



1.) Lateral Squat

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume a standing position with feet shoulder width apart. Step laterally to one side with one leg and squat, while keeping your toes facing straight ahead. Do not lower deeper than 90 degrees of hip and knee flexion. Try not to allow your knees to cross forward over your toes, or your heels to come up off the floor as you lower. Maintain upright trunk and neutral lumbar spine with abdominals braced.



2.) Standing Alternate Horizontal Dumbbell Punch

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume an upright standing position with your feet slightly wider than shoulder width holding dumbbells in each hand in front of your shoulders. Brace your lower torso by contracting your abdominals and low back muscles. Rotate your trunk to one side and punching the opposite dumbbell across your body until your elbow is completely straight. Return to the starting position and repeat the same movement in the opposing direction. Continue to alternate sides until the set is complete. Take the appropriate rest between sets.



3.) Dumbbell Flyes on Floor

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume a back-lying (supine) position on the floor with your knees bent up and feet flat on the floor. Hold dumbbells in each hand straight above your chest with your palms facing in. Lower the dumbbells slowly out to the sides toward the floor at chest height while keeping your elbows almost straight. Prior to contacting the floor, bring the dumbbells back up to the straight arm position above the chest to complete the repetition. Take the appropriate rest between sets.



4.) Single Leg Squats with Trunk Rotation (Dumbbell)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume a single leg standing position with your opposite leg held behind you and opposite hand above your shoulder. Try not to allow your knee to cross forward over your toes or fall inward (shift medially) as you lower into the single leg squat. With your abdominals braced, rotate you trunk down and forward toward your weight-bearing foot and reach with your arm. Hold a towel, med ball or small dumbbell in your hand to increase the exercise challenge.



5.) Dumbbell Scaption Raises (Bilateral)

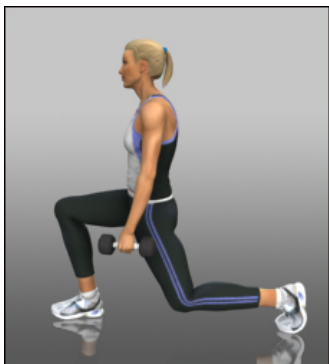
Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume an upright standing position holding dumbbells at your sides with your palms facing in. Brace your lower torso by contracting your abdominals and back muscles. Keeping your elbows straight, raise both dumbbells to shoulder height on an angle approx. 30-45 degrees out to the side, then lower them slowly back to the starting position. Be careful not to lean back as you perform this movement. Take the appropriate rest between sets.



6.) Anterior Lateral Lunges (Dumbbells)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume a standing position. Place hands on hips, or hold dumbbells or a medicine ball for greater challenge. Turn your body directly to your side (90 degrees), pivot on your leg furthest away, and lunge forward with your closest leg bending your hip and knee to a comfortable position or 90 degrees of flexion. Maintain an upright trunk and neutral lumbar spine with abdominals braced. Alternate sides, or perform a full set on a single side then switch.



7.) Bent-Over Horizontal Abduction / External Rotation

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume a bent-over standing position with your knees bent holding dumbbells in each hand. Brace your lower torso by contracting your abdominals and back muscles. Begin the exercise with your arms straight out from your chest angled down; turn your palms forward and raise the dumbbells out to your sides (horizontal abduction). Your elbows should remain straight throughout this movement. Pause briefly when your arms reach a position straight out from your shoulders, then turn your palms down and return the dumbbells back down to complete each repetition. Take the appropriate rest between sets.



8.) Dumbbell Lift to Overhead Press

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume an upright standing position with your knees slightly bent. Brace your lower torso by contracting your abdominals and back. Squat down to grasp a dumbbell sitting on its end. Sit back on your heels and do not allow your knees to cross forward over your toes as you squat to approx. 90 degrees of hip and knee flexion. Grasp the dumbbell with your elbows straight and stand up. Curl the dumbbell to your chest, perform a mini squat and press the dumbbell overhead. Lower the dumbbell slowly back down to your chest, your waist, and eventually squat down and return the dumbbell to the floor.



9.) Alternate Dumbbell Curls (Single Leg)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume an upright standing position on a single leg holding dumbbells in each hand with your palms facing in. Brace your lower torso by contracting your abdominals and back muscles. Perform a single arm dumbbell curl then lower it slowly back to the starting position; alternate arms. Turn your palm up when you curl the weight. Take the appropriate rest between sets.



10.) Double Arm Overhead Tricep Extension (Dumbbell)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume an upright standing position with your feet shoulder width apart holding dumbbells overhead in each hand with your palms facing in (neutral grip). Brace your lower torso by contracting your abdominals and back muscles. Slowly flex your elbows to a position slightly beyond 90 degrees, then extend your elbows to complete the repetition. Be conscious not to use weight that is too heavy as this can create stress on your low back. Take the appropriate rest between sets.