

Program

This program has been designed using each exercise of the day from the start of February until now. Descriptions for each exercise along with the video will be provided in the links below for any refreshers.

Day1: Walking Warm-Up

Treadmill

- If you have a treadmill at home, you can use it for completing a walking warm-up before starting exercise.
- Stand on the sides of the treadmill and start the treadmill at a slow pace to start. Grab handles and hold-on while you use one foot to get a feel for the pace of the belt (skateboard technique) before placing both feet on to walk.
- Begin walking at a slow but comfortable speed. Every 2 minutes you will increase your speed for a total of 10 minutes. Finishing at a speed that is challenging but not impossible.

<https://www.youtube.com/watchv=ajvx0wlfjGI&feature=youtu.be>

Day 2: Dynamic warm-up

- Complete 10 reps of each warm-up exercise. Working through full ranges of motion for each joint.
 1. Neck Rotations- Reaching ear to shoulder doing a ½ roll to the other side.
 2. Shoulder Rolls- Forward and backward
 3. Hip Circles- To the left and the right.
 4. Lunges- Swinging leg into a forward lunge followed but swinging leg through into a reverse lunge.
 5. Hip Adductor Rocks- Kneeling with leg out and rocking front and back.
 6. Bear Crawl- Levitating knees off the ground an inch or two.

Trying to sink into the exercise as you go.

[Day 2 Dynamic Warm up](#)

	Reps	Sets
Bulgarian Split Squat	8-10	3

[Day 3 Bulgarian Squat](#)

Lateral Arm Raises	10-12	3
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Day 5 Lateral Arm Raise

Dead Bug 8 per side 3

Day 4 Dead Bug

Romanian Dead Lift 10-12 3

Day 6: Romanian Deadlift

Flutter kicks 15 per side 3

Day 7: Flutter Kicks

SL shoulder press (kneeling) 8-10 3

Day 8: Single Arm Shoulder Press

Day 9: Cool Down

1. Cat- Cow
2. 90/90
3. Plank- Down dog
4. Spinal Twist

Complete each stretch each stretch 2-3 times holding each position for 20-30 seconds. Each stretch should be completed to a point of mild discomfort; no pain.

Day 9: Cool Down