

April - June 2010
Program Template
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Introduction
First quarter online training program targeting balance and joint stabilization

Warm Up

Cardio Program

Activity	Intensity	Duration	Comments
Walking	70 % of your MHR	30 -45 minutes	4 days/week

Summary of the program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Chest Press - 1 Arm on SB	Exercise	2	10-15		slow	15 lbs	30 sec
Row - 1 Leg With DB (1 Arm)	Exercise	2 sets each arm	10-15		slow	12-15 lbs	30 sec
Chest Fly - DB On Bench	Exercise	2	10-15		slow	8-10 lbs	30 sec
Front Raises - Standing With DB	Exercise	2	10-15 reps		slow	7-8 lbs	30 sec
French Press - On SB	Exercise	2	10-15		slow	10-12 lbs	30 sec
Bicep Curl - Seated on SB (1 Arm 1 Leg)	Exercise	2 sets each arm	10-15		slow	10-12 lbs	30 sec
Abdominal - Full Sit Up On SB	Exercise	3	20-25		slow	body weight	1 minute
Squat to 2 Arm DB Press	Exercise	2	10-15		Slow	5-8 lbs	1 minute
Bridge Reverse – Supine w/Feet on SB	Exercise	2	10-15		slow	body weight	1 minute
Squat - Against Wall with SB	Exercise	2	15		slow	body weight	30 sec

Cool Down

Chest Press - 1 Arm on SB

Reps: 10-15 Sets: 2 Intensity: 15 lbs
Tempo: slow Rest: 30 sec Duration:

Movement:

- SLOWLY lower singledumbbell down towards chest with wrist over elbow.
- Maintaining pelvic stability, return the weight to the starting position.
- Perform SLOW controlled repetitions and then repeat movement with opposite side.
- It is important NOT to let your back arch at any time during the movement.
- Maintain a level pelvis throughout the entire exercise.
- Maintain glute activity throughout the entire exercise.
- To increase glute activity, lift toes up.

Preparation

- Holddumbbell and sit on the ball.
- Activate core and glutes by drawing in navel towards the spine and squeezing the glutes.
- Slowly roll down the ball while comfortably placing your head and neck on the ball with both feet STRAIGHT ahead.
- Lift your hips up until they are in line with your knees and shoulders-bridging position.
- Position the dumbbell verticallyabove your chest.



Row - 1 Leg With DB (1 Arm)

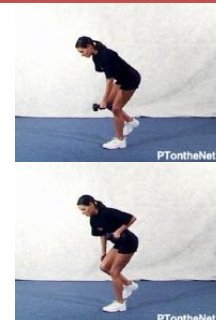
Reps: 10-15 Sets: 2 sets each arm Intensity: 12-15 lbs
Tempo: slow Rest: 30 sec Duration:

Movement:

- Start with arms straight extended towards the floor.
- Perform a row action.
- Ensure that the shoulder blades retract and depressas dumbbell moves upward.
- Lower slowly and allow shoulder blades to protract as arms return towards the floor into extension.
- Ensure the chin is tucked into the chest for good cervical alignment.
- Progressions:2 extremities to 1: two arm to alternating arm to one arm to one arm with rotation.Inertia progression: dumbbells to cables to tubing.Stable to unstable: shoes to no shoes to unstable surface (core board, airex pad e.t.c).

Preparation

- Initiate the core with proper drawing in maneuver and pelvic floor contraction.
- Raise one foot off the floor approximately 2 inches and keep parallel to other foot.
- Lean forward (avoid rounding the back) and hold.



Chest Fly - DB On Bench

Reps: 10-15
Tempo: slow

Sets: 2
Rest: 30 sec

Intensity: 8-10 lbs
Duration:

Movement:

- With elbows slightly flexed, lower the weight carefully to appropriate depth as determined by the Active ROM portion of the assessment.
- Contract chest muscles, raise to starting position.

Preparation

- Lie in neutral spine.
- Take a neutral grip on the dumbbells.



Front Raises - Standing With DB

Reps: 10-15 reps
Tempo: slow

Sets: 2
Rest: 30 sec

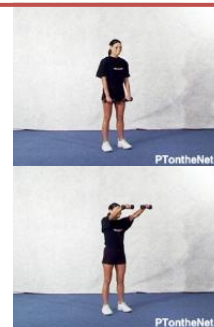
Intensity: 7-8 lbs
Duration:

Movement:

- Raise the dumbbell to the anterior.
- Maintain neutral spine.
- Lower to starting position under control.

Preparation

- Stand "tall" in neutral spine.
- Dumbbells at side.



French Press - On SB

Reps: 10-15
Tempo: slow

Sets: 2
Rest: 30 sec

Intensity: 10-12 lbs
Duration:

Movement:

- With core and glutes activated as previously described, push weights up to ceiling until arms are straight.
- Once they have reached this position slowly lower them down and return to the starting position.
- Don't allow arms to move from the shoulder girdle-only the elbow should extend.
- If your client cannot control the descending weights they are too heavy! Lighten them.

Preparation

- Sitting on SB, activate core and glutes by drawing navel towards spine and squeezing glutes.
- Slowly walk feet away from SB, lean back onto SB so that head and shoulders finish up being supported on SB.
- Raise hips up so that the body forms a "bridge"-common alignment with shoulders, hips and knees.
- Position weights on either side of clients head with arms bent and weights just above the shoulder.



Bicep Curl - Seated on SB (1 Arm 1 Leg)

Reps: 10-15
Tempo: slow

Sets: 2 sets each arm
Rest: 30 sec

Intensity: 10-12 lbs
Duration:

Movement:

- With core activated, lift up both weights until they reach the peak of the curl.
- At this point allow them to return to the starting position and repeat.

Preparation

- Activate core and glutes by drawing navel towards spine and squeezing glutes.
- Sit tall on the SB with feet placed about hip width apart, flat on the floor.
- With weights in both hands and arms straight.



Abdominal - Full Sit Up On SB

Reps: 20-25
Tempo: slow

Sets: 3
Rest: 1 minute

Intensity: body weight
Duration:

Movement:

- Draw the belly button in towards the spine.
- Place your tongue on the roof of your mouth just behind your top teeth.
- Squeeze the glutes.
- Contract the abdominals while curling the upper torso towards your hips.
- Flex at the hips bringing the upper body to a fully upright position on the ball.
- Do not push with the legs to perform the hip flexion.
- Slowly lower the upper body to the starting position.

Preparation

- Sit on the ball.
- Slowly roll down the ball until the ball is in the small of the back.
- Be sure you are balanced when back is fully extended.
- Keep feet in proper alignment facing straight ahead.
- Align feet directly under the knees.



Squat to 2 Arm DB Press

Reps: 10-15
Tempo: Slow

Sets: 2
Rest: 1 minute

Intensity: 5-8 lbs
Duration:

Movement:

- Perform a ¾ squat keeping lower extremity in proper alignment.
- Before any compensation occurs, activate glutes and stand to a fully upright position.
- Once stabilized, press the dumbbells overhead until both arms are fully extended with palms facing away.
- Slowly return the dumbbells back to chest and repeat.
- Progressions: Alt Arm, 1 Arm.

Preparation

- Begin with feet shoulder width apart with feet pointing straight ahead and knees over 2nd & 3rd toes.
- Hold dumbbells at chest level with palms facing body.



Bridge Reverse – Supine w/Feet on SB

Reps: 10-15
Tempo: slow

Sets: 2
Rest: 1 minute

Intensity: body weight
Duration:

Movement:

- Start by drawing-in the core and raising the hips up.
- Maintain this position keeping the core/glutes activated and also the feet together.
- Hold for 10 secs lower the hips to the floor then repeat.

Preparation

- Lay supine of the floor and place both feet on the ball.
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- Have arms straight out with palms facing upwards.



Squat - Against Wall with SB

Reps: 15
Tempo: slow

Sets: 2
Rest: 30 sec

Intensity: body weight
Duration:

Movement:

- Lower hips towards floor until they reach knee height at that point stop and return to starting position then repeat.

Preparation

- Position ball in the small of the back.
- Spread feet shoulder width apart and forward of knees.

