



## **Before starting the program, it's important to:**

- Consult with a medical professional to ensure it is safe to start an exercise program.
- Declare any injuries or conditions that may impact the exercise regime.
- Start with relative ease; do not overdo the exercises.

**FOR BREAK TIMES YOU CAN TAKE ANYWHERE BETWEEN 30 SECONDS AND 90 SECONDS AFTER EACH SET.**

**Be honest with yourself as to what is a challenge. If you only need 45 seconds to recover before the next set, then only take the 45 seconds. Stay in the zone, challenge yourself.**

You can do cardio work such as walking on a treadmill, going for a walk outside, spending time on the Elliptical trainer, biking or using a stationary exercise bike, and swimming every day. The workouts given below are based on 3 days a week. Do additional cardio work on other days to get the best results. Do not stick to only the 3 workouts per week.

## **EXPLANATION OF HOW TO PERFORM EACH MOVEMENT SAFELY**

**SQUAT** – Stand with feet at hip width. Spread your toes and grip into the ground with them. Press your feet into the ground (think about it as adding to gravity). This ensures that you have created a firm base. Unlock your knees slightly so that there is no pressure on them. Keep your hands at your hips and begin reaching your hips back towards the wall while bending at your knees. Keep your chest facing forward, and squat downwards while still reaching backwards to touch the wall with your butt. If you find that you



are restricted in performing the movement, take a slight step backwards so that you can be slightly closer to the wall. Perform movement again. You can regress and progress the movement for the time being by adjusting your distance from the wall, as well progress it by eliminating the wall, and opting for a chair or a bench or nothing at all. **\*HOLD A DUMBBELL OR KETTLEBELL AT YOUR CHEST TO ADD A CHALLENGE\***

**LUNGE** - (Do not perform movement if you have severe knee issues) – Stand with feet at hip width, and hands on your hips. Raise the knee of one leg and step forward. The heel of the foot from the leg you have just moved will strike the ground first. Continue placing the foot down further up the foot. As your foot has secured its place on the ground, push your hips forward, and begin lowering the back knee while bending and pushing the

front knee forward. The movement resembles taking a step up the stairs, just that you would be doing it on a straight plane by stepping forward as opposed to up. Ideally your legs would each form 90 degree angles forward at the front, and backward at the back bending at the knees. Step back to beginning stance, and alternate.

**PUSH** – *\*Push Up\** Place the palms of your hands on the wall or on a surface that is on an incline but still high enough. Angle your body by moving back your feet till your heels are slightly off the ground. Move your hands down till it is in line with your armpits. Squeeze your armpits tightly, as if you were trying to squeeze oranges that would never stop juicing (there's some OJ you would never want to drink). This in turn will make your elbows turn downwards or if it is on an incline slightly backwards. This is good, do not allow your elbows to move outwards. Slowly move your body towards the wall or incline platform/object by bending at the elbows. Once you have reached as close to the wall or incline platform/object as you can, push against the wall or platform (imagine you are pushing it away). Push back till you are at your beginning position and repeat. Do not allow your elbows to move away from your body and lose the tight squeeze in your armpits.

**STANDING SHOULDER PRESS** (can only be done if there are no rotator cuff, cervical spine, or postural issues) – Stand with feet at hip width. Put up hands with palms forward to form a 'W' with both hands in relation to the



torso. Move hands upward in a straight line till arms are straight and overhead. Reverse movement to return to starting position. If unsure about your shoulders' ability, then do not use any resistance. For a challenge use resistance bands or small dumbbells that you can handle

**PULL** – Purchase a resistance band (widely available on Amazon) and loop it around a pole or pillar. When doing the pull motion, maintain armpit tightness, keep elbow close to body. Pull till elbows have moved as far back as they can go. Picture trying to squeeze a grape in the middle of your back.

**CORE TWIST** - Sit in a chair, place your hands behind your head, and twist your torso from side to side trying to face your chest to either side at the end of each twist. Add a dowel or a bar across your trapezius muscle between your shoulders and the back of your neck to increase the challenge.

**HINGE** – Stand with feet at hip width. Place hands on hips. Press feet into ground, begin moving hips backwards bending at the knees. Aim to get chest parallel to the floor or as close to parallel as possible. Reverse movement and return to beginning position. Use a wall to begin. Learn how

far you can go in this manner. Begin by standing about 5 inches away from wall and start movement. With each repetition if you are able to reach the wall easily step forward a bit further and do it again. Keep moving forward till you feel you have reached your maximum distance while you can still touch the wall with your butt.

**DEAD BUG** – Lie down on the ground on your back. Raise both legs in the air bent at the knees at 90 degrees. Raise arms up straight in the air. Pull belly button inward as if trying to touch the spine with it.

**SIDE BENDS** – Hold the dowel or bar across the back of your shoulders (below the neck, across your trapezius muscle). Sit as upright as possible with belly button pulled in. Bend to the right by curving your body that way feeling the stretch on the left side. Proceed to bend to the left by curving



that way allowing the right side of your body to stretch. Return to the middle and repeat as specified.

**SINGLE LEG BALANCE** – Stand with your legs slightly inside of hip width. Transfer weight towards one leg. Spread the toes of that foot then grip into the ground with those toes. Raise the opposite knee bringing that leg up. Leave the bottom half of that leg in a straight line down from the knee. Balance on the foot on the ground

**HIGH KNEES** – Stand with feet at hip width. Place both hands at level with your lower ribs with palms facing down. Alternate rapidly between raising each knee up to meet the palms of your hands.

## **Week 1:**

### **Day 1:**

Squats - 10 repetitions, 1 Set

Lunges - 5 repetitions on each leg, 1 set

Pushups - 10 repetitions, 1 set

Pull - 10 repetitions. 1 set

Core Twist - 10 repetitions. 1 set

Hinge - 10 repetitions. 1 set

### **Day 2:**

Squats - 10 repetitions using a chair to hold for balance if necessary. 2 sets

Lunges - 6 repetitions on each leg using a chair to hold onto for balance if necessary. 2 sets



Pushups - 10 repetitions. 1 set

Pull - 10 repetitions. 2 sets

Core Twist - 10 repetitions. 3 sets

Dead Bug – 30s – 1 min hold (anywhere in that time span hold till max ability). 3 sets

### **Day 3:**

Squats - Perform 10 squats using a chair to reach back and sit onto. 2 sets.

Lunges - Perform 6 repetitions on each leg using a chair to hold onto for balance. 2 – 3 sets.

Pushups - 10 repetitions. 2 sets

Pull - Hold for 2 seconds when pulled, then release back to starting position. Perform for 10 repetitions. 2 sets

Core Twist - 10 repetitions. 2 sets

Hinge - 8 repetitions. 3 sets



## **Week 2:**

### **Day 1:**

Squats - 10 repetitions, 1 Set

Lunges - 5 repetitions on each leg, 1 set

Pushup - 10 repetitions, 1 set

Pull - 10 repetitions. 1 set

Core Twist - 10 repetitions. 1 set

### **Day 2:**

Squats - 10 repetitions, 1 Set

Lunges - 5 repetitions on each leg, 1 set

Pushups - 10 repetitions, 1 set

Pull - 10 repetitions. 1 set

Core Twist - 10 repetitions. 1 set

Hinge - 10 repetitions. 1 set

### **Day 3:**

Squats - 10 repetitions, 1 Set

Lunges - 5 repetitions on each leg, 1 set

Pushups - 10 repetitions, 1 set

Pull - 10 repetitions. 1 set

Core Twist - 10 repetitions. 1 set

Hinge - 10 repetitions. 1 set



- Consider trying aquatic exercises for less impact.

### **Week 3:**

#### **Day 1:**

Single Leg Balance – 10 – 30 seconds each leg. 3 sets

Squats - 12 repetitions ,2 Set

Standing Shoulder Press - 10 repetitions, 2 sets

Pull - 15 repetitions. 1 set

Dead Bug – 30s – 60s. 3 sets

High Knees – 30s – 60s. 3 sets

#### **Day 2:**

Single Leg Balance – 20-30 second hold. 3 sets

Squats - 10 repetitions, 1 Sets

Pushups - 10 repetitions, 2 sets

Pull - 15 repetitions. 1 set

Dead Bug – 40s – 60s hold. 3 sets

Hinge - 15 repetitions. 1 set

#### **Day 3:**

Single Leg Balance – 20-30 second hold. 3 sets



Dead Bug – 40s – 60s hold.3 sets

Core Twist - 10 repetitions.3 sets

Squats - 12 repetitions 2 Sets

Standing Shoulder Press - 10 repetitions, 2 sets

- Consider adding a walk or aquatic workout to your weekly routine.
- Add in simple yoga poses such as child's pose, and modified downward dog,

## **Week 4:**

### **Day 1:**

Side Bends – 10 repetitions, 2 sets

Core Twist - 10 repetitions.3 sets

Standing Shoulder Press - 10 repetitions,2 Sets

Pull - 10 repetitions.2 sets

Pushups - 10 repetitions, 2 set

### **Day 2:**

Hinge - 10 repetitions. 2 sets

Squats - 10 repetitions,2 Sets

Dead Bug– 40s – 60s hold.3 sets

Pull - 20 repetitions.1 set





High Knees – 60 seconds, 3 sets

Lunges - 8 repetitions on each leg, 2 sets

## **Day 3:**

High Knees – 60 seconds, 3 sets

Dead Bug – 40s – 60s hold. 3 sets

Standing Shoulder Press - 8 repetitions, 3 sets

Pull - 15 repetitions. 2 sets

Core Twist - 10 repetitions. 2 sets

Hinge - 10 repetitions. 3 sets

## **Week 5:**

### **Day 1:**

Squats - 10 repetitions, 3 Sets

Lunges - 8 repetitions on each leg, 3 sets

Pushup - 10 repetitions, 3 sets

Standing Shoulder Press - 12 repetitions. 2 set

Core Twist - 10 repetitions. 3 sets



## **Day 2:**

Single Leg Balance – 30 second hold. 3 sets

Lunges - 8 repetitions on each leg, 3 sets

Side Bends - 10 repetitions, 3 sets

Core Twist - 10 repetitions.3 sets

Hinge - 15 repetitions. 2 sets

Pull - 15 repetitions.2 sets

## **Day 3:**

Squats - 12 repetitions,3 Sets

Lunges - 8 repetitions on each leg, 3 sets

Pushups - 12 repetitions, 2 sets

Pull - 15 repetitions.3 sets

Side Bends - 10 repetitions.3 sets

- Consider adding in light cardio like a stationary bike or elliptical machine.
- Increase the weight or resistance (if used) for exercises like squats.



## **Week 6:**

### **Day 1:**

High Knees – 60 seconds, 3 Sets

Side Bends – 12 repetitions, 3 sets

Standing Shoulder Press - 12 repetitions, 3 sets

Hinge - 12 repetitions. 3 sets

Core Twist - 12 repetitions, 3 sets

### **Day 2:**

Single Leg Balance – 30 seconds on each leg, 3 sets

Hinge (Pause at bottom of movement) - 15 repetitions, 3 Sets

Pull - 15 repetitions.3 sets

Pushup - 10 repetitions, 3 sets

Core Twist - 12 repetitions.3 sets

### **Day 3:**

High Knees – 60 seconds, 3 Sets

Squats - 15 repetitions,3 Sets



Lunges - 8 repetitions on each leg, 2 sets

Pull - 12 repetitions. 4 sets (hold pull for 3 count)

Pushups - 12 repetitions, 3 sets

Hinge (pause at bottom of movement) - 15 repetitions. 2 set

- Consider trying a group exercise class like water aerobics, yoga or strength and conditioning classes.
- Increase the weight or resistance for exercises like push-pull exercises.

## **Week 7:**

### **Day 1:**

High Knees – 60s, 3 sets

Squats - 12 repetitions, 3 Set

Dead Bug – 60s hold, 3 sets

Pushup - 12 repetitions, 3 sets

Side Bends - 10 repetitions. 2 sets

Core Twist - 10 repetitions. 2 sets

Hinge - 15 repetitions. 3 sets

### **Day 2:**

Single Leg Balance – 30s each leg, 2 Sets

Side Bends – 12 repetitions, 3 sets

Core Twist - 10 repetitions, 3 sets



Standing Shoulder Press - 10 repetitions, 3 sets

Dead Bug – 60s hold, .3 sets

Pushups - 10 repetitions. 3 sets

### **Day 3:**

Squats (hold position at bottom for 2 seconds) - 10 repetitions, 3 Sets

Pushups - 12 repetitions, 3 sets

Pull - 20 repetitions. 2 sets

Core Twist - 10 repetitions. 3 sets

Side Bends - 10 repetitions. 3 sets

- Increase the duration of weekly cardio exercises.

### **Week 8:**

#### **Day 1:**

Single Leg Balance – 30s each leg, 3 Sets

Side Bends – 12 repetitions, 3 sets

Core Twist - 10 repetitions, 4 sets

Standing Shoulder Press - 12 repetitions, 3 sets

Dead Bug – 60s hold, .3 sets



Pushups - 10 repetitions. 3 sets

## **Day 2:**

High Knees – 60s, 3 sets (try to keep intensity as high as possible for all 3 sets)

Squats - 15 repetitions, 3 Sets

Dead Bug – 60s hold, 3 sets

Pushup - 10 repetitions, 4 sets

Side Bends - 10 repetitions. 3 sets

Core Twist - 10 repetitions. 3 sets

Hinge - 15 repetitions. 3 sets

## **Day 3:**

High Knees – 60 seconds, 3 Sets (Maintain high intensity all throughout)

Side Bends – 12 repetitions, 3 sets

Standing Shoulder Press - 15 repetitions, 3 sets

Hinge - 15 repetitions. 3 sets

Core Twist - 12 repetitions, 3 sets

Pushups - 12 repetitions, 3 sets

- Assess your results and improvements and consider modifications to your routine.



**Remember, it's important to measure progression and modify the routine regularly for optimal results. Most importantly, stick with it and stay positive.**