

	A	B	C	D
1	Exercise Group	Exercise	Specific Steps (If needed)	Notes
2	1. Walk / Bands	A1: Walk - forward and backwards		arms and legs in opposition
3		A2: Bands - shoulder pull through		Elbows almost straight
4		B1: Walk - sideways	1. Legs fairly straight	Posture is important in all of these
5			2. Legs in Tires	
6			3. Side-jack	
7			B2: Bands - tuck elbows in, out to side and back	
8		C1: Walk - Grapevine		trailing leg alternates in front and behind
9		C2: Bands – Swing baseball bat	1. Right Side	Use core only, upper arm palm up
10			2. Left Side	
11		2. Emulate Deep Water - Wear Flotation Belt if Needed - Goal is inflatable vest, snorkel, or deep water	A: Military March	
12	B. Cross Country Ski			Move one leg forward and back, alternate
13	C. T-A's like side jack motion, but in opposition			

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14	3. Windmill - Head glued to torso, arms always at 180°	Turn 90°, turn neck only, return neck, back to neutral, repeat on other side		Start with knees fairly straight, can bend knees more as become stronger
15	4. Noodle	A: Under knee, push left leg down leg at 80°		
16		B: Step through and back – only if possible		
17		C: Under foot, at 90°, stomp grapes		
18		Repeat right leg		
19	5. Noodle or barbell for plank extensions	A: Exhale, put arms at 45°		
20		B: Inhale, bring arms in, kick		
21		C: Alternate		
22	6. Plié: Feet at 45°, use hips to perform	A. Lower hips, knee over big toe		
23		B. Raise hips	Squeeze hips together	
24		C. Advanced - Hold bar/noodle overhead		

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25	7. Tai Chi/Ballet	A1: arms at side parallel to surface, palms forward	Wave parallel to surface	Fluid motion
26			Make fists with arms out to side	Can also play piano trills
27			Wave down at side	fluid, avoid shrugging of shoulders
28		A2: face wall (2 feet away)	left leg with kicking motion to side, stretch hamstring, leg back down	Ideally left leg stays suspended, does not touch bottom
29			Repeat other leg	
30		B1: Circle the Ball	4 times one direction, reverse	
31		B2: face wall (at bar)	Bring left leg back, hold, then squeeze legs together	
32			Bring right leg back, etc.	
33		C1: Rotate ball in front	4 times one direction, reverse	
34		C2: Right side at wall	Left leg to side, hold, then squeeze legs together	
35		Right leg to side, repeat		

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36	8. Work with platform	A: Warrior 2 position (lunge), left leg forward	Hold ten seconds, slowly turn neck if possible	Ideally stretch psoas
37			Work on toes	Scrunch towel, alternate raising big toe / other toes
38			Use hands to help stand up, go back down to lunge	As get stronger, keep hands above water
39			Right leg forward, repeat	
40		B: Stand on platform, feet aligned with long side	Left foot down, bring back up	Use hips to help knees
41			Right foot down, bring back up	
42			Repeat	
43		C: Stand on platform, feet aligned with short side	Left foot down, bring back up	Use both feet to push, if too hard avoid
44			Right foot down, bring back up	
45			Repeat	

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46	9. Shoulder / Lana Turner	A: Tuck elbows at side, arms in opposition, hands facing upward	1. Alternate up and down at sides	For biceps/triceps
47			2. Alternate up down cross-your-heart	Also for biceps/triceps
48			3. Alternate parallel to surface (shoulder therapy)	
49			4. Lana Turner twist, start like Hawaiiin hula, then more twist and trail arms	Start slowly with some twist, once you have form and no pain try to increase twist and amount of trailing.
50			5. Go back down (3, 2, 1)	For 1, can place palms downward to emulate crawl stroke
51	10. Swim / Exercise for heart-rate and stretching (Work with teacher to get best set and heart rate targets)	Swim at interval (i.e. 50 yards) or exercise from number 2 that elevates heartrate to 100 (=110 on land)	Between each interval choose a stretch or exercise as heartrate returns to normal.	One set would be yoga warrior poses while doing windmill with arm, see below
52				1. Warrior 1 (chair), elbows at sides wave hands left and right
53				2. Warrior 2 (lunge), same arm movement as 1, then switch legs.
54				3. Warrior 3 (side-pose), arms out at sides, palms forward, 45° windmill