

MOVE MORE: BASIC EXERCISE AND PROPER FORM

We don't have to be an Olympic competitor to exercise more often, but learning and practicing proper form like a professional athlete is critical in preventing workout-related injuries. Before beginning a new exercise program, we highly recommend consulting your health care provider.

Then, consider these quick tips for injury prevention:



Avoid being a weekend warrior. Stay active throughout the week. Learn conditioning exercises to strengthen muscles frequently used in your weekend sport, to help prevent common injuries.

Focus on form. Learn how to perform your exercise correctly. Proper technique can reduce overuse injuries.

Wear proper safety gear. This is key for exercises that include machines or equipment.

Listen to your body. If you're sick or feeling overly fatigued, save exercise for another day, unless it's a relaxing form of exercise, such as restorative yoga.

Warm up and gradually increase exercise levels. A warmup is a key element of every workout because it helps prepare muscles for more challenging work and is critical in preventing injuries. Also, too much activity, too soon increases injury risk.

Create a cross-training routine. Balance cardiovascular, strength and flexibility exercises to promote total fitness and injury prevention.



WARMING UP:

CARDIO EXERCISES

- A warmup takes place prior to your workout and includes light cardio exercises combined with stretching.
- Your warmup will gradually increase your heart rate; increase circulation to your muscles, tendons and ligaments; increase flexibility; and mentally prepare you for your workout and loosen your joints.
- Aim to warm up for five to 10 minutes before your workout. If you plan to have a more intense workout, extend your warmup.
- Examples of warmup exercises include: jumping jacks, brisk walking, jogging, jumping rope and high knees (similar to skipping).



STRETCHING

- After your muscles have warmed up from light cardio exercises, complete your warmup with stretching. Flexibility exercise is most effective when muscles are warm.
- You can perform dynamic stretching (moving) or static stretching (standing still). An example of a static stretch is a hamstring stretch, while dynamic stretching could be walking lunges.
- Stretch both sides of your body.
- Stretch slowly and evenly.
- Don't stretch to the point of pain or discomfort. Aim to hold a stretch for 10 to 30 seconds.
- **Breathe**

BASIC BODYWEIGHT EXERCISES:

CHEST – PECTORAL MUSCLES

Countertop Pushup (Muscle groups worked: shoulder, chest, triceps, core)

1. Assume the starting position with your feet and legs together, standing about 2 feet from a counter with your arms straight out in front of you. Your palms should be on the edge and about shoulder-width apart, with fingers pointed forward. If you feel like you're reaching too far, move your feet closer.
2. Bend your elbows and begin to lower your body toward the counter while keeping your elbows tucked in. Ensure your back stays straight and your hips don't sag.
3. Push back to the starting position and repeat.

Recommended sets/ reps: 2 sets/8 to 10 reps



BACK - LATISSIMUS DORSI

Prone Pull or Superman Pull (Muscle groups worked: upper back, lower back, core, glutes)

1. Lie face down with your arms outstretched in front of you.
2. Raise your arms and chest off the floor.
3. Pull both arms back toward your ribs, keeping elbows up to form a "W" shape.
4. Extend your arms back out and lower your body to the floor.

Recommended sets/ reps: 2 sets/10 to 12 reps

SHOULDERS

Shoulder Blade Squeeze (Muscle groups worked: upper back, shoulder, posterior delt)

1. Stand with good posture.
2. Slowly squeeze your shoulder blades together and hold for 3 seconds.
3. Slowly release your shoulder blades back to their relaxed positions.

Recommended sets/ reps: 2 sets/15 to 20 reps

ARMS – BICEPS

Plank (Muscle groups worked: core, back, shoulders)

1. Start in the prone position, with your hands on the floor and elbows under your shoulders at a 90-degree angle. Tuck your chin and keep your spine parallel with the floor.
2. Draw your belly button in and push through your biceps.
3. Hold for as long as you can. Repeat.

Recommended sets/ reps: 1 to 2 sets/ Until fatigue

ARMS – TRICEPS

Floor Triceps Dip (Muscle groups worked: triceps, chest, upper back)

1. Position your hands shoulder-width apart on the floor. Your hands should be slightly behind you, with fingers pointing toward your body. Place your feet about hip-width apart on the floor.
2. Straighten your arms and keep a little bend in your elbows to always keep tension on your triceps and off your elbow joints.
3. Slowly bend at your elbows and lower your upper body toward the floor until your arms are at a 90-degree angle. Be mindful of using your arms to lower your body, avoid just lowering your bottom to the ground.
4. Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.

Recommended sets/ reps: 1 to 2 sets/ 8 to 10 reps



ABDOMINALS

High Plank (Muscle groups worked: core, chest, upper back, lower back, shoulder)

1. Start resting on all fours. With your palms flat, raise up off your knees onto your toes. Keep your hands directly below your shoulders.
 - You can modify this to make it less strenuous by dropping to your knees and holding this position.
2. Contract your core muscles to keep yourself up and prevent your bottom from sticking up. Remember to keep your belly button pulled in.
3. With your head and spine in line, keep your back flat — don't let it curve. Picture your body as a long, straight board.
4. Hold this position for as long as possible, with proper form.

Recommended sets/ reps: 1 to 2 sets/ Until fatigue

LEGS – CALVES

Straight Knee Calf Raises (Muscle groups worked: calves)

1. Start with both feet on the ground near a wall or bench to hold onto.
2. Lift your heel up onto your toes as high as you can. Ensure that you're keeping your weight over all toes evenly and your knees are straight.
3. SLOWLY lower back down to the ground.

Recommended sets/ reps: 2 to 3 sets/ 10 reps

LEGS – HAMSTRINGS

Standing Hamstring Curl (Muscle groups worked: hamstrings)

1. Stand with your feet hip-width apart. Place your hands on your waist or on a chair for balance. Shift your weight onto your left leg.
2. Slowly bend your right knee, bringing your heel toward your bottom. Keep your thighs parallel.
3. Slowly lower your right foot.
4. Repeat with your left leg.

Recommended sets/ reps: 2 to 3 sets/ 12 to 15 reps

LEGS – QUADRICEPS

Genie Sit (Muscle groups worked: quadricep, core, lower back)

1. Kneel on a mat or rolled-up towel with your feet together and your knees slightly apart. Cross your arms over chest, imagining you are the genie from Aladdin.
2. Keep your core muscles tight and your back straight as you lean backward. Pause. This should be a very small movement back, if you feel strain on your back, you have leaned too far backward.
3. Lean forward to return to your starting position.

Recommended sets/reps: 2 sets/10 reps

LEGS – GLUTES

Lateral Leg Lift (Muscle groups worked: glutes, core)

1. Lie down on your right side on a mat or the floor. Your body should be in a straight line with your legs extended and feet stacked on top of each other.
2. Place your right arm straight on the floor under your head or bend your elbow and cradle your head for support. Place your left hand out front for extra support or let it rest on your leg or hip.
3. As you exhale, gently raise your left leg off the lower leg, flexing your heel. Stop raising your leg when you feel the muscles flex in your lower back or obliques. You should feel a tight sensation in your glute area.
4. Inhale and lower your leg back down to meet the right leg. Stack your feet again.

Recommended sets/reps: 2 sets/20 reps per leg

Be sure to save or print the accompanying document for quick reference while exercising!

And remember, as you reach each mile marker on your journey to optimal wellbeing, take a moment to truly celebrate your tremendous achievement. We are so excited for your continued success and look forward to you joining us in the next chapter in our program! Until next time, keep up the great work!

