

QUADRICEPS - 1 Squat

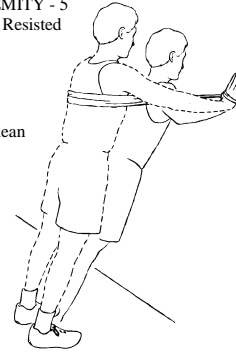
In shoulder width stance, anchor tubing under feet. Palms forward at shoulder height or at your side depending on tubing length. Squat, keeping back straight.



Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.

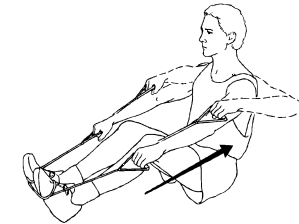
**REHAB: UPPER EXTREMITY - 5
Wall Push-Up: Standing - Resisted**

In shoulder width stance, lean to wall, band anchored under hands. Push away.



Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.

MID BACK - 1 High Row: Long-Sitting



Tubing around feet and palms down, pull arms back while squeezing shoulder blades together.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per week.

TRICEPS - 4 Press: Standing - Over Head

In stride stance, tubing anchored under back foot, grasp handles behind head. Thumbs down, straighten arms, rotating to palms forward.



Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.

BICEPS - 1 Curl: Standing

Anchor tubing under front foot in stride stance. Palms forward, curl arms.



Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.

SHOULDER / UPPER BACK - 1 Press: Over Head

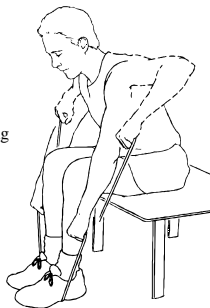
Anchor tubing under back foot (or sit on it). Palms up, press arms up over head.



Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.

REHAB: UPPER EXTREMITY - 20 Shoulder Row: Sitting with Trunk Flexion

Anchor tubing under feet, sitting forward. Palms down, pull elbows back, squeezing shoulder blades together.



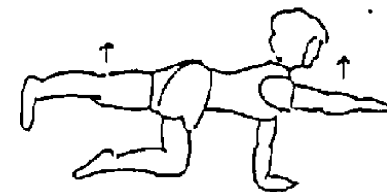
Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per week.

Front Plank




Lie on your stomach and place the elbows below the shoulders. Flex the ankles so that you are on your tippy toes. Tighten your core muscles and raise the hips off of the ground. Keep the shoulders, hips, and legs in a straight alignment. ****Do not let the low back arch**** Hold this position for up to 1 minute.

Bird Dog (aaoooooh!)



Get onto all 4-s (hands and knees) on the floor. Straighten one arm out in front of the body. Take the opposite leg and straight out backwards. Balance the body and hold this position for 1 minute. Switch side and repeat (4-10x) ****Do not arch (arch upward in this picture) the low back **** Do howl like a birddog:

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