



FITNESS AND MEDICAL  
**EXERCISE**  
240-506-1031

**Home Exercises**

Complete 2 sets of 12 reps with good form and cadence (Up in one count, down in two counts) 2-3x a week in addition to cardio.

**Tubes:** *place anchor stop on same side as door hinge and click shut the door. (high, middle, and low anchor stops)*

- yellow = 10
- blue = 20
- green = 30
- black = 40
- red = 50

**1. Squats 2 sets of 12-15**

Remember to stick your butt back.



**\*\*Interval = 10 jumping jacks**

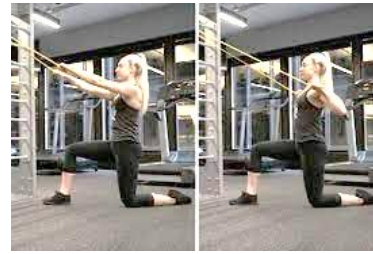


**2. Standing one-foot heel raise 2 sets of 12-15 each foot**

**\*\*Interval = 10 jumping jacks**

**3. Rowing 2 sets of 12 – 15 reps**

70# of tubing. Middle door stop.



**4. High anchor row 50# tubing.** Use pad under knee on floor. **\*\*Interval = 10 jumping jacks**



**5. Bicep Curl w/70# of tubes.** Make sure tubing is secured under the arch of your foot. **\*\*Interval = 10 jumping jacks**



**6. Golfers Reach Balance**

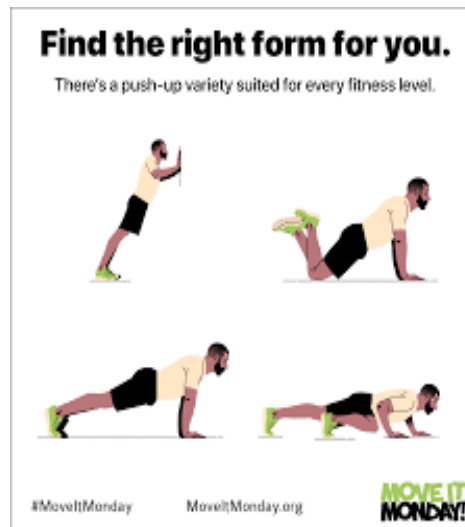
**Exercise –** Reach for cone 10x on each foot. **\*\*Interval = 10 jumping jacks**



**7. Side step on the bottom stair of a staircase.** Hold railing for support. Step up with right foot 20x, turn 180°, step up on left foot 20x

**8. Push-ups 2 sets of 12 reps**

Knee push-ups (picture #2)



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**MOVE IT MONDAY!**

9. **Curl-ups** (obliques) Press your belly button into the floor during this exercise. 12x each side



b. Stretch outer thigh



c. Roll to side and with a bent knee, pull heel towards rear end.

d. Reverse Calf Stretch



10. **Sit-ups**  
Keep your chin off of your shirt. 12x2



11. **Single-foot Bridging**  
12x2 on each leg

**GOOD JOB!**

**Stretches Hold 20-30 seconds each**  
Can use dog leash if not stretch strap



a. Stretch hamstrings



## Rowing Machine

Sit with feet in straps. Grab handles. Press through feet and extend legs as you pull the handle towards your chest. Return to start. Row for 5 minutes



## ELLIPTICAL

STEP 1: Carefully get on the machine and begin the required motion to activate the device

STEP 2: Set the time to the appropriate time and begin your workout

Duration 5 Minutes



## Leg Press - 50#

### Preparation

Sit on machine with back on padded support. Place feet on platform. Grasp handles to sides.

### Execution

Push platform away by extending knees and hips. Return and repeat.

Repeat 15 Times

Complete 2 Sets

Perform 2 Times a Week



### BICEP CURLS - YELLOW TUBING

Start by holding the ends of a sports cord or elastic band. Then, stand on the center of the cord/band.

With your palms facing forward, bend your elbows as you raise up your hands towards your shoulder. Lower back down and repeat.

Repeat 20 Times

Hold 1 Second

Complete 1 Set

Perform 2 Times a Week



### 15# DB - INCLINED OVERHEAD PRESS

In a seated position on an inclined bench, hold a dumbbell in each hand and then lie down on your back.

Start by positioning the weights near your chest with bent elbows and abducted shoulders to approximately 45 degrees as shown. Your feet should be planted flat on the floor.

Next, tighten your buttocks and press feet into the floor as you grip the dumbbells and push the weights up towards the ceiling. Your elbows should move from a bent position to a straight or nearly straight position. Next, lower both dumbbells to starting position and repeat.

Repeat 15 Times

Hold 1 Second

Complete 2 Sets

Perform 2 Times a Week



### Hoist Row Machine - 40#

Adjust the seat/front pad position and resistance as desired. Sit facing in. Tighten your abdominals throughout exercise. Pull both handles evenly back squeezing your shoulder blades. Perform the exercise with control during the squeeze and the release.

Be careful to not lean on padding in front of you.

Repeat 15 Times

Complete 2 Sets

Perform 2 Times a Week



### Green tubing shoulder raises

Grasp band with both hands and step on the middle of it with either foot. With thumbs up, abdominals engaged and shoulder blades engaged against the spine, raise arms up to shoulder height at the caption angle (45 deg angle between forward and directly out to side) as shown. Slowly return to starting position

Repeat 20 Times

Hold 2 Seconds

Complete 2 Sets

Perform 2 Times a Week



### Wobble Board Balance

Place feet on opposite sides of the wobble board  
(If there are colored dots, place arches right on top of dots)

Slightly bend knees to prevent board from tipping front to back or left to right.

Use secure object to hold onto if needed

Repeat 2 Times

Hold 1 Minute

Perform 2 Times a Week

### PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.

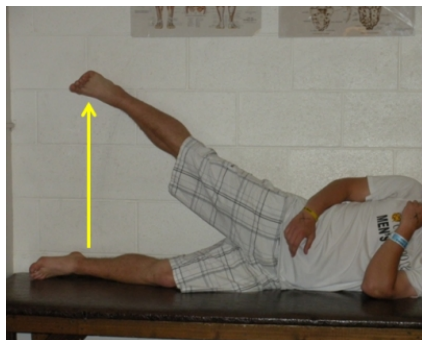


Repeat 2 Times

Hold 20 Seconds

Complete 1 Set

Perform 2 Times a Week



Laurie's Signature Butt - do both sides

- a.  Lie on your side with legs straight & hips perpendicular to the floor – lift top leg and return w/o touching bottom leg
- b.  Shift hips and knees into 90/90 position – lift top leg and return
- c.  Maintain 90/90 – lift top leg, extend into a straight leg, bend again, then lower

Repeat 15 Times

Complete 1 Set

Perform 2 Times a Week



Hamstring slide outs

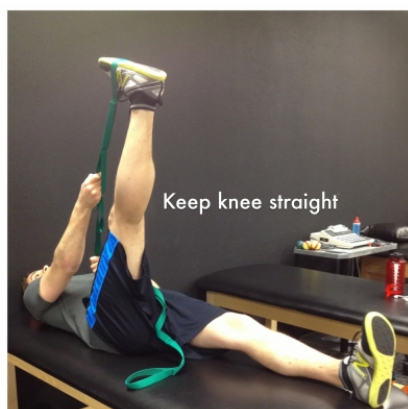
Start in the position above, bridge hips up, maintain bridge and slide one foot out and back in and then the other foot and repeat until all reps complete.

Repeat 20 Times

Complete 2 Sets

Hold 1 Second

Perform 2 Times a Week



Supine Hamstring Stretch (with straight legs)

Lie on your back and hook a strap/towel/leash around your foot. Keeping the opposite leg straight and flat on table, lift the affected leg towards the ceiling while maintaining a straight knee.

You should feel a stretch along the back of the thigh and knee.

Repeat 1 Time

Complete 1 Set

Hold 25 Seconds

Perform 2 Times a Week



### ADDUCTOR STRETCH WITH MULTI-LOOP STRAP

Lie on your back and place a stretching strap on your foot. Pull on the strap to assist in raising your leg up and to the side for a stretch to your inner thigh muscles.

Repeat 1 Time  
Complete 1 Set

Hold 25 Seconds  
Perform 2 Times a Week



### ILIOTIBIAL BAND STRETCH WITH BELT - ITB

Loop a belt around your foot. While lying on your back and leg up in front of you and knee straight, bring your leg across midline for a gentle stretch felt along your outer thigh.

Repeat 1 Time  
Complete 1 Set

Hold 25 Seconds  
Perform 2 Times a Week



### PRONE QUAD STRETCH WITH BELT OR STRAP

Start by lying on your stomach with a strap or 2 belts linked together and looped it around your affected side ankle.

Next, use the belt to pull the knee into a bent position allowing for a stretch as shown.

Repeat 1 Time  
Complete 1 Set

Hold 25 Seconds  
Perform 2 Times a Week



### Doorway Pec Stretch - OSUMC

Standing in a doorway. Place your arms on the door frame.

Step through while keeping your head and chest up.

Do not arch your back.

Repeat 1 Time

Complete 2 Sets

Hold 25 Seconds

Perform 2 Times a Week