

# **EXERCISE BOOKLET**

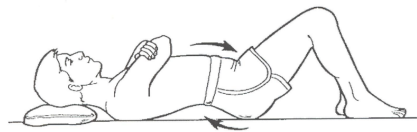
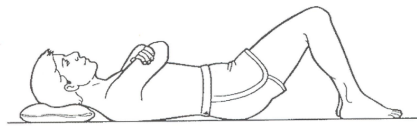
## WEEK 1, DAY 1: 13 Minutes Total

### Diaphragmatic breathing – Savasana

- Lie down on your back on the floor with your arms by your side, palms facing up.
- Relax your legs, lay totally flat.
- Breathe in deeply and slowly while counting 10.
- Then breathe out deeply and slowly, counting 10, focus on pulling your stomach in.
- Rest for 10 seconds.

### Pelvic Tilts

- Lie on floor with knees bent up.
- Flatten your back to floor and hold 10 seconds (top photo below).
- Roll your pelvis the other direction and make an arch in the back hold for 10 seconds (bottom photo below).
- Rest 10 seconds and repeat 10 times.



*Rest one minute between all stretches. Repeat both stretches above 6 times.*

## WEEK 1, DAY 2: 23 Minutes Total

### Diaphragmatic breathing – Savasana

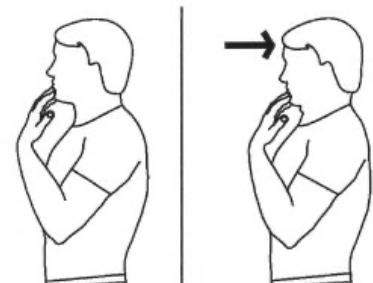
- See Instructions from Day 1

### Pelvic Tilts

- See Instructions from Day 1

### Chin Tucks

- Sit up straight in a chair. Sit to the front, not against the back of the chair.
- Without tilting your head up or down, use your fingers on your chin to push your chin and head straight back. You will feel a stretch in the back of your neck.
- Count to 20 seconds. Relax for 10 seconds.



*Rest one minute between all stretches. Repeat all stretches above 6 times.*

## WEEK 1, DAY 3: 30 Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Day 1

### Pelvic Tilts

- See Instructions from Day 1

### Chin Tucks

- See Instructions from Day 2

### Cross Shoulder Stretch

- While standing, reach your right arm across your chest.
- Gently pull your right arm toward you with the left hand placed at the elbow and turn the head to look over the right shoulder. You should feel the stretch in your shoulder and your neck.
- Count to 20 seconds.
- Rest for 10 seconds.
- Repeat on the other side.
- Do 3 cycles on each side.

*Rest one minute between all stretches. Repeat all stretches above 6 times.*

## WEEK 1, DAYS 4-6: 30-35 Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Day 1

### Pelvic Tilts

- See Instructions from Day 1

### Chin Tucks

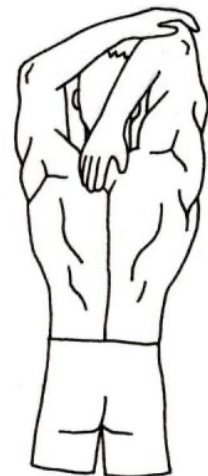
- See Instructions from Day 2

### Cross Shoulder Stretch

- See Instructions from Day 3

### Triceps Stretch

- Stand upright or sit on a bench and keep your upper body upright.
- Look straight ahead.
- Bend your right arm and put your right palm on your back - between your shoulder blades. Your elbow will point straight up and will be close to the back of your head.
- Then put your left hand on your right elbow and pull it gently towards the center of your body. See photo to the right.
- Count to 20 seconds.



- Rest for 10 seconds.
- Repeat on the other side.
- Do 3 cycles on each side.

*Rest one minute between all stretches. Repeat all stretches above 6 times.*

## WEEK 1, DAY 7

- RELAX!

## WEEK 2, DAY 1: 30 Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Week 1, Day 1

### Pelvic Tilts

- See Instructions from Week 1, Day 1

### Chin Tucks

- See Instructions from Week 1, Day 2

### Cross Shoulder Stretch

- See Instructions from Week 1, Day 3

### Triceps Stretch

- See Instructions from Week 1, Days 4-6

*Rest one minute between all stretches. Repeat all stretches above 6 times.*

## WEEK 2, DAYS 2-3: 35+ Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Week 1, Day 1

### Pelvic Tilts

- See Instructions from Week 1, Day 1

### Chin Tucks

- See Instructions from Week 1, Day 2

### Cross Shoulder Stretch

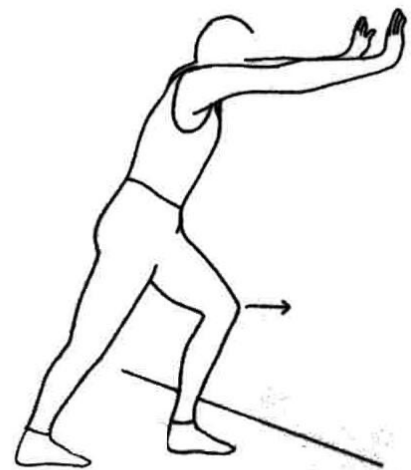
- See Instructions from Week 1, Day 3

### Triceps Stretch

- See Instructions from Week 1, Days 4-6

### Standing Calf Stretch

- Facing a wall, put your hands against the wall at about eye level.
- Keep the right leg back and left leg forward.
- Turn your right foot slightly inward.
- Slowly lean into the wall until you feel a stretch in the back of your right calf. Hold for 20 seconds.
- Rest for 10 seconds. Repeat on the other side.
- Do 3 cycles on each side



**Standing calf stretch**

*Rest one minute between all stretches. Repeat all stretches above 6 times.*

## WEEK 2, DAYS 4-5: 35+ Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Week 1, Day 1

### Pelvic Tilts

- See Instructions from Week 1, Day 1

### Chin Tucks

- See Instructions from Week 1, Day 2

### Cross Shoulder Stretch

- See Instructions from Week 1, Day 3

### Triceps Stretch

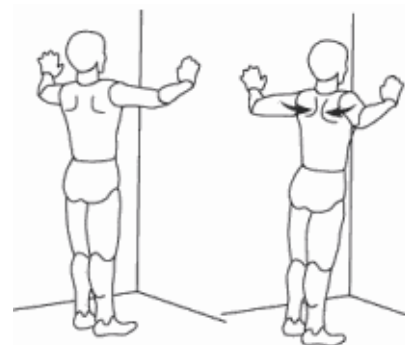
- See Instructions from Week 1, Days 4-6

### Standing Calf Stretch

- See Instructions from Week 1, Days 2-3

### Corner Chest Stretch

- Face the corner of a room or doorway and place each forearm on a wall.
- Each hand should be about 1-2 feet from the corner at shoulder level.
- Slowly lean forward towards the wall. You should feel a stretch across your chest.
- Hold for 20 seconds. Then rest for 10 seconds.
- Do 6 cycles.



***Rest one minute between all stretches. Repeat all stretches above 6 times.***

## WEEK 2, DAY 6: 35+ Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Week 1, Day 1

### Pelvic Tilts

- See Instructions from Week 1, Day 1

### Chin Tucks

- See Instructions from Week 1, Day 2

### Cross Shoulder Stretch

- See Instructions from Week 1, Day 3

### Triceps Stretch

- See Instructions from Week 1, Days 4-6

### Standing Calf Stretch

- See Instructions from Week 2, Days 2-3

### Corner Chest Stretch

- See Instructions from Week 2, Days 4-5

### Hamstring Stretch

- Put your left leg up on a chair/bench, and keep your knee straight.
- Keeping your back straight as well, lean forward until you feel the stretch in the left leg.
- Do not round your shoulders or bring your head toward your toe, as this will only stretch your lower back and not your hamstrings.
- Hold this position for 20 seconds.
- Return to the starting position and rest for 10 seconds.
- Repeat on with the right leg on the chair.
- Do 3 cycles with each leg.

***Rest one minute between all stretches. Repeat all stretches above 6 times.***

## WEEK 2, DAY 7

- RELAX!

## WEEK 3, DAY 1: 35+ Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Week 1, Day 1

### Pelvic Tilts

- See Instructions from Week 1, Day 1

### Chin Tucks

- See Instructions from Week 1, Day 2

### Cross Shoulder Stretch

- See Instructions from Week 1, Day 3

### Triceps Stretch

- See Instructions from Week 1, Days 4-6

### Standing Calf Stretch

- See Instructions from Week 2, Days 2-3

### Corner Chest Stretch

- See Instructions from Week 2, Days 4-5

### Hamstring Stretch

- See Instructions from Week 2, Day 6

***Rest one minute between all stretches. Repeat all stretches above 6 times.***

## WEEK 3, DAYS 2-3: 35+ Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Week 1, Day 1

### Pelvic Tilts

- See Instructions from Week 1, Day 1

### Chin Tucks

- See Instructions from Week 1, Day 2

### Cross Shoulder Stretch

- See Instructions from Week 1, Day 3

### Triceps Stretch

- See Instructions from Week 1, Days 4-6

### Standing Calf Stretch

- See Instructions from Week 2, Days 2-3

### Corner Chest Stretch

- See Instructions from Week 2, Days 4-5

### Hamstring Stretch

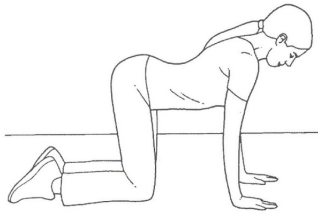
- See Instructions from Week 2, Day 6

### Cat Camel Exercise

- Assume the position shown in the picture below.
- Keeping your hips and shoulder stable, press your belly button towards the floor by arching the back. Hold for 10 seconds.



- Keeping the hips and shoulders stable, arch your back towards the ceiling. Hold for 10 seconds.
- Return to high kneel resting position. Hold for 10 seconds.
- Repeat the cycle 6 times.



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***Rest one minute between all stretches. Repeat all stretches above 6 times.***

## WEEK 3, DAYS 4-5: 35+ Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Week 1, Day 1

### Pelvic Tilts

- See Instructions from Week 1, Day 1

### Chin Tucks

- See Instructions from Week 1, Day 2

### Cross Shoulder Stretch

- See Instructions from Week 1, Day 3

### Triceps Stretch

- See Instructions from Week 1, Days 4-6

### Standing Calf Stretch

- See Instructions from Week 2, Days 2-3

### Corner Chest Stretch

- See Instructions from Week 2, Days 4-5

### Hamstring Stretch

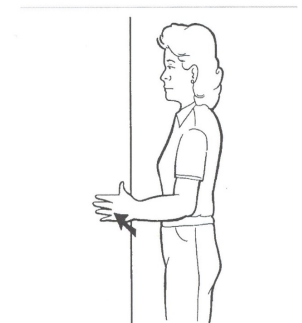
- See Instructions from Week 2, Day 6

### Cat Camel Exercise

- See Instructions from Week 3, Days 2-3

### Isometric Internal Rotation

- Place right arm against wall with the elbow bent as shown in the picture to the right.
- Try to push the arm inward, resist the motion with the wall.
- Hold 10 seconds. Rest 10 seconds. Do 5 repetitions.
- Repeat cycle with the left arm.



***Rest one minute between all stretches. Repeat all stretches above 6 times.***

## WEEK 3, DAY 6: 35+ Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Week 1, Day 1

### Pelvic Tilts

- See Instructions from Week 1, Day 1

### Chin Tucks

- See Instructions from Week 1, Day 2

### Cross Shoulder Stretch

- See Instructions from Week 1, Day 3

### Triceps Stretch

- See Instructions from Week 1, Days 4-6

### Standing Calf Stretch

- See Instructions from Week 2, Days 2-3

### Corner Chest Stretch

- See Instructions from Week 2, Days 4-5

### Hamstring Stretch

- See Instructions from Week 2, Day 6

### Cat Camel Exercise

- See Instructions from Week 3, Days 2-3

### Isometric Internal Rotation

- See Instructions from Week 3, Days 4-5

### Isometric External Rotation

- Place right arm against wall with elbow bent as shown.
- Try to push the arm outward, but resist the motion with the wall.
- Hold 10 seconds. Rest 10 Seconds. Repeat these 5 more times.
- Repeat cycle with the left arm.



*Rest one minute between all stretches. Repeat all stretches above 6 times.*

## WEEK 3, DAY 7

- RELAX!

## WEEK 4, DAYS 1-6: 35+ Minutes Total

### Diaphragmatic breathing – Savasana

- See Instructions from Week 1, Day 1

### Pelvic Tilts

- See Instructions from Week 1, Day 1

### Chin Tucks

- See Instructions from Week 1, Day 2

### Cross Shoulder Stretch

- See Instructions from Week 1, Day 3

### Triceps Stretch

- See Instructions from Week 1, Days 4-6

### Standing Calf Stretch

- See Instructions from Week 2, Days 2-3

### Corner Chest Stretch

- See Instructions from Week 2, Days 4-5

### Hamstring Stretch

- See Instructions from Week 2, Day 6

### Cat Camel Exercise

- See Instructions from Week 3, Days 2-3

### Isometric Internal Rotation

- See Instructions from Week 3, Days 4-5

### Isometric External Rotation

- See Instructions from Week 3, Day 6

### Piriformis Stretch

- Lie on your back holding your left knee and ankle as shown in the picture to the right.
- Hold your knee still as you pull your ankle towards your chest.
- Hold for 20 seconds, rest for 10 seconds.
- Repeat this cycle 3 times.
- Perform this cycle 3 times with right side.



***Rest one minute between all stretches. Repeat all stretches above 6 times.***

## WEEK 4, DAY 7

- RELAX!