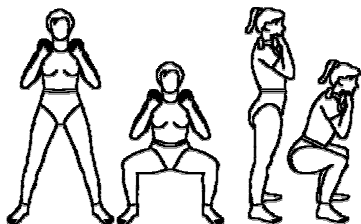


**Resist knee forward wide squat w/wt**



- Stand with feet wider than hip distance apart.
- Toes should be slightly pointed outward and aligned with knees.
- Hold weights in hands, resting on shoulders.
- Squat down until thighs are almost parallel with floor while moving buttocks backward, similar to beginning to sit in a chair.
- Return to start and repeat.

**Special Instructions:**

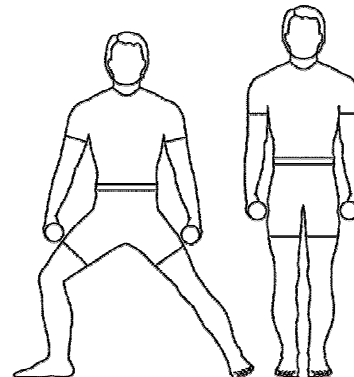
Keep weight on outside of feet and heels. Start with a partial squat and increase as you become familiar with the movement. Do not let knees extend past the toes.

Perform 3 sets of 10 Repetition, T, Th.

Use 0 Lbs.

Rest 30 Seconds between sets.

**Resist hip abd/knee flx w/wt (side lunges)**



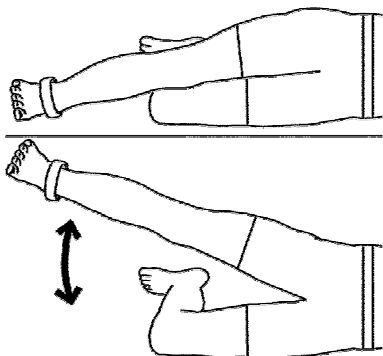
- Stand with weight in hands.
- Step sideways to left as shown, keeping trunk vertical.
- Push back up to starting position.
- Repeat sets to right side.

Perform 3 sets of 10 Repetition, T, Th.

Use 0 Lbs.

Rest 30 Seconds between sets.

**Resist hip abd sidelying w/wt**



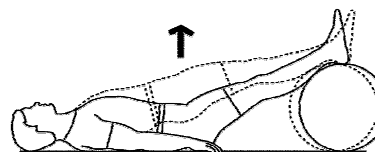
- Lie on uninvolved side, knee bent.
- Keep involved leg straight, weight on ankle.
- Lift leg upward.
- Return to starting position.

Perform 3 sets of 10 Repetition, T, Th.

Use 0 Lbs.

Rest 30 Seconds between sets.

**AROM hip ext straight leg w/ball**



- Lie on back with ankles on ball.
- Bridge up as shown.
- Lower and repeat.

Perform 3 sets of 20 Repetition, T, Th.

Use Ball.

Rest 30 Seconds between sets.

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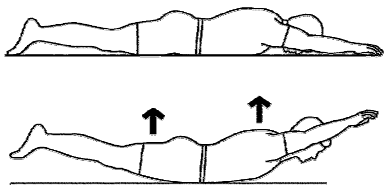
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**AROM lumbar ext prone high level**



- Lie face down with arms outstretched over head as shown..
- Arch upward, raising arms and legs off floor.
- Return to start and repeat.

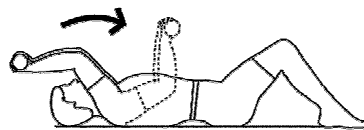
**Special Instructions:**

Progress by holding 2-3 seconds.

Perform 3 sets of 20 Repetition, T, Th.

Rest 30 Seconds between sets.

**Resist shld pullover w/wt**



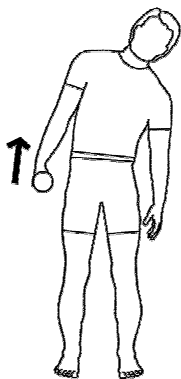
- Lie on back on bench.
- Hold weight in hands with arms over head.
- Keep elbows slightly bent.
- Pull weight over head to chest.
- Raise back over head and repeat.

Perform 3 sets of 10 Repetition, T, Th.

Use 0 Lbs.

Rest 30 Seconds between sets.

**Resist lumbar sidebend w/wt**



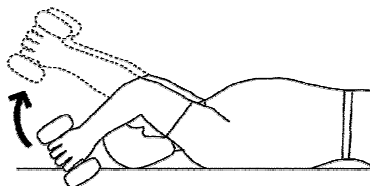
- Stand, holding weight in left hand.
- Bend to right.
- Return to start position and repeat.
- Repeat sets with weight in right hand and bending to left.

Perform 3 sets of 10 Repetition, T, Th.

Use 0 Lbs.

Rest 30 Seconds between sets.

**Resist elbow ext bil supine w/wt**



- Lie on back, arms over head, elbows bent as shown.
- Hold weights in hands.
- Straighten elbows through available range.
- Return to start position.

Perform 3 sets of 10 Repetition, T, Th.

Use 0 Lbs.

Rest 30 Seconds between sets.

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