

# Routine For: Created By: Bruce Cohen

## LOWER EXTREMITY - Parallel Squat

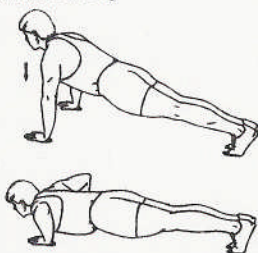
Perform a deep squat  
as shown.

UP & DOWN  
HOLD AT BOTTOM

Repeat 15 times per set.  
HOLD LAST ONE.



## CHEST - Standard Push-Up



From starting position, with hands outside shoulder width  
and with body straight, lower body until chest touches floor.  
Complete AS MANY repetitions. FINISH OFF FROM  
KNEES.

## MID BACK - High Row: Standing

Face anchor, feet shoulder  
width apart. Palms down, pull  
arms back, squeezing shoulder  
blades together.

Repeat 15 times per set.

ADD IN SQUAT MOTION.  
PULL BACK AS YOU  
ASCEND.

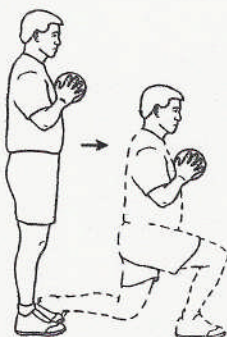
Anchor Height: Chest



## MEDICINE BALL - Lower Extremity: Lunge (Forward) & Backward

Hold \_\_\_\_ pound ball  
in front of chest.  
Lunge forward.

Repeat 10 times.  
\_\_\_\_ Repeat with other  
leg for set.  
Rest \_\_\_\_ seconds  
after set.  
Do \_\_\_\_ sets per session.



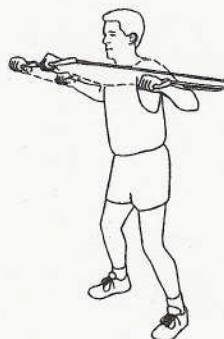
## CHEST - Press

Face away from anchor in  
shoulder width stance.  
Palms down, press arms  
forward.

FLY MOTION OR SINGLE  
ARM AS WELL

Repeat 15 times per set.

Anchor Height: Shoulder

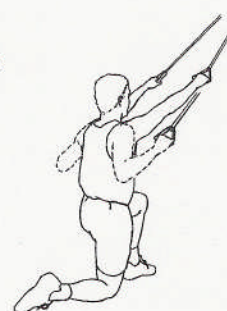


## SHOULDER / UPPER BACK - Lat Pull Down: Kneeling

Face anchor, kneeling. Palms  
down, pull arms down and  
back, bending elbows.

Repeat 15 times per set.

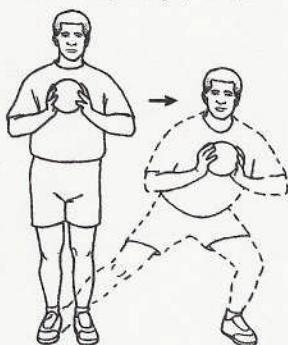
Anchor Height:  
Over Head



## MEDICINE BALL - Lower Extremity: Lunge (Lateral)

Hold \_\_\_\_ pound  
ball in front of  
chest. Lunge  
to side.

Repeat 10 times.  
\_\_\_\_ Repeat with other  
leg for set.  
Rest \_\_\_\_ seconds  
after set.  
Do \_\_\_\_ sets  
per session.

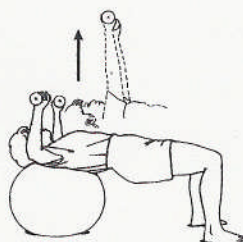


## UPPER EXTREMITY - Bridging Chest Press

Roll out until shoulders  
rest on ball and knees  
are bent at right angles.  
Perform a chest press. Use  
dumbbells or cuff  
weights.

PRESS OR FLY

Repeat 15 times per set.



## SHOULDER / UPPER BACK - Fly: Reverse

Face anchor in stride stance,  
reaching forward, thumbs up.  
Pull arms apart and back,  
squeezing shoulder blades  
together at end position.

Repeat 15 times per set.

Anchor Height: Chest



## LEGS: QUADS - 2 Ninety / Ninety

Position back against wall so that  
knee joints form 90° angles.  
Hold for 90 seconds.

Complete \_\_\_\_ repetitions.  
Do \_\_\_\_ sets.



## LOWER EXTREMITY - Balance, Proprioception: Hip Extension with Tubing

With tubing attached to ankle of  
uninvolved leg, swing leg back.  
Return.

TURN BODY AROUND -  
SWING FORWARD

Repeat \_\_\_\_ times  
or for \_\_\_\_ minutes.  
Do \_\_\_\_ sessions per day.

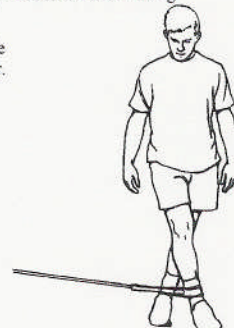


## LOWER EXTREMITY - Balance, Proprioception: Hip Adduction with Tubing

With tubing attached to ankle  
of uninvolved leg, cross over.  
Return.

TURN OPPOSITE  
DIRECTION HIP  
ABDUCTION - SWING  
LEG AWAY.

Repeat \_\_\_\_ times  
or for \_\_\_\_ minutes.  
Do \_\_\_\_ sessions per day.





TRUNK - Pull: Standing - Diagonal

Side toward anchor in wide stride stance, reach down toward anchor. Thumbs up, arms straight, pull up and away.

Repeat 10 times per set.  
Repeat from other side.  
Do     sets per session.  
Do     sessions per week.

Anchor Height:  
Below Knees



TRUNK - Chop: Standing - Diagonal

Side toward anchor in wide stance, reach up toward anchor. Thumbs up, pull down and away from anchor.

Repeat 10 times per set.  
Repeat from other side.  
Do     sets per session.  
Do     sessions per week.

Anchor Height:  
Over Head

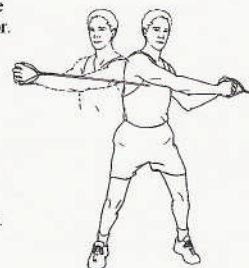


TRUNK - Twist: Standing

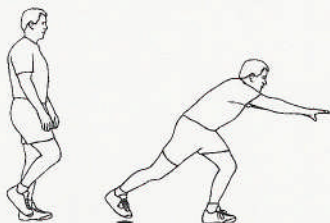
Side toward anchor in wide stance, reach toward anchor. Thumbs up, pull away from anchor. Keep arm furthest from anchor straight.

Repeat 10 times per set.  
Repeat from other side.  
Do     sets per session.  
Do     sessions per week.

Anchor Height: Chest



LOWER EXTREMITY - Squat: Single Leg



Stand on left foot. Reach forward for balance and squat. Keep knees in line with second toe. Knees do not go past toes. Reach non-stance leg back for balance.

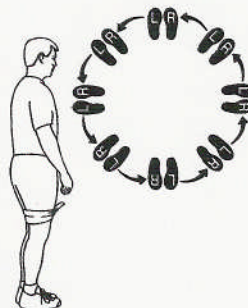
Repeat     times.     Repeat with other leg for set.  
Rest     seconds after set. Do     sets per session.

LOWER EXTREMITY - 11 Band Walk: Circle Stepping

Tie band around legs, just above knees. Face out from a     foot diameter circle. Side step around perimeter of circle. Repeat in opposite direction for one circle.

Repeat     circles per session.

Note: Small towel between band and skin eases rubbing.

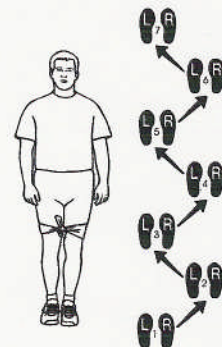


LOWER EXTREMITY - 12 Band Walk: Zig Zag

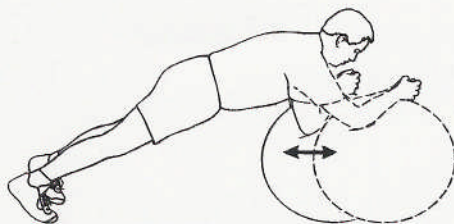
Tie band around legs, just above knees. Walk forward     feet in a zig zag pattern. Without turning walk backward to start for one zig zag.

Repeat     zig zags per session.

Note: Small towel between band and skin eases rubbing.



TRUNK - Gymball: Prop on Forearms



Prop on ball with elbows under shoulders. Keep back straight. Roll ball forward and backward.

Repeat 15 times per set. Rest     seconds after set.  
Do     sets per session.

SPINE -  
Prone Opposite Arm and Leg Raise

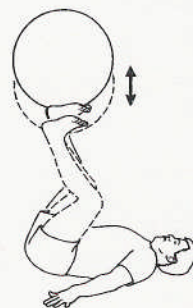


On hands and toes over ball, raise one arm and opposite leg simultaneously. Do not arch back. Repeat with other limbs. Repeat 15 times per set.

TRUNK - Gymball:

Lie on back with ball on bare feet. Hold ball between ankles - ROTATE

Repeat 15 times per set.  
Rest     seconds after set.  
Do     sets per session.



TRUNK - Gymball: V Sit-Up

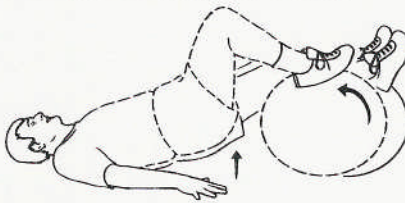


Lie on back, legs over ball, hands on floor beyond head. Squeeze ball between calves and thighs. Raise ball and hands to meet in the middle.

Repeat 15 times per set. Rest     seconds after set.  
Do     sets per session.

— Variation: Add     pound weight in hands.

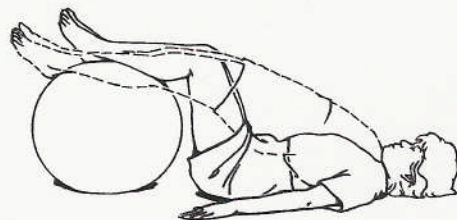
TRUNK - Gymball: Hamstring Curl (Double Leg)



Lie on back, calves on ball, buttocks on floor. Raise buttocks then roll ball toward buttocks.

Repeat     times per set.  
— Lower buttocks to floor between rolls.  
— Hold buttocks off floor between rolls.  
Rest     seconds after set. Do     sets per session.

SPINE -  
Bridging with Calves on Ball



Lying on back with calves resting on ball, raise buttocks from floor.

Repeat 15 times per set. HOLD LAST REP.