



#	Sets	Reps	Duration	Exercise
1	2	40	N/A	Standing Arm Circles
2	1	25	N/A	Standing Elbow Curls
3	1	1	00:01:00	Counter Stretch - Wall
4	1	1	00:02:00	Airbench



1. Standing Arm Circles



How to Perform

1. Stand facing mirror with your feet pointed straight ahead. Place your finger tips into the pad of each hand and point your thumb straight out.
 - This hand position is imperative to the exercise being done correctly. It is called the "golfer's grip".
2. Squeeze your shoulder blades together backwards and bring your arms out to your sides at shoulder level.
3. With your palms facing downward, circle up and forward for the repetitions specified. With your palms facing upward, circle up and back for the desired repetitions.
4. Remember to keep your feet straight and your shoulder blades squeezed together.

Fun Facts

- This exercise promotes bilateral lumbar function through thoracic stabilization.



2. Standing Elbow Curls



How to Perform

1. Stand against a wall with your feet pointed straight ahead.
2. Keep your heels, hips, upper back and head against the wall.
3. Place your knuckles against your temples with your thumbs pointed down to your shoulders.
4. Open your elbows so that they are against the wall and close your elbows together in front of your face.
5. REPEAT

Fun Facts

- This exercise promotes proper positioning of all load joints while performing thoracic flexion and extension.



3. Counter Stretch - Wall



How to Perform

1. Stand facing a wall.
2. Place your palms about shoulder width apart on the wall, fingers pointing straight up.
3. Keep your feet pointed straight.
4. Walk your feet back so that your weight is in your toes.
5. Keep the hips, knees and feet in alignment.
6. Kick your buttocks/hips back to place an arch in your low back.
7. Keep your elbows locked out and tighten your quads
8. Let your upper body drop between your arms.
9. Hold as directed on your menu.

Fun Facts

- This e-cise promotes trunk extension while keeping vertical lower load joint demand.



4. Airbench



How to Perform

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight.
2. Walk your feet away from the wall while sliding your body down at the same time.
 - You will be "seated" in an invisible chair, with your knees bent to 105 degrees.
 - Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees.
 - Your lower back should be completely flat against the wall.
 - Your arms can hang down to your sides, or rest your hands gently on your lap.
3. Hold as directed on your menu.
 - Keep the weight in your heels, do not press forward on your toes.
4. DO NOT DO THIS E-CISE IN SOCKS!
5. DO THIS EXERCISE IN ATHLETIC SHOES OR ON A YOGA MAT!

Fun Facts

- A key component in walking is Quad strength. In this E-cise we are increasing the strength of this muscle group.

