

Starter Strength Exercise (Beginners & Intermediate)- Week 1, Video 3

Beginners (Check off boxes when exercise is completed)

Warm-up- Light march, hip circles, leg swings, arm circles, arm rotators(:30 ea. For 2 sets) []

1. **Push-ups** (you can use bench or bed also) 1-2 sets of 5-10 reps or (:15-:30 hold) 2-3 times weekly
 - a. Do slow-lowering plank push-up (drive back up off knees if you have to)
 - b. Perform a plank for :15-:30 if push-up is difficult to maintain posture
2. **Cobras** (squeeze arms to side) 1 set of (:30 or 10 reps) 2-3 times/week
3. **High Knee March** (1-2 sets of :30-1:00) * do 2-3 minutes for more advanced (add a sprint for more advanced also) 2-3 times/week

Check off Boxes ea. Day completed:

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

*Every exercise 1-2 sets for 2-3 times per week

*Add in 20 minutes of walking or your level of cardiovascular activity at least 1-2 times this week (65-70% of heart rate max)- Test yourself. If it begins to be hard to sing or carry conversation while exercising then you are at least 70%

To Find Heart Rate Max= $208 - .7 \times \text{age}$

Ex: $208 - .7(30 \text{ years old}) = 187 \text{ max}$ (131 is 70% of 187)

Get a heart rate monitor to make things easier

Intermediate

* Perform all exercises above 3 times per week and up to 3 sets of 1:00 each

Regeneration: Shoulder Corrective Exercises (Video #2, Week 1)

Perform these stretches daily (if not 3 times/week depending on tightness)

Strength-

- * 1. Side-lying External Rotations (2-3 sets of 15)
 - or
 - ea.)
- * Standing Band External Rotations (2-3 sets of 15)
Roll

Stretch-

- * 4. Overhead Stick Stretch (3 sets of :30 ea way/1:00 ea arm)
- * 5. Overhead Pec Stretch (3 sets of 1:00)

Release-

- * 2. Sleeper Stretch (3 sets of :30-1:00)
- * 3. Posterior shoulder Release/Foam Roll
 - 3 sets of :30-1:00

Check off list: ALL ABOVE 5 EXERCISES (place a check after each day completed) DO everyday regardless of strength/movement exercises

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