

#### 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

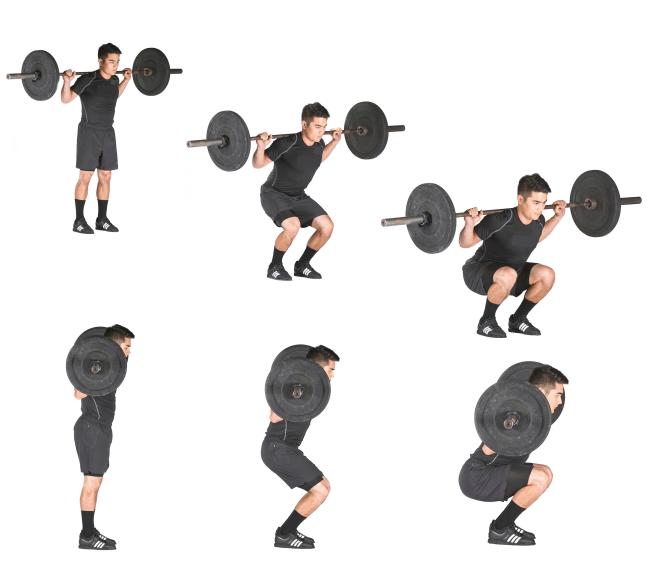




### **Strength Exercise Day**

#### 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.
- 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.
- Squat as low as you can while keeping your heels on the ground and keeping knees in line with toes.
- When you reach the bottom, forcefully begin to straighten your legs as you exhale through the entire ascent.
- 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 90degree 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

