

DAILY WORKOUT

NEED A DEMO?
Scan to watch workout video.



This workout is to compliment an improving range of motion with correct recruitment and associated posture changes.



Exercises are to be done for 90 seconds, followed by a 30 second rest. Repeat 3 times.



Work on one body part per day.

FUNCTIONAL EXERCISES

1. Pull

Attach the band to a door. Pull the band towards your body.



2.Push

Turn with your back to the door and pulling the band out from your body in front of you.



3.Wood Chopper

Arms out straight. Bring your hands from one side to the other. Note: There is some pelvic movement here.



4.Standing Squats

Arms out in front, eyes level, weight on heels, feet shoulder distance apart and knees out over toes.



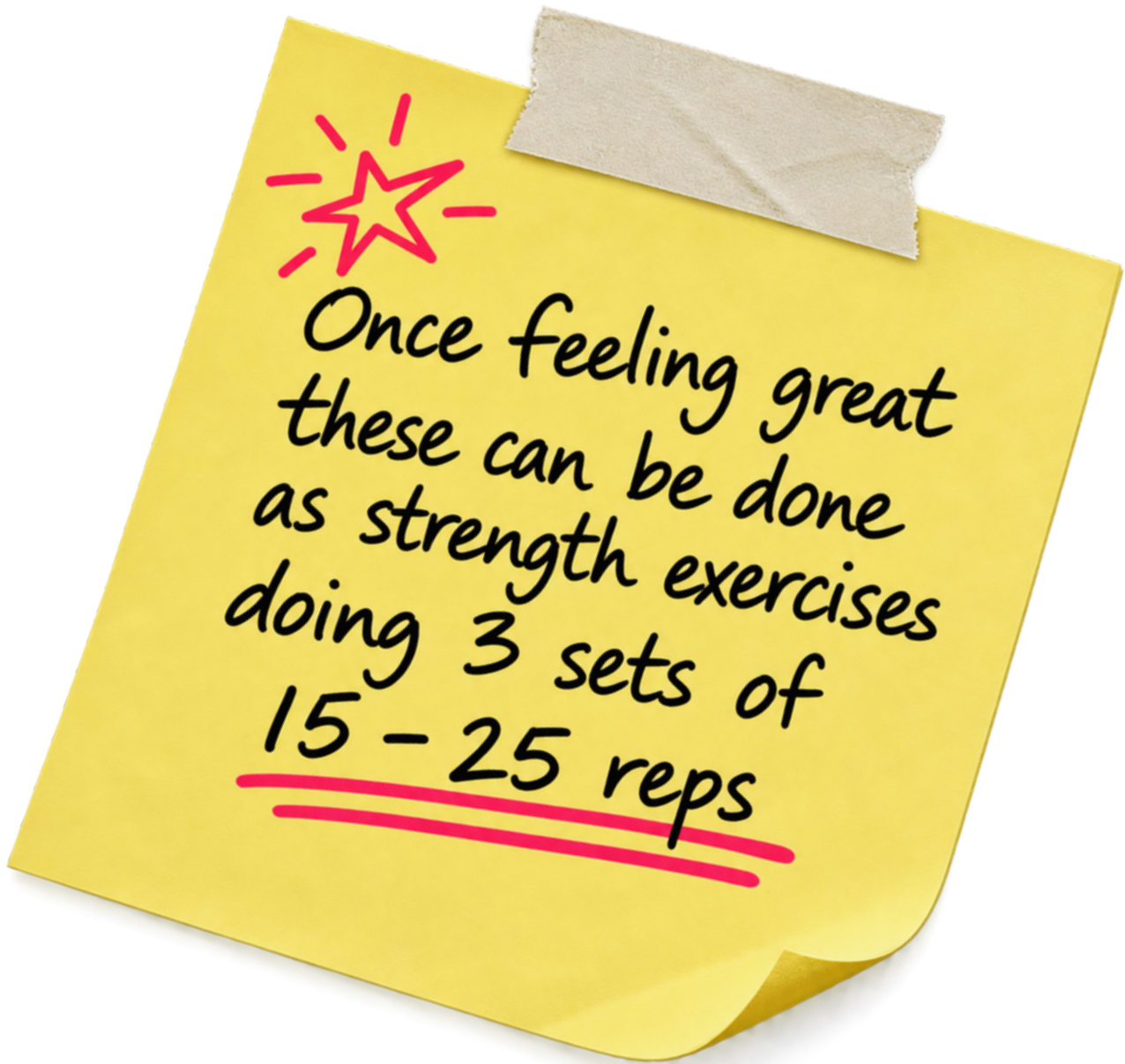
5.Lunges: forward or backward

90 degree angle on both legs, rebound off your heel to standing to activate gluteus. Don't let the knee go past the ankle.



6.Dead Lift

Externally rotate shoulders, shoulders back, keep feet shoulder width apart. Knees bent at 20 degrees. Bend forward keeping arch in back until your hands reach the top of your knees. Drop further with knee bend if required.



POSTURAL EXERCISES

1.Rotator Cuff

(elbow by side)

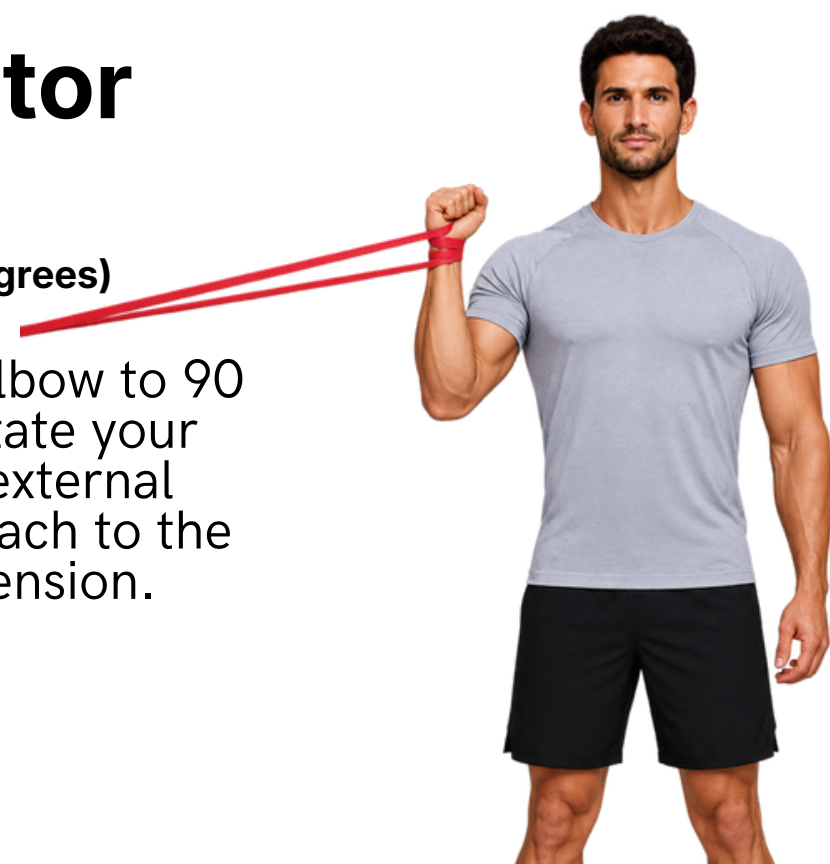
Rotate your shoulder in external rotation. Extend this exercise by attaching the band to the door and pulling to the side



2.Rotator Cuff

(elbow at 90 degrees)

Raise your elbow to 90 degrees. Rotate your shoulder in external rotation. Attach to the door for extension.



3.Seated Military Press

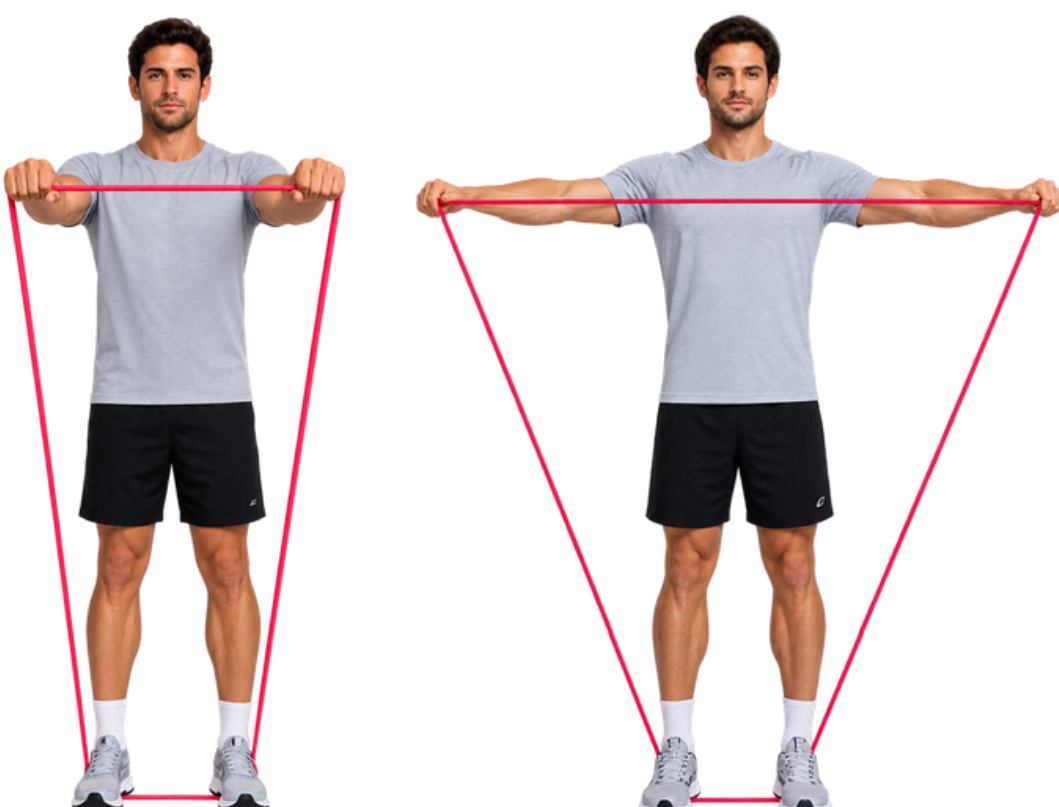
Sit on the exercise band, holding the sides at shoulder level. Extend arms up and overhead. Lower back to the starting position and repeat.



ADDED EXERCISES FOR HEALTH

1.Arm Raises

Bring your arms up to shoulder height. Extend from out in front of you to the side



2.Abdominal Crunches

Bend your knees and contract your abdominals to bring your elbows close to your knees. Drop back but keep tension on your abs and do not allow yourself to lower all the way to the floor.



3.Advanced Crunches

Extend legs into the air then bend down close to backside but not allowing feet to hit the floor. Keep lumbar curve flattened to the floor and keep stretch on without feet touching the floor. Repeat 10 times.

