

Corrective Exercise (Beginners & Intermediate- Upper Back (Week 2))

Warm-up:

Marches, hip circles, arm circles, leg swings (2 sets of :30 ea)

Beginners

1. Foam Roll Thoracic Extensions (foam across back) 1-2 sets of (:30-1:00) daily
2. Windmills 1-2 sets of (:30-1:00) ea. Side daily
 - a. Importance for health of upper back
 - b. Range of motion enhancement
3. Cat/Cow Exercise (:30-1:00) or 10 reps daily (or depending on tightness)
 - a. Thoracic (upper back) importance in movement of shoulder blades
 - b. Less stress carried through arms and shoulders with proper thoracic mobility
4. Foam Roll upper back/ lats (tissue release of adhesions) 1-2 sets of :30-1:00 daily
5. Supermans- 1-2 sets of 10-15 reps or :30

Check list (check off ea. Day exercises are completed):

Monday [] Tuesday [] Wednesday [] Thursday [] Friday [] Saturday [] Sunday []

Intermediate

* Perform all exercises above for 3 sets daily if not improving as needed

Strength Circuit Exercises (Beginners & Intermediate)- week 2

Warm-up

High knee marches, hip circles, arm circles, leg swings (2 sets of :30 ea)

Beginners

4. Band or Dumbbell Row- 1-2 sets of 12-15 reps or :30
Progression- lying on a bench face down then split stance (add weight slowly)
* Perform 1-2 sets of cobras if you are beginner until you are able to feel lats working
5. Pull-downs or Pull-aparts- 1-2 sets of 12-15 reps or :30
 - a. Necessary for upper back development and posture
 - b. Rotator Cuff tear prevention

Corrective Exercises (mix in with set of strength exercises)-

- A. Foam Roll Extensions- 1-2 sets of :30-1:00
- B. Cat/Cow- 1-2 sets of 10-15 reps or :30
- C. Overhead Stick Stretch- 1-2 sets or :30 ea. way
- D. Side-lying or band External Rotations- 1-2 sets of 15 reps or :30 ea.
6. High Knee Toe Taps- 1-2 sets of :30-1:00

Perform this circuit for at least 2-3 times this week if beginner

Check list (check off ea. Day exercises are completed):

Monday [] Tuesday [] Wednesday [] Thursday [] Friday [] Saturday [] Sunday []

Keep Heart rate up 2-3 times during week at 80% of max for 30 minutes (208- .7x age= HR max)

Intermediate * Perform all above exercises 2-3 sets 2-3 times per week with minimal rest