

**Column A**

**Column B**

**Kneeling Wall Clock (each position)**

**1:00**

**2:00**

On knees up against a wall, arms straight overhead in the 12 o'clock position with thumbs pointing away from wall, repeat with arms at 10 & 2 and again at 9 & 3.



12 o'clock position



10 and 2 o'clock position



3 and 9 o'clock position

**Supine Wall (each side)**

**2:00**

**5:00**

Laying on back in a doorway with left leg going straight up the wall and the right straight and on the floor, keep both thighs tight and pull toes back.



Repeat last 2 exercises for a total of 2x

**Air Bench**

**1:00**

**2:00**

Standing with back flat against a wall, keep knees and feet at hip-width while lowering yourself to a sitting position. Thighs should be slightly above parallel with the floor, and knees should not extend past your ankles. Keeping weight in heels, press lower back against the wall and hold.



Repeat entire TOTAL BODY RANGE OF MOTION Routine for a total of: 1x 2x 3x

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**Column A**

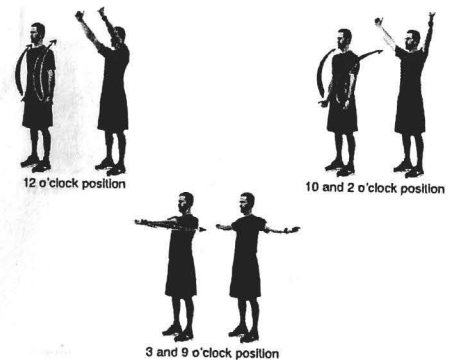
**Column B**

**Standing Active Clock** (each position)

20x

40x

Stand with feet at hip-width and arms hanging relaxed at your sides, thumbs pointing forward. Raise both arms straight above your head to the 12 o'clock position. Lower arms and repeat in the 10-2 and 9-3 o'clock positions. In the 9-3 position, start with arms straight together in front of you and pinch shoulder blades together as you bring arms back.



**Static Lunge**

10x

15x

Stand with hands by sides. Step forward so that the right leg is out in front and left leg back behind you. Bend both knees allowing the left leg to drop towards the floor without letting you knee extend past your ankle. Straighten back up and repeat with the right leg.



**Spread Foot Glides**

20x

30x

Stand with legs spread as wide as is comfortable, toes pointing forward, thighs tight, and back flat. Bend knees and bend forward at the waist resting hands on the floor (or a bench) and alternate bending one leg while straightening the other. Glide side to side at the same height while keeping weight in the middle.



**Rollercoasters (kneeling | standing)**

10x

10x

Start on hands and knees, with palms flat on the floor, comfortably wider than shoulders. Straighten legs, raise hips, and lower heels toward floor. Bend arms and bring your face close to the floor while lowering hips. Straighten arms and look upward. Return to the original position and repeat.

**KNEELING ROLLERCOASTERS**



**STANDING ROLLERCOASTERS**



Repeat last 4 exercises for a total of 2x

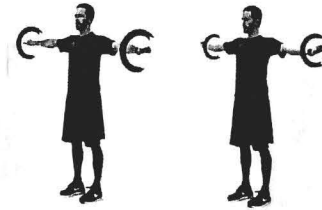
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Column A      Column B

**Arm Circles** (each direction)

50x      75x

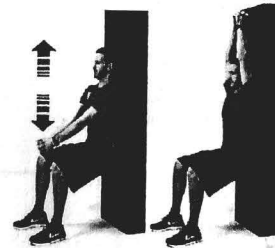
Stand with feet at hip-width and toes pointing forward. Stretch arms straight out from shoulders, parallel to the floor with shoulder blades pinched together. With thumbs pointing forward and palms down, make 12-inch forward circles with arms. Point thumbs backwards, turn palms up, and make backward circles.



**Air Bench Pullovers**

20x      30x

Stand with back against a wall, knees and ankles at hip width. Lower yourself into a sitting position against the wall so that are slightly above parallel with the floor. Keeping weight in heels lightly press lower back into the wall. Knees should not go in front of ankles. Extend arms above head and interlace fingers so that palms face you; keeping arms straight, lower them to legs and then raise them back above head; repeat back and forth.



**Active Shoulder Bridge**

20x      30x

Lie on back with knees bent and feet flat on the floor at hip-width. Squeeze glutes and lift hips off the floor. Lower hips and repeat.



**Wishbone Kicks**

20x      30x

Lie on back with legs lifted and knees bent to form a 90-degree angle (or on the ground.) With knees together and feet wide apart, kick the right leg up above you. Lower and repeat with the left leg.)



**Frog**

1:00      2:00

Lie on back with soles of feet together and knees spread apart. Relax and let knees fall towards the floor. Hold.



Repeat last 4 exercises for a total of 2x

**Cats & Dogs**

10x      10x

On hands and knees, with hands under shoulders and knees under hips, arch back up as high as you can and drop chin toward your chest. Raise head up and back, and arch lower back downwards. Repeat.



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**Column A                      Column B**

**Static Lunge**

**10x                                  20x**

Stand with hands down by sides. Step forward so that the right leg is out in front and left leg back behind you. Bend both knees allowing the left leg to drop towards the floor without letting you knee extend past your ankle. Straighten back up and repeat with the right leg.



**Kneeling Groin**

**1:00                                  1:30**

Kneel on left knee with right foot out in front and right knee bent at 90 degrees. Keeping shoulders over hips, make sure the right knee does not bend past your ankle. Squeeze right glute and hold. Switch legs and repeat.



**Repeat last 2 exercises for a total of 2x**

**Hero Leans**

**10x                                  15x**

Kneel with knees and feet at hip width and arms by sides, fingers pointing down. Keeping stomach and back tight and straight, lean back as far as is comfortable. Do not arch back. Return to kneeling position and repeat.



**Downward Dog**

**1:00                                  1:30**

Starting on hands and knees, curl toes under feet and straighten legs. Press heels against floor and hold.



**Gravity Drop**

**2:00                                  3:30**

Stand with balls of feet on the edge of a step, feet directly under hips, and toes pointing forward. Keeping body in a straight line, shift weight back so that heels drop below the edge of the step. Hold lightly to stair rail for balance.



**Repeat last 3 exercises for a total of 2x**

**Doorknob Squat**

**1:00                                  1:30**

Open a door and take hold of both knobs, one with each hand. Place one foot on each side of the door, hip-width apart and toes pointing forward. Straighten arms while lowering hips until thighs are parallel with the floor. Keep weight in the heels and the lower back arched. Hold.



**Repeat entire LOWER BODY RANGE OF MOTION Routine for a total of:    1x                      2x                      3x**

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**Column A**

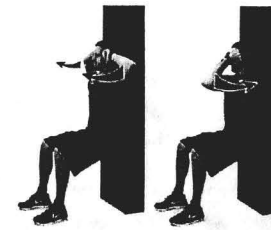
**Column B**

**Air Bench Elbow Curls**

20x

40x

Standing with back flat against a wall, keep knees and feet at hip-width while lowering yourself to a sitting position. Thighs should be slightly above parallel with the floor, and knees should not extend past your ankles. Keeping weight in heels, press lower back against the wall and hold. Place knuckles on temples with thumbs pointing down. Spread elbows wide apart, pinching shoulder blades together, then bring elbows back together. Repeat.

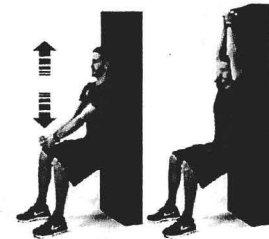


**Air Bench Pullovers**

20x

40x

Stand with back against a wall, knees and ankles at hip width. Lower yourself into a sitting position against the wall so that are slightly above parallel with the floor. Keeping weight in heels lightly press lower back into the wall. Knees should not go in front of ankles. Extend arms above head and interlace fingers so that palms face you; keeping arms straight, lower them to legs and then raise them back above head; repeat back and forth.



**Full Wide Squats**

20x

40x

Stand with feet wider than hips and toes pointing forward. With hands behind head and shoulder blades pinched together, squat down as low as is comfortable without lifting heels off the floor.



**Active Cobra**

40x

60x

Lie on stomach with forehead resting on hands and knees bent. Spread knees wide enough to press soles of feet flat together. Press, release, and repeat.



**Spread Foot Glides**

20x

40x

Stand with legs spread as wide as is comfortable, toes pointing forward, thighs tight, and back flat. Bend forward at the waist resting hands on the floor (or a bench) and alternate bending one leg while straightening the other. Glide side to side at the same height while keeping weight in the middle.



**Hero Squats**

20x

40x

Kneel with knees and feet at hip width and arms by sides. Lower hips toward feet as far as is comfortable, keeping shoulders over hips. Return to kneeling position and repeat.



**Repeat last 6 exercises for a total of 2x**

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