

## APPENDIX E: SAMPLE EXERCISES

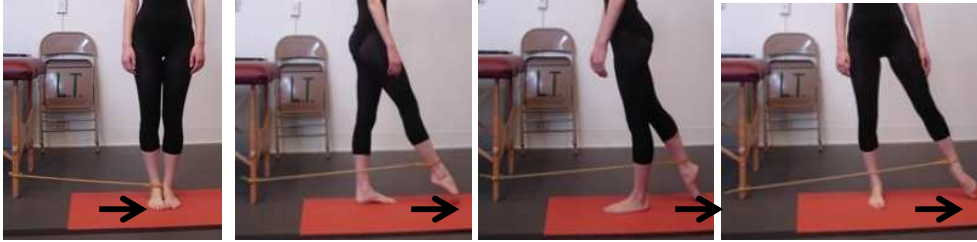
### **STRENGTH EXERCISES**

To cover the major muscles and actions of the joints, 2 sets of 12, twice a week for each of the following areas: lower body, upper body, and core. Select 6-8 exercises per session.

#### **LOWER BODY WORKOUT:**

##### ***Tubing:***

Tendu: 4 directions parallel, then repeat turned out:



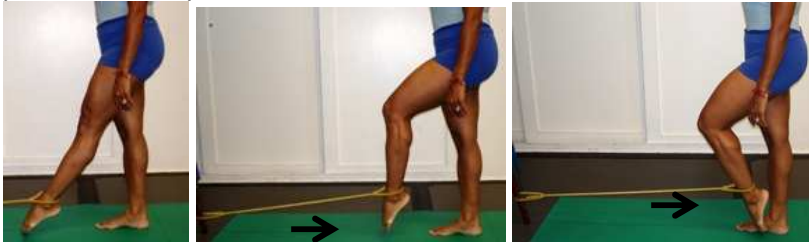
1) Side: tendu in      2) Front: tendu out      3) Back tendu out      4) Side tendu out

Pas de Cheval: facing away from tubing: front, pivot: side, toward tubing: back, parallel, then repeat turned out



To the front parallel

Enveloppé: facing towards tubing: front, pivot: side, away from tubing: back, parallel, then repeat turned out



To the front parallel

Développé: as in Pas de Cheval exercise above but with higher leg (coupé, passé, développé): front, side and back, parallel, then repeat turned out.



To the front parallel

**Hamstring Curls:**



1) Stand

2) Bend

3) Bend 90 degrees

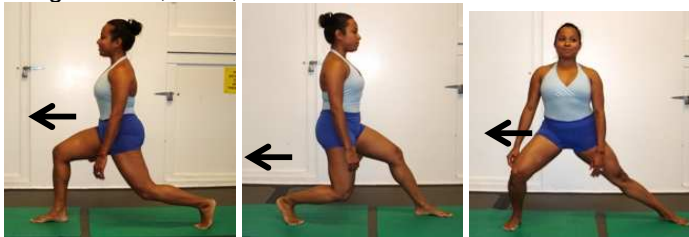
**Prone (on stomach) Windshield Wiper: external and internal rotation:**



1) External

2) Internal

**Your Body:** Lunges: front, back, side



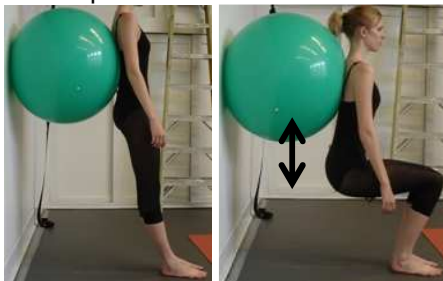
1) Front

2) Back

3) Side

**Ball:**

**Wall Squats:**



1) Stand

2) Squat

**Supine (on back) Bridges: with whole foot on ball lift one leg, then repeat with heels on ball, lift one leg**



1) Two legs, whole foot on ball

2) One leg, whole foot on ball



1) Two legs, heels on ball

2) One leg, heel on ball

Supine Bridge with Roll Outs:



1) Bend legs

2) Straighten legs

**Theraband:** Around Thighs: Side Steps: knees straight then knees bent:



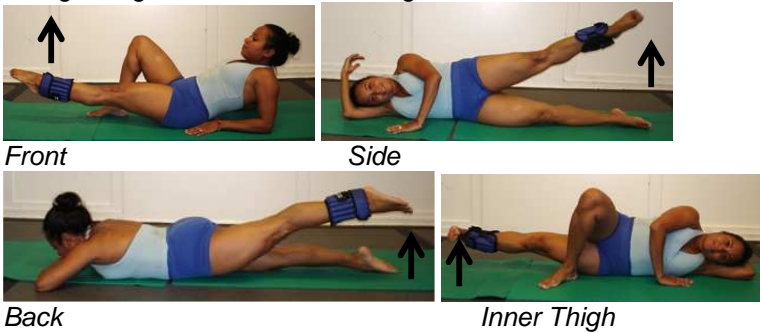
1) Straight together

2) Straight step

3) Bent together

4) Bent step

**Weights:** Straight Leg Raises: 4 directions: goal 8-15lbs. 2 sets of 12:



Front

Side

Back

Inner Thigh

**Standing:** Lawn Mower:



Standing on one leg, reach down and across to outside of standing foot, then straighten and touch shoulder

Bird Dipping:



Keep head, torso and foot in a straight line

Hamstring Torso Lift:



1) Straight

2) Lean forward (friend can hold your heels)

Reach for the Cookie:



1) Plie w/palms on thighs

2) straighten legs, relevé and reach to a high spot on wall over head

Heel Raises/Relevés: Variations:

- knees straight, knees bent
- two legs, single leg
- on flat ground, heels off edge of stair/phonebook
- parallel, turned out, turned in



1) Knees straight, parallel



2) Knees straight, turned out

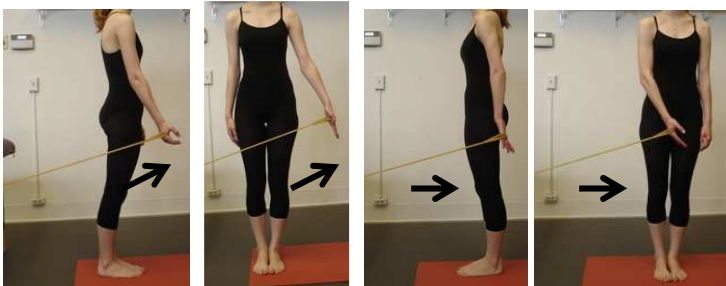


3) coupé

**UPPER BODY WORKOUT:**

***Tubing:***

4 directions:



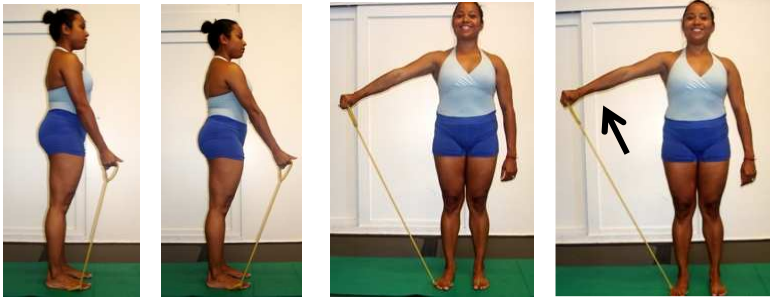
1) Forward

2) Side Out

3) Back

4) Side In

Empty Can:



Start with arm down with hand just in front of thigh.  
Raise arm slightly forward (about 15°), then turn palm over and internally rotate shoulder, like emptying a can.  
Then lift arm open to side.

Windshield Wiper (rotator cuff): internal and external rotation:



1) Internal

2) External

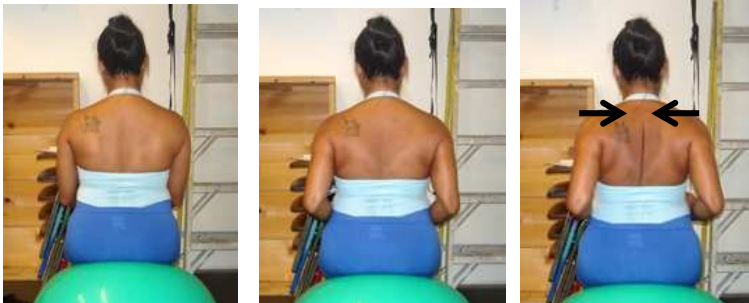
Rowing with Bent Elbows (pull back):



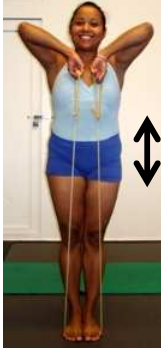
1) elbow at 90° by side

2) move elbow straight back, like rowing

Shoulder Blade Squeeze (pull tubing back, as above, then squeeze shoulder blades together):



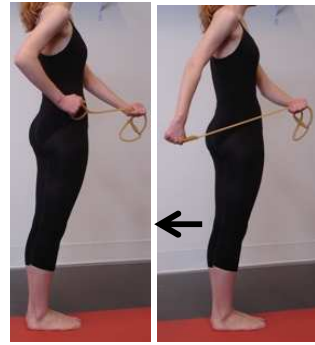
Upright Row:



Bicep Curls:

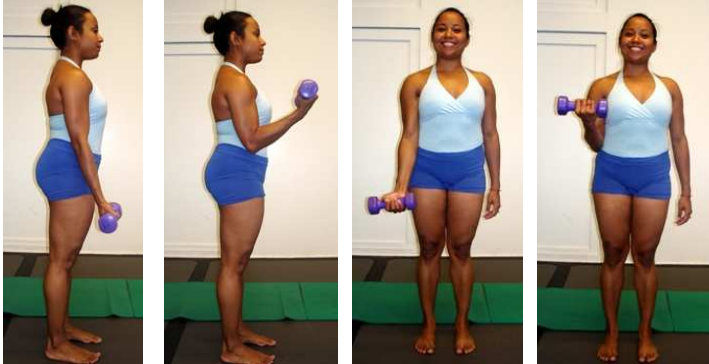


Tricep Press:



**Weights:**

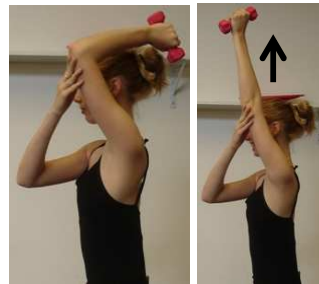
Bicep Curls:



Tricep Curls (2 variations: kick back, overhead press):



*Kick back*



*Overhead press*

Lateral Raises (out to side, slightly bent elbows):



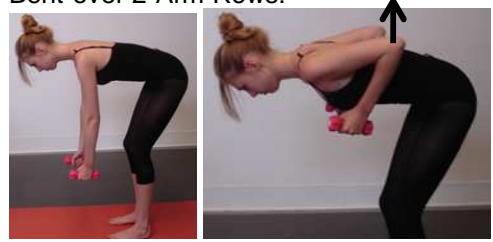
Overhead Press:



Bent-over Lateral Raises (aka Reverse Flies):



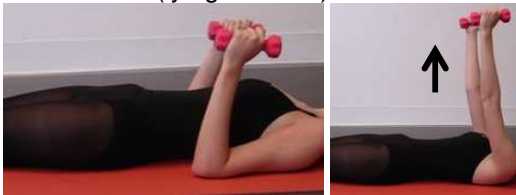
Bent-over 2-Arm Rows:



Punch the Ceiling (lying on back), shoulder lifts off floor:

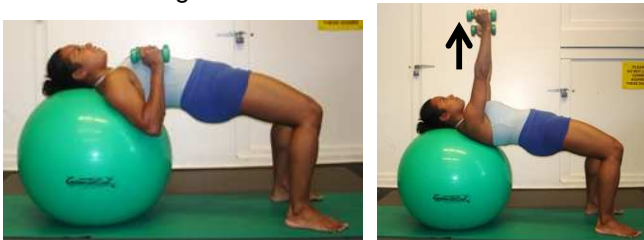


Chest Press (lying on back):



**Ball:**

with weights: Supine (on back):  
Press to Ceiling:



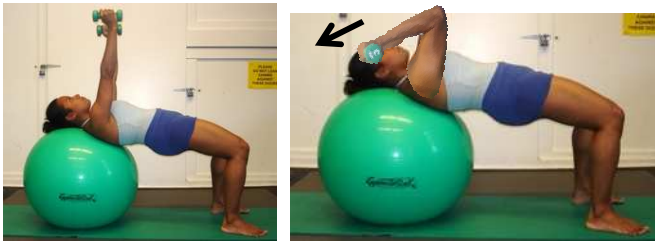
Flies:



Bicep Curls:



Tricep Press:



Punch the Ceiling, shoulders lift off ball:



Cheerleader (switch arms overhead):



Prone (on stomach):

Reverse Flies:



Bent Arm Row:



Y, T, W, I:

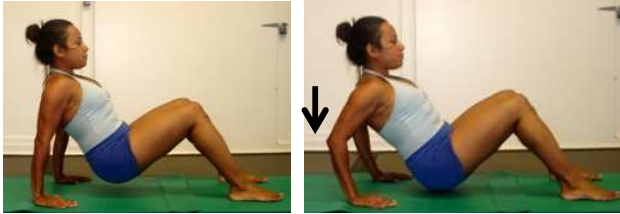




Push Ups:



**Your body:** Tricep Push Ups: seated and on chair (can go lower)



Seated



On chair

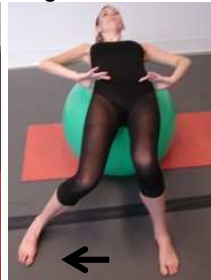
Handstands against wall or with a friend:



Airplane Crab Walk: (to the right and then to the left)



1) Laying on back



2) step with right foot, shift weight



3) rolling ball, step left foot to right foot

Prone (on stomach)

Opposite Arm and Leg Raises: supporting hand on floor then supporting arm hugging ball:



Hand on floor



Arm hugging ball

Roll Out with Pull Ins: Straight legs, bent legs:



1) Roll out, straight legs

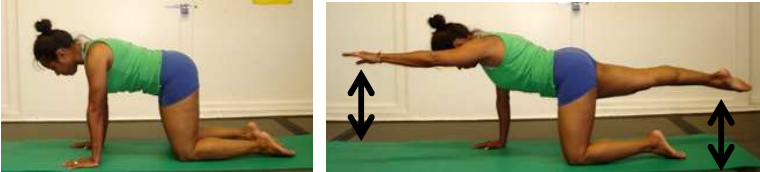
2) Pull in, straight legs

Push Ups with Hands on Ball:



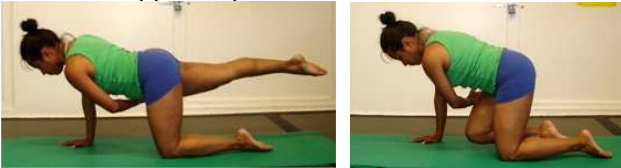
Quadraped:

Opposite arm and leg raises: plain, reach for opposite pocket x3, then repeat with weights:



Plain

Reach for opposite pocket



Arm only

Arm and leg in

Supine on floor:

Bridge Progression: knee lifts, straight leg, leg lift and lower, straight leg out to side:



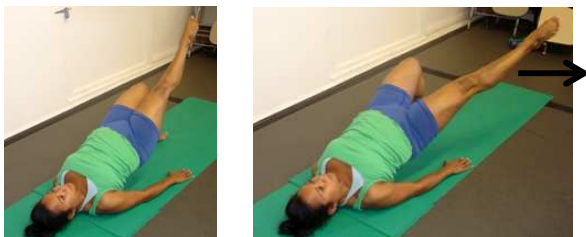
1) Neutral

2) Bridge

3) Knee lift



Straight leg, Leg lift and lower, parallel



Straight leg out to side

Plank, side plank:



1) Plank

2) Side plank

Crunches with Rotation:



## FLEXIBILITY EXERCISES

### LOWER BODY STRETCHES:

Quadriceps:



*Heel to buttocks, keep pelvis neutral or scooped UP*

Hamstrings: standing with 1 leg on bed/barre, torso reaching over the leg in 3 directions:



1) To the front parallel  
Keep spine straight



2) To the front turned out  
keep spine straight



3) To the side turned out  
curve in spine ok

Hip Rotators: Pretzel/Hip Stretch: on floor OR against wall



1) On floor



2) Against wall

Hip Adductors. side lunge, butterfly, v stretch:



1) Side lunge



2) Butterfly



3) V Stretch

Hip Abductors: Hold barre with right hand, cross left ankle over right, reach left arm overhead and side bend, lean into left hip, then repeat on left side:

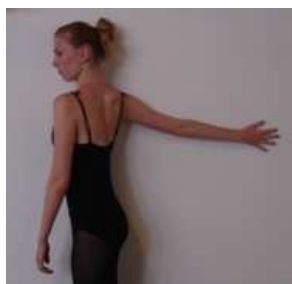


## UPPER BODY STRETCHES:

Arm Across Front:



Wall Stretch:



1) Wall stretch right

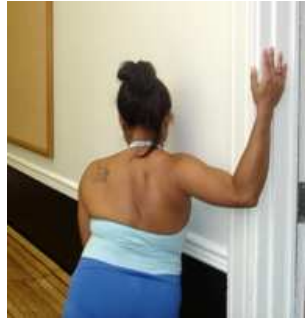


2) Wall stretch left

Doorway or Corner Stretch: 3 positions



1) High



2) Straight side



3) Low

Flossing (arm outstretched with palm up or down, move wrist or head):



1) Head straight forward



2) Turn head



3) Move wrist up and down



Downward Dog:



Side Bend Latissimus Stretch:



**ENDURANCE EXERCISES**

Elevated heart rate for at least 30 minutes!