



Exercises & Stretches

Disclaimer: Always consult your health care provider prior to changing or undertaking an exercise program. Your health care provider is in the best position to evaluate whether any particular exercise program is best for you. Advance consultation with your physician is particularly important if you are under eighteen (18) years old, pregnant, nursing, obese, heart issues, poor health or with pre-existing physical or mental health conditions. This information is not intended to diagnose, treat, cure, or prevent any disease. This information is not intended to be a substitute for professional medical advice or treatment. If you feel pain or discomfort doing any of these exercises or stretches, stop doing them and consult with your health care provider.

STRENGTH EXERCISES

Lunge

1. Pull the shoulders back and stand tall
2. Step forwards with your right leg and slowly lower the body until the front knee is bent to 90 degrees
3. The back knee should never touch the floor
4. Push yourself back up to the starting position as quickly but safely as possible
5. Repeat with the left leg



Image retrieved from www.getthehealthyu.com

Squat

1. Stand tall with your feet hip width apart and your arms out in front of you
2. Start to lower your body back as far as you can by pushing your hips back and bending your knees and pushing your body weight into your heels
3. Keep a neutral spine at all times and never let your knees go over your toes
4. The thighs should be parallel with the floor and your chest should be lifted at all times not rounded.
5. Pause then lift back up in a controlled movement to the starting position.



Image retrieved from www.getthehealthyu.com



Standing Hip Hike

1. Start in a standing position with left leg straight and right leg raised off the floor
2. Raise your right hip toward the ceiling
3. Hold this position for 1-2 seconds. Perform as many reps as possible
4. Repeat on other side



Images retrieved <https://kinetesisspineandjoint.ca>

Pushup

1. The starting position is facing down with weight distributed on the hands and feet. The body is rigid and straight, and the hands are usually placed approximately shoulder width apart (the plank position).
2. Lower your body until your chest nears the floor at the bottom of the movement, and then return up to the starting position. This is one repetition
3. Remember to move in a nice fluid motion, keeping the core muscle groups activated. Breathe out on the way down, and breathe in as you come back up.
Modified version is from knees



Image retrieved from www.popsugar.com

Bridging

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Raise your hips off the floor so that your body forms a straight line from your shoulders to your knees.
3. Pause at the top then slowly lower your body back to the floor.



Image retrieved from www.shape.com



Band Pull Aparts

1. Hold the resistance band at chest level with your arms straight out in front of you
2. Spread your arms out to your sides pulling the band tighter and squeeze the shoulder blades together
3. Bring your hands back to the starting position



Image retrieved from www.getthehealthyu.com

Birdog

1. Begin on all fours, knees hip-width apart and under the hips, hands flat and shoulder-width apart.
2. Squeeze your abs by pulling belly toward spine. Keep the spine neutral, without arching the back or rotating the hips, and extend your right leg back and your left arm straight ahead.
3. Hold for two to three seconds or as long as you can maintain form.
4. Repeat five to six times on each side.



Image retrieved from www.getthehealthyu.com

Plank

1. Start by getting into a push up position.
2. Bend your elbows and rest your weight onto your forearms and not on your hands.
3. Your body should form a straight line from shoulders to ankles.
4. Tighten abdominals into your spine.
5. Hold this position for 30-60 sec.

Modified version is from the knees



Image retrieved from www.shape.com

Banded Row

1. Sit upright on the floor with legs straight out in front of



you.

2. Wrap an exercise band around your feet and hold the ends in each hand.
3. Tighten your back muscles and bend elbows to pull your hands next to your hips.
4. Slowly release and return to starting position.
5. Repeat movement for 12 repetitions.



Image

retrieved from

www.gethealthyu.com

STRETCHES

Hip Flexor Stretch

1. Kneel on a mat and bring your right knee up so the bottom of your foot is on the floor and extend your left leg out behind you so the top of your foot is on the floor.
2. Shift your weight forward until you feel a stretch in your hip. Hold for 15 seconds, and then repeat for your other side.



Image retrieved from www.womenshealthmag.com

Hamstring Stretch

1. Lean forward from your hips, bring one leg forward with heel down and toes up and rest both palms on top of your thigh for balance and support.
2. Keep your shoulders down and relaxed; don't round your lower back.
3. You should feel a mild pull gradually spread through the back of your leg. Hold for 15-30 sec.



Image retrieved from www.stretchify.com



Calf Stretch

1. Standing near a wall, stagger your stance and place one foot forward.
2. Lean forward and rest hands on wall. Keep your heel hip and head in a straight line.
3. Try and keep your back heel down on the ground. You should feel a stretch in your back calf.
4. Hold the stretch for 15-30 sec. each



Image retrieved from www.runnersworld.com

Butterfly Stretch

1. Get down on the floor, bring both legs together, bring your feet together
2. Slowly press down on the inner thighs with forearms to feel deeper stretch. Hold 15-30 sec.



Image retrieved from www.prevention.com



Glutes Stretch from Seated

1. Sitting at edge of chair with good posture. Place ankle on opposite knee.
2. Lean forward to feel a stretch in the glutes.
3. Hold the stretch for 15-30 sec.



Back Rotation Stretch

1. Begin by lying on your side, legs bent to 90 degrees. Now extend both arms in front of body.
2. Movement: Start the movement by looking back over your shoulder and rotating your top arm towards your backside. Gently attempt to bring that arm to the floor, hold momentarily for 15-30 sec and return to the start position.
3. Repeat 3 times on each side.



Image retrieved from www.back4life.com.au

Cat/Cow Stretch

Inhale & Arch for Cow Pose

1. Start on hands and knees and place wrists underneath shoulders and knees underneath hips.
2. Curl your toes under and tilt pelvis back so that your tailbone sticks up.
3. Let the movement go up your spine so that your neck is the last thing to move.
4. Let your abdomen drop down but keep it tight by drawing navel into spine
5. Take your gaze up gently to the ceiling without cranking your neck

Exhale & Round for Cat Pose

1. Release tops of feet to the floor
2. Tilt pelvis forward, tucking the tailbone in. Let the



Image retrieved from www.fitness.stackexchange.com



- movement go up your spine.
3. Your spine will naturally round. Draw navel toward spine
 4. Drop your head and take your gaze to your navel
 5. Repeat for 5-10 breaths, moving the whole spine.

Chest Stretch

1. Stand facing the corner of a room or doorway. With your palms facing the wall and elbows slightly below shoulder height, place each hand and forearm on each side of the corner/wall
2. Then, slowly lean forward until you feel a mild stretch in your chest. Tip: Don't allow your forearms or hands to move.
3. Hold the stretch for 15-30 seconds



Image retrieved from www.menshealth.com

Wrist Flexor/Extensor Stretch

1. Keeping your elbow straight, grasp your right hand with your left, and slowly bend the wrist backward until you feel a stretch along the bottom of your forearm.
2. Hold for 15 seconds. Then bend wrist downward until a stretch is felt on the top of the arm, and hold for 15 seconds. Switch arms and repeat.

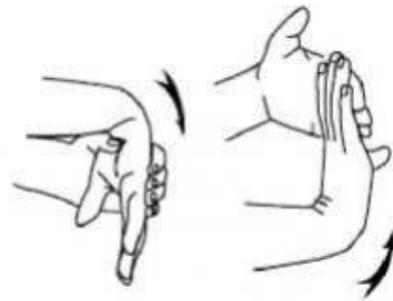


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