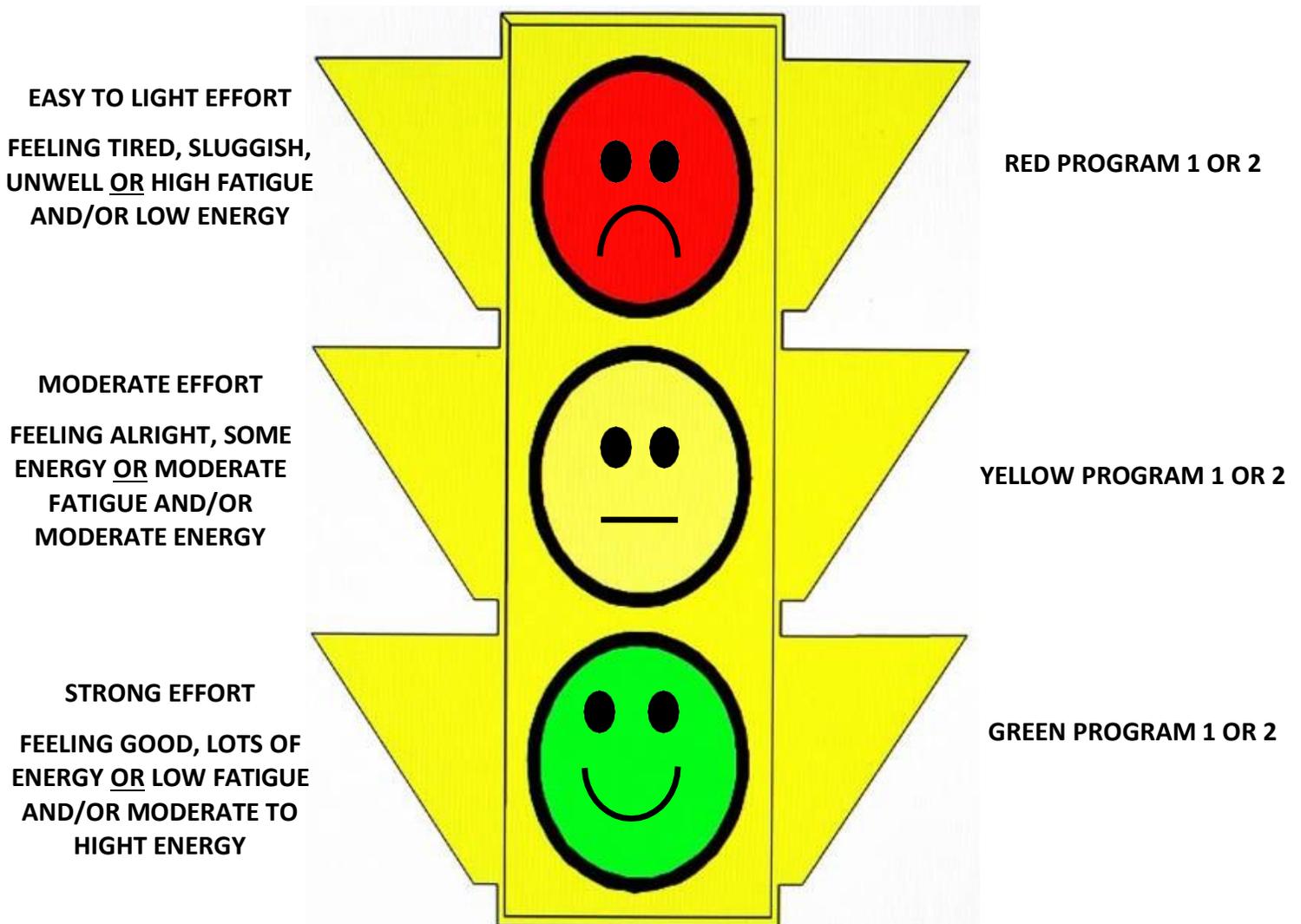
Fatigue and Energy Thermometers

An important part in determining the overall amount of exercise for a cancer survivor is ensuring that over-exertion does not lead to a decrease in energy and increase in fatigue. These two feelings are dependent on many factors, but most cancer survivors experience increased levels of fatigue and decreased energy levels due to treatment-related side effects. Exercise can be extremely effective at improving both fatigue and energy, but excessive amounts or not adjusting for how you are feeling can have the opposite effect. Energy and fatigue levels should be used to influence the duration, intensity, and type of exercise you chose that day. Exercise intensity, using the rate of perceived exertion (RPE) can be adjusted based on these ratings.

To quantify fatigue and energy levels, you can use the “thermometers”. These tools should be used both before and after an exercise session, to monitor how you are feeling. The goal is to ensure exercise has a positive impact on your energy, and does not increase your fatigue.



Traffic Light Intensity Scale



Rating of Perceived Exertion (RPE)

0	Nothing at all	
0.5	Very, Very Light	
1	Very Light	like a person walking slowly at their own pace for several minutes
2	Light	
3	Moderate	it is not especially hard and there is no problem continuing
4	Somewhat Hard	
5	Hard	heavy exercise; it feels hard and you are tired but there is no difficulty continuing
6	Hard	
7	Very Hard	very hard and strenuous; a person has to push themselves a lot. It feels very heavy
8	Very Hard	
9	Very Hard	
10	Very, Very Hard(Maximal)	extremely strenuous exercise level or maximum; it is the hardest exercise you have ever experienced

Go confidently in the direction of your dreams. live the life you've imagined.

-thoreau



Exercise Appendix

Exercise	Description
Upper Body:	
<p>Push Ups</p> 	<p>Put your feet together and place your hands slightly outside of your shoulders. Lower yourself all the way down so your chest almost makes contact with the ground (bench or wall) and push back up. Make sure to create one straight line from your heels (knees if they are on the ground) to the tip of your head throughout the exercise. Try to keep your core engaged through this. Levels:</p> <ol style="list-style-type: none"> 1) On the wall 1) Incline (Hands on the bench, either on knees or feet) 2) Knees on the ground 3) Regular push ups
<p>Wall Push Ups</p> 	<p>Stand about arm's length away from a wall while facing it and place your hands on the wall at shoulder level. Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms to the wall. Return to the initial position and repeat.</p> <p>Move your feet away from the wall to progress this exercise.</p> <p>Avoid poking head forward in attempt to touch your nose to the wall - keep head aligned with body.</p>

Standing Chest Press



Secure the middle of a band behind at shoulder level.

In a split stance, grasp the band at shoulder-height and push forward, extending the elbows.

Keep a good upper body posture by pulling the shoulders back slightly lifting the chest up during the movement.

The difficulty can be varied by stepping farther away from the where the band is secured, or selecting different degrees of resistant bands.

Dumbbell (DB) Chest Press



Bring the dumbbells over your chest with your arms in extension, hands in pronation, then lower the dumbbells in line with your chest. Go as low as your flexibility allow and keep your buttocks on the bench. Make sure to have an engaged core with the lower back on the bench throughout the exercise.

Chest Press on Stability Ball



Sit down on a stability ball with the dumbbells on your knees and roll on the ball so your upper back and head are supported.

Hold the dumbbells over your chest and press up. Ensure that the hands remain over the shoulders/chest area versus over your head. Keep palms facing your feet.

Keep the hips up by engaging the glutes and core. Make sure to not let the hips drop.

Incline Bench Press



On an inclined bench, start with your hands in front of your shoulders. Bring the dumbbells straight up towards the ceiling over your chest with your arms in extension, palms facing your feet, then lower the dumbbells in line with your chest to the start position as your shoulder flexibility allows.

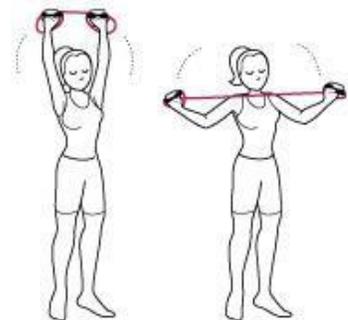
Wall Angels



Stand up with your back and head against the wall, with the head, shoulder blades and bum in contact with the wall. Tighten your abdominal muscles, gently pull your shoulder blades toward each other and the back of your hands down into the wall (palms should be facing forward).

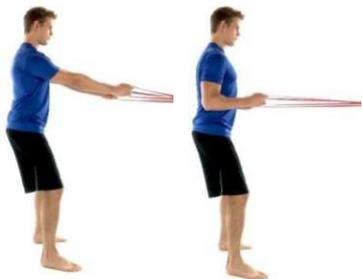
Without letting your shoulders roll forward, slowly slide your arms on the wall to raise them overhead—as high as possible with the good posture and without pain. Stop the movement when something pops off the wall – i.e. arm comes off the wall, bum, head. Do not let your shoulders shrug toward your ears. Stay in a comfortable range of motion.

Lat Pulldown



Start by grasping a band with both hands over your head, ensuring that there is already some tension on the band. At once, begin to separate the hands while also lowering your arms to your chest so that you feel that your shoulder blades are being pinched together. Have a slight bend in your elbows throughout the movement. Pause briefly at your chest before slowly returning the hands to over the head and in a narrow grasp.

Standing Row



Anchor a resistance band in front of you at waist level and hold the ends in your hands. Pull the band with your elbows near your sides and keep your chest out and **SQUEEZE** shoulder blades back and down together. Try not to sway backwards so staggering your stance can help prevent this. Keep your shoulders relaxed and ensure that the shoulders do not come up towards your ears, stop and reset if they do. Avoid curling your wrists with this exercise - wrists should stay straight.

Single Arm Row



Support yourself on a bench, ottoman or coffee table with your leg and arm and have your torso parallel to the ground, with your knee below your hip and hand below your shoulder on bench, ottoman or coffee table. Start with the other hand hanging down from the shoulder and the other leg straight below the hip. Pull the dumbbell toward your armpit or chest, focusing on squeezing the shoulder blade towards the spine. Hold briefly and relax, without rotating the trunk, lower the weight slowly back to the start of the movement. Repeat as recommended and then switch sides including support arms and legs.

One Arm Row + Triceps Extension



Support yourself on a bench, ottoman or coffee table with your leg and arm and have your torso parallel to the ground, with your knee below your hip and hand below your shoulder on bench, ottoman or coffee table. Start with the other hand hanging down from the shoulder and the other leg straight below the hip. Pull the dumbbell toward your armpit or chest, focusing on squeezing the shoulder blade towards the spine. Then extend the elbow so that the arm is in line with the body. Hold briefly and relax, without rotating the trunk, bend the elbow again and then lower the weight slowly back to the start of the movement. Repeat as recommended and then switch sides including support arm and leg.

Dumbbell Bent-over Row



Sit down on a bench and lean forward to a 45° angle, keeping the back straight. Hold the dumbbells with a neutral grip (palms facing each other) With your chest out and back straight, row the dumbbells in a controlled movement to your sides, in line with your navel. Do not poke forward with your chin/head. Never round your lower back.

Lateral Raise



Flex your elbows to 90°. Lift your arms sideways in a controlled motion until parallel to the ground. Keep the head aligned with the spine at all time and do not elevate the shoulders. Do not swing to lift the arms. Weight in form of dumb bells can be added depending on ease of the exercise.

Levels of difficulty:

- 1) Elbows bent and seated
- 2) Elbows bent standing
- 3) Elbows extended and standing

Lateral Raise



Step on the center of a band, hold the two ends (elbow slightly bent) and perform a lateral raise where you raise your arms parallel to the ground. Return to neutral starting position slowly.

If this is too difficult, try to bend your elbows to 90°.

For decreased challenge, do one arm at a time.

For increased challenge, widen your stance to stretch the band even more.

Biceps curls



Keep your palms facing forward and curl the dumbbells up at the same time.

Do not swing the arms and keep the shoulders/shoulder blades in the neutral position (relax your neck).

Extend the elbows completely in the bottom position.

Biceps Curl + Overhead Press



Stand with your feet about hip distance apart and holding dumbbells in your hands that you can lift for both bicep curl and overhead press.

Bring your palms up towards your shoulders, then rotate hands towards your ears and press the weights up over your head, keeping the weight over your shoulders and within comfortable shoulder range of motion. Return the hands to in front of the shoulders, palms facing shoulders and then relax the hands back to the start position, with palms facing forward.

Triceps Press Down



Attach an exercise band overhead on a hook, etc.
 Keep your arms next to you and hold the band with both hands. Extend the elbows without moving your arms until your hands are about hip height and your triceps is fully extended. Then slowly move back up and repeat. Important to keep the elbows close to your body throughout the movement.

Shoulder External Rotation



Hold an elastic band with a 90° bend in your elbows. Keeping your shoulders retracted, externally rotate the arms against the resistance of the band in a controlled movement.
 Levels of difficulty:

- 1) Anchor the exercise band around a pole and externally rotate one arm at a time
- 2) Anchor with one arm and only externally rotate with the other arm
- 3) Externally rotate both arms at the same time

I – Y – T (Flexibility/Range of Motion)



Lay on your back on the floor. Your arms stay extended throughout the exercise. First form an “I” with your arms then a “Y” and finally a “T”. Repeatedly form these letters. Start slowly and avoid ranges of motion, which cause pain. (Very similar to the YMCA dance.) Levels of difficulty:

- 1) On the floor
- 2) Elevated (as shown in the picture)

Scapular Push Ups



Stand facing a wall and put your hands against the wall with your elbows straight. Round your shoulder blades forward, then slowly relax your shoulder blades to the start position. It should be a very small range of motion movement. Focus on feeling the rotation of the shoulder blades along the ribs forwards and backwards.

Levels of difficulty:

- 1) Standing with hands against the wall
- 2) Four-point position (feet and knees on the ground)
- 3) Push up position on the ground

Supine Push Ups⁺



Lay on your back with knees bent and feet on the floor. Lift your arms to bring the weights above your shoulders, then move it slightly toward your face so they are directly over it.

Keeping the upper back on the floor, try to push the weights closer to the ceiling without shrugging your shoulders to your ears or arching the lower back. Only your shoulder blades should move.

Relax the arms and repeat.

<p>Lower Body:</p>	
<p>Wall Squats</p> 	<p>Stand with the ball against your lower back and against the wall. Move your feet forward to get your legs at 45 degrees from the wall. Slowly bend your knees to 90 degrees without allowing your knees to go further than your toes. Return to the initial position and repeat. Always keep your back straight (slightly arched) and your knee cap aligned with your second toe. Push your hips back towards the wall as you squat down to engage the glutes.</p>
<p>Sit to Stand</p> 	<p>Sit on a chair that has been placed against a wall to prevent slipping. With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand. Slowly return to sitting. Focus on having an engaged core (reach forward or cross your arms to the opposite shoulder in front of your chest).</p>
<p>Body Weight (BW) Squats</p> 	<p>Stand with both feet hip width apart and facing forward. Slowly lower your body into a squat position (knees 90°) while keeping your back straight and your knee caps aligned with your second toes. Lean slightly forward just like you were sitting in a chair, keeping your heels on the ground. Push through your heels and activate your glutes to come back to standing.</p> <p>Difficulty levels:</p> <ol style="list-style-type: none"> 1) Wall squat with exercise ball 2) Bodyweight squat 3) Adding weight (by holding a dumbbell or a med ball)

Sumo Squat



Place your feet wider than shoulder-width apart and toes pointed out. Driving your knees, lower to the point where your thighs are almost parallel to the ground by pushing your hips backward and flexing your knees, like you are sitting in a chair. Keep your chest up and back neutral for the duration of the movement. Keep your heels planted on the ground and knees aligned with your ankles (if your knees can't be aligned with your feet and fall inward as you lower, your stance is probably too wide).

Reverse Lunges



Stand with your feet shoulder width apart and step directly backward. Once balance is established on both feet, flex the front knee so the back leg can bend toward the floor. At the bottom position, the lead leg is flexed at 90 degrees above the ankle and the back knee is as low as 1-2 (3-5cm) inches off the floor and the front knee is behind the toes of the front foot to reduce pressure through the front knee. To go back up, push off the floor with the back foot while extending the knee and hip of the front leg. Keep the torso upright during the movement.

Lunges



Stand with both feet hip width apart. Lunge forward, making sure you land with the heel and your knee stays over the foot, with your knee cap in line with the 2nd toe. Keeping shoulders over your hips, drop your back knee straight down towards the floor, where it is comfortable to a maximum of 90 degree angle at both knees and at the hip. Ensure that your front knee does not go past your toes - to do so, ensure that the step with the front leg is big enough. Push through the heel and return to the standing position. Repeat with the other leg.

Walking Lunges



Stand up and take a big step forward then flex your knees to have roughly a 90° angle at the front knee and hip.
 Keep your front heel on the ground during the step. Continue the step forward to stand up again and repeat with your other leg.
 Alternate this way as if you were walking.
 To challenge yourself weight, in form of dumbbells or a med ball, can be added.

Glute Bridge



Start laying on your back with knee bent at 90°. Place your arms at your sides for stability. Squeeze the glutes and lift the hips off the ground. Feet stay flat on the ground. Ideal position is if the body is in one line from chest to the knees.
 Hold 5-10 seconds. Repeat without touching the ground.

Levels of difficulty:

- 1) Regular Glute Bridge, arms at your sides
- 2) Regular Glute Bridge, arms raised so hands are above your shoulders
- 3) One legged Glute Bridge (cross your ankle over your other knee and bridge up – keep pelvis level)
- 4) Regular Glute Bridge with leg kick outs (bridge up, keeping hips levels and core engaged, kick one leg out and bring it back in, alternate legs)

Glute Bridge on Stability Ball



Lie down with your calves resting on an exercise ball.
 Keeping knees straight and core engaged, lift up your buttocks while pushing down onto the ball with your legs. Hold 5-10 seconds. Lower your buttocks back down and repeat.

Levels of difficulty:

- 1) Regular Glute Bridge
- 2) Glute Bridge on Ball
- 3) Glute Bridge on Ball + hamstring curl

Glute bridge on ball/hamstring curl



Lie on your back with your legs straight and your calves on a stability ball. Lift your hips off the ground so your legs and torso are in a straight line. Use your legs to roll the ball towards your buttocks by bending the knee without lifting or lowering your hips any further. Focus on squeezing your heels in the ball while pulling it towards you. Then, roll the ball back to the starting position by straightening your knees. Either rest the hips down and start from the beginning or repeat the hamstring curl with the hips in the bridge position.

Donkey Kicks



Start on all fours with your hands under the shoulders and your knees under your hips. Your back is in neutral position (slightly arched) and your head in line with back. Activate your core by bringing your belly button inward and by activating your pelvic floor muscles. Keep the knee of the involved leg bent and push the heel up toward the ceiling. Do not arch the lower back as you perform the exercise.

Fire hydrants



Start on all fours with your back flat. Your back is in neutral position (slightly arched) and your head in line with back. Activate your core by bringing your belly button inward and by activating your pelvic floor muscles.

Keeping your knee bent, raise one leg out to the side at a height that allows you to keep your pelvis and shoulders parallel to the floor. Return to the starting position and repeat.

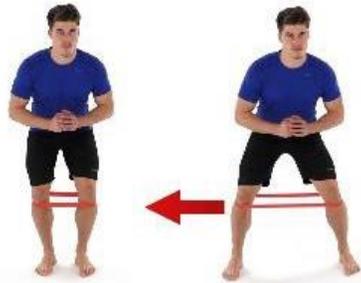
Glute Busters



Start on all fours with your hands under your shoulders and knees under your hips. A band should be tied around your foot and the extremities should be under your hands. Brace your abdominals and lumbar muscle lightly to stabilize the hips and trunk, then extend the leg to straight in line with your body, without rotating or extending the lower back.

Think about keeping the whole body still and only pushing your leg back, squeezing the glutes.

Monster Walks



Place a mini-band around the thighs, just above the knee or below the knee, or around the lower leg near the ankle, just not on the knee joint line.
 Bend the knees slightly and take a step sideways using your abductors (outside of the hip), without rotating at the hips. Keep the rubber band taut during all the duration of the movement. Keep the back straight.
 Keep the toes pointed in slightly or forward at all time, not outwards.

Standing side kicks



Stand on one leg with an elastic tied around the ankle of the other leg. The other end of the elastic should be tied to a stable object next to you on the opposite side of the attached leg at ankle level. Stabilize yourself on the stance leg and engage your core while you pull on the elastic towards the outside by turning your leg outward without bending the knee. Return to the initial position and repeat.

Levels of difficulty:

- 1) Anchor the other end of the exercise band around a stable object next to your standing leg
- 2) Anchor the other end on the exercise band around the standing leg

Calf raises



Stand with both legs on a stair or small step next to a chair or table to hold on to. Come onto the balls of the feet without bending the knee.
 Slowly drop back down by lowering the heel as far down as possible until a comfortable stretch is felt and repeat. Make sure to work through all the range of motion.

- 1) Levels of difficulty: Both feet at the same time while holding on to something
- 2) Both feet at the same time (have something close to grab in case you lose balance but try to only hold on to it if necessary)
- 3) One foot calf raises while holding on to something
- 4) One foot calf raises (have something close to grab in case you lose balance but try to only hold on to it if necessary)

<p>Plantar Flexion with Band</p> 	<p>Sit down with one leg outstretched and the other bent. Place an elastic around the ball of your outstretched foot and hold the ends of the elastic in your hand. Push down against the elastic with your forefoot and return to the initial position. The movement should occur at the ankle only. Do not push down with your knee.</p>
<p>Cardio:</p> <p>Jogging on the spot</p> 	<p>Jogging on the spot. Important to engage arms.</p>
<p>High Knees</p> 	<p>Run on the spot while lifting the knees at hip-height. It is important to not hinge forward with the upper body but rather focus on having a straight, strong back with the chest out. If you need further inspiration, watch the British guard rotation at Buckingham Palace.</p>

2 in - 2 out



Picture an imaginary box. Try to step alternating in the box with your right and left foot. Followed by stepping outside the box with your right and left foot. Increase the intensity by limiting the time on the floor, you could picture the floor as hot lava rocks. Thus, your floor contact times have to be fast otherwise you'll burn your feet.

Bum Kicks



Kick your heels to the butt or as close as possible. Keep your torso upright and stand tall as you do the movement. Pick the tempo that is comfortable for your desired intensity.

Jumping Jacks



Stand up straight and look directly ahead of you. Bring your hands up by your side and together above your head, while you jump up and land feet apart. Lower your hands by your side while you jump up and land feet together. A Lo-Jack, where you step one foot out to the side and step back in, alternating sides, can be performed as a modification for non-impact.

Stationary Bike



Adjust the seat height so your knees are slightly bent while at the bottom of the cycle.

Step Ups



Step onto a small step placed directly in front of you then come back, leading with the same leg that came up first.
Either switch your lead leg half way through or after every step up/down cycle.

Mountain Climbers



In a plank position on your hands, bring your knees toward your elbow on the same side alternately.
Make sure that your hips and lower back stay neutral during the duration of the exercise.
Vary speed based on confidence in performing the exercise correctly.

Speed Skaters



Jump from one leg to the other alternating, touching your leg behind the other one. Swing your hands with your movement. It is very important for this exercise to feel like a speed skaters at the Olympics and glide through the minute.

Balance:

Single Leg Balance



Stand and lift one leg. Try to stand as still as possible. If you feel unsecure about your balance make sure you have something to hold on to (wall, pole, sink, etc.).

Think about engaging the core and focus on a steady point to help with stability.

Levels of difficulty:

- 1) Eyes open on one leg
- 2) Eyes closed on one leg
- 3) Eyes open on one leg on the wobble board
- 4) Eyes closed on one leg on the wobble board

Drunk walk/Tandem Walk



Challenge balance by walking with a tandem gait, one foot directly in front of the other. Turn 180 degrees and return back using the same gait.

Difficulty levels:

- 1) Focus on point on the floor
- 2) Set your gaze straight ahead
- 3) Close your eyes

Tree Pose



Start by standing straight up. Place one foot on the inside part of your straight leg, either above or below the knee, but not right against the knee.

Balance on the one leg. It helps to focus your vision on a specific target. Make sure there is something close to hold on to in case you lose balance.

Arms can be placed where you feel most comfortable - out to the sides, up in a Y pattern or overhead with finger tips touching. Eyes can be closed to increase the level of difficulty.

Wobble board



Stand on a balance board and try to maintain your balance. Ensure there is a stable object to hold on to in your range in case you lose balance for safety.

Alternatively you could use a pillow, foam pads or folded blankets but be sure that you don't place on a slippery surface.

You will have more stability with shoes on, so try it with shoes on or with shoes off.

Bosu Ball Alphabet



Stand up with one leg on the rounded part of a Bosu (a pillow works as well, however, make sure it is not placed on a slippery surface).
Form the alphabet with your opposite leg to challenge your balance. Maintain the body straight and stand on the leg for the prescribed time.

Drinking Bird



Standing on one leg, extend one leg behind you while you bend forward at the hips, not the back. Extend arms outwards to create balance. Only go far forward as is comfortable for your current balance abilities. Stand near a chair or table to increase comfort and hold on as required.

Core:

Pelvic tilt



Lie on your back with your knees bent. Activate your lower abdominals (transverses abdominal) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction. Maintain a steady abdominal breathing while tilting your pelvis and flattening your low back to the ground. Return slowly to the initial position and then arch your back, tilting your pelvis in the opposite direction.

Return to neutral and repeat. Levels of difficulty:

- 1) Leaning against the wall
- 2) On the floor
- 3) On the floor (hold the tilt longer)

Dead Bug



Lie on your back with your knees bent and your lower back in a pelvic tilt position. Place both knees and hips bent to 90 degrees and both arms pointed towards the ceiling. Activate your lower abdominals by bringing your belly button inward and by activating your pelvic floor muscles. Maintain steady abdominal breathing while you lower one leg straight and lower the opposite arm over the head. **ONLY** go as far as you can keep the low back in contact with the floor in the pelvic tilt position. This may only be a few inches away from the start position initially but will improve as your strength improves.

Bicycle riding



Lie on your back with your knees bent and your lower back in a pelvic tilt position. Maintain steady abdominal breathing while you lift both knees up until 90 degrees. Then, slowly straighten one leg without touching the floor while you flex the other one at the same time as if you were bicycling. **ONLY** go as far as you can keep the low back in contact with the floor in the pelvic tilt position.

Bird dog



Get on your hands and knees (four-point position) with your knees and hands, hip and shoulders width apart. Your back is in neutral position (slightly arched) and your head in line with back. Activate your core by bringing your belly button inward and by activating your pelvic floor muscles. Maintain a level pelvis and straight back while you simultaneously lift one leg backwards and the opposite arm forward, keeping your back in neutral position. Return to the initial position and repeat with the other leg and arm.

Levels of difficulty:

- 1) One limb at a time
- 2) Opposite arm and leg
- 3) On an exercise ball, lift opposite arm & leg

Clamshells



Lie on your side, starting with your body straight. Bend your knees slightly, bringing the knees forward so that the knees are in front of the body while keeping the feet in line with the body.

Lift your top knee, keeping your pelvis stable, your leg slightly bent and your heels together.

Ensure to keep your hips stacked and avoid rotating backwards during this exercise. Return to the initial position and repeat.

The difficulty can be increased by adding a resistance band just above your knee.

Plank hold



Start in all fours, then prop yourself up on your forearms and toes, with your head in line with the spine and body. Lift up your body, creating a straight line with your body from your ears to your ankles.

Ensure to engage your core by drawing your belly button into your spine but maintain normal breathing.

Maintain the position without arching the lower back or letting the hip up too high.

Levels of difficulty:

- 1) On the wall
- 2) Elbows on a bench
- 3) Knees on the ground
- 4) Regular Plank (as shown in picture)
- 5) On hands

Plank with Shoulder touches



Position yourself in a plank position on your hands (push-up position) with feet shoulder width apart. Keep your abdominals engaged and tap the opposite shoulder with the hand. Make sure your hips and trunk don't shift to one side as you tap. Your trunk should remain still, so that a water glass could be balanced on your lower back without tipping. If this is too hard, stick with plank for now.

Side Plank



Lie on your side with your legs straight and in line with your body. With your upper body supported on your elbow, make sure the elbow is directly under the shoulder. Lift your pelvis and hold your body in a straight line. Focus that your body is one line from your nose to your belly button to your knees or feet. Levels of difficulty:

- 1) On the wall
- 2) On knees
- 3) Elbow on the bench
- 4) Regular Side plank (feet tandem)
- 5) Regular Side plank (feet stacked)
- 6) On the hand

ACE Stretches

Please warm up with light aerobic activity for 5 to 15 minutes prior to your program.

Snow angel ► 1-3 sets 10 reps 3-5 sec



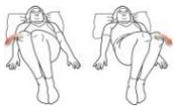
While lying on back with knees bent start with your arms straight out to the side and slowly raise them up and over your head. You can have a slight bend in the elbows as your range of motion allows.

Foam Roller - I, Y and T ► 1-3 sets 10 reps 5-10 sec (Can be done without foam roller)



- I's: Sit on one end of the roller and lay back so that your head is supported on the roller, and your spine is in line with the roller. Bend knees to provide balance. Bring your arms straight up over your head, leading with your thumbs and allow gravity to cause a stretch.
- Y's: Repeat above exercise but change arm position so that you look like a Y. Palms facing up
- T's: Repeat above exercise but change arm position to straight out at your sides (so that your body is in the shape of a T)

Stretch - Low back and hips ► 1-3 sets 20-30 sec



Lie on your back with your knees bent and feet flat on the floor. Keep arms at sides to help stabilize the upper body. Keeping knees together and gently let your knees fall out to each side until a stretch is felt in the hip and/or low back. Hold for 10-30 seconds and repeat on the other side. Repeat this sequence 5-10 times on each side.

Stretch - Double Knee to Chest ► 1-3 sets 20-30 sec



Lying on your back, bring both knees towards your chest. Give your knees a hug to increase the stretch in your low back. You can hold on over the top of the lower leg as in the picture (or under the lower leg to reduce strain through the knee, if felt). Find a comfortable stretch and hold 20-30 seconds.

Stretch - glute max ► 1-3 sets 20-30 sec



Lie on your back, grab one leg at the knee and pull towards your chest. Keep your other leg straight, if possible.

Try to keep your lower back in contact with the floor.

Stretch - Glute med ► 1-3 sets 20-30 sec



Lay flat on your back, lift one leg so that both the knee and hip are bent to 90 degrees. Grab the knee of the lifted leg with the opposite hand and gently pull the leg across your body until you feel a stretch in the buttock of the lifted leg. Make sure to keep the hip of your straight leg on the ground.

Stretch - Hamstring ► 1-3 sets 20-30 sec



Lie on your back and lift one leg up. Keep your other foot on the ground, bending your knee. Grasp behind your lifted thigh, near the knee, with both hands. Maintain your leg in a straight position while attempting to pull it closer to your chest. Hold for 30 seconds. Relax and repeat on the other leg.

It is very important to keep the lifted leg straight throughout the stretch.

Stretch - Hip ► 1-3 sets 20-30 sec



Lie on your back and bend one knee to 90 degrees. Cross the other leg, placing the ankle on the thigh of the bent leg. Grasp around the thigh of the bent leg and pull towards your chest. Hold for 30 seconds. Relax. Repeat 2-3 times on each side.

Stretch - Quadriceps ► 1-3 sets 20-30 sec



Lie on your side.

Bring your lower leg up towards your chest to help maintain neutral pelvis.

Grab onto your other ankle, push your hip forward, and pull your foot towards your buttock until you feel a stretch in the front of your thigh.

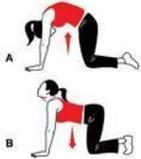
Stop if you feel pressure in your lower back. Keep your knee in line with your hip.

Stretch - Side lying arm circles ► 1-3 sets 10 reps



Start by lying on your side with your knees bent where comfortable and your bottom arm or a pillow supporting your head. With the top arm reaching out as far as you can, make slow circles moving in all directions. In front and above your head, try to keep finger tips brushing along the floor then as you move behind you, your arm will come up but still reach back as much as you can to stretch the chest. Do in both directions (clockwise and counter clockwise). Then repeat on the other side.

Cat Camel ► 1-3 sets 10 reps 3-5 sec



Start on all fours. Slowly curl your upper back so you look like an angry cat, while tucking your chin towards your chest. Hold for 2 seconds. Then return to the starting position, allowing your back to arch and look up towards the ceiling. Hold for 2 seconds. Repeat 10 times.

Stretch - Hip Flexors ► 1-3 sets 20-30 sec



Start exercise from a kneeling position, bring one leg out in front of you with your knee bent to 90 degrees. Keep your other knee in contact with the mat and your back straight. Gently push your hip forward until you feel a stretch in the front thigh of your back leg.

Stretch - Pectorals ► 1-3 sets 20-30 sec



Start with your elbow at shoulder height and bent to 90 degrees. Place forearm and elbow against a wall. Step forward with the leg closest to the wall and lean forward until you feel a stretch in your chest. You may need to turn your body away from the wall. Alternatively, you can stand in a doorway and place your forearms against the door frame. Step forward with one leg and lean your body forward until you feel a stretch in your chest. Move your arm up and down to change where you feel it.

Stretch - shoulder internal rotation ► 1-3 sets 20-30 sec



Grasp a towel or strap with one hand and position behind your head. Reach other hand behind you at about the height of your low back and grasp other end of towel or strap. Letting the lower hand/arm relax, gently pull it up the spine, making the other arm do the work. Stop when a gentle stretch is felt in the front of the shoulder of the lower arm.

Stretch - calf (wall) ► 1-3 sets 20-30 sec



Stand facing a wall with your hands against the wall for support. Place your forefoot and toes of one foot against the wall, keeping your heel in contact with the floor. Gently lean forward until you feel a stretch in the calf of the leg that is resting against the wall. Hold for 30 seconds. Then bend the front knee until you feel a stretch in the lower part of the calf. Hold this position for 30 seconds.

Stretch - chin to chest neck stretch ► 1-3 sets 20-30 sec



With good posture, sitting or standing up tall, gently move your head down towards your chest until a gentle pull is felt up the back of the neck. Hold 20-30 seconds.

Stretch - Neck Side Flexion ► 1-3 sets 20-30 sec



Keeping ears in line with shoulders so that head is not too far forward or backwards. Gently tilt head towards your shoulder until a stretch is felt in the opposite side in the upper trapezius/neck area. Repeat towards the other side.