

## 1. Breathing Squat (plate)

1. Start with toes ahead, feet under hips
2. Holding a 10 lb. plate, straighten arms straight ahead
3. Tuck hips and exhale a small amount of air (like a cough)
4. Squat straight down as deep as possible while keeping heels down
5. Allow knees to pass directly over toes
6. Exhale again and squeeze glutes to stand back up- squeeze glutes to stand up and exhale through the ascent



## Strength Exercise Day

### 2. Squat

1. Grab the bar just outside of shoulder width.
2. Get under the bar and rest it on the top of your shoulder blades.
3. Stand with toes ahead and feet under your hips.
4. Take a deep breath and exhale a small amount forcefully (like a cough) to engage the abs.
5. Hold this ab tension and begin to lower yourself, letting your knees move past your toes.
6. Squat as low as you can while keeping your heels on the ground and keeping knees in line with toes.
7. When you reach the bottom, forcefully begin to straighten your legs as you exhale through the entire ascent.
8. Straighten your legs completely and squeeze your glutes at the top.
9. Repeat for prescribed number of reps



## 3. Alt. DB Bench

1. Holding dumbbells, sit on a physio-ball
2. Roll forward and walk feet out until only your shoulders are on the ball
3. Squeeze glutes and abs, keeping hips up
4. Reach one dumbbell up to the ceiling and rotate your torso, allowing the ball to roll a small amount
5. Lower the dumbbell and begin reaching up with the other dumbbell, repeating the movement



## 4. Walking Lunge

1. Stand with dumbbells at your sides.
2. Exhale and brace your abs.
3. Take a short step forward, stepping with heel first.
4. Lower yourself and reach with your opposite hand to your front foot.
5. Your back knee should lightly touch the ground right next to your front heel.
6. Row the step-leg side dumbbell and rotate into the step leg.
7. Step partially up, and switch feet as well as reach and rotation side.





## 5. 1 DB Row

1. Position self with a dumbbell in one arm and the free arm pressing against a bench or low box.
2. Stand with weight on heels and knees slightly bent with toes straight ahead.
3. Exhale and brace your abs.
4. Push into the bench with the free arm, tucking your ribs.
5. Lift dumbbell straight up to chest, maintaining lower back position.
6. Slowly lower the dumbbell to starting position, allowing that shoulder to relax and reach.



## 6. Triceps Extension

1. Stand with feet flat on the floor.
2. Position hands on pull-down bar about six inches apart.
3. Use an overhand grip.
4. Pull the bar down to extended arm position to begin.
5. Allow the bar to rise until there is a 90-degree angle at the elbows.
6. Push the bar down until the arms are extended.
7. Keep elbows at the sides throughout the movement.



## 7. Low Pull

1. Start with knees over toes ahead, feet under hips
2. Grab handle and squat
3. Exhale and brace your abs as you pull handle to stomach
4. Pull handle to stomach, pinching shoulder blades together while clenching abs
5. Return bar to original position and allow shoulders to relax



## 8. Split Squat (rear foot elevated)

1. Stand in front of a box or bench with dumbbells at your sides
2. Lift one foot and rest it on the box or bench behind you with shoelaces down
3. Exhale a small amount of air, and brace your abs
4. Lower yourself to the floor, letting your front knee track over your toes
5. Let your back knee touch or get within a few inches of the floor
6. Push through your heel and straighten your leg
7. Repeat for prescribed number of reps

