



Notes :

Hey Connie! Here are those exercises we went through with you all the other night. Let us know of any questions you may have with these exercises. We really enjoyed our time with you and your group and hope you all enjoy this strength plan!

Thank you!

1 90/90



Sets: 2 Hold: 30 sec

Sit down on the floor on the side of your leg and your weight centered.

Slowly move your torso forward to stretch the front hip in external rotation.

Hold the position when you feel a comfortable stretch.



2 The good morning



Sets: 2 Reps: 10

Start with your feet shoulder-width apart and arms across your chest.

Push your butt behind you, hinging at the hips, keeping your chest up and back straight.

Your knees should be slightly bent and your weight should be fully on your heels.

Keep your spine extended and your chest held up high, and pull yourself quickly back up, using your glutes and hamstrings.

Contract your glutes all the way up to the top of the movement.





3 Bodyweight squat



Sets: 2 Reps: 15

Push the hips back and flex the knees to lower the body down until the thighs are parallel to the ground. Keep the back straight, chest out and shoulders back and down. You can balance yourself by raising the arms forward as you lower.



4 Lateral lunges



Sets: 2 Reps: 8 per leg

Take one step sideways and drop into a lateral lunge. Keep your foot in the same place as you change sides. Keep the heel on the ground by pushing the hips back and balancing yourself with the hands. Keep the chest up and toes pointing forward or slightly outward. The knee should be constantly aligned with the foot. Do not round the back or shoulders.



5 Forward lunge



Sets: 2 Reps: 10 each

Stand with both feet hip width apart. Lunge forward, making sure you land with the heel and your knee stays over the foot, with your knee cap in line with the 2nd toe. Move straight down, creating a 90 degree angle at both knees and at the hip. Push through the heel and return to the standing position. Repeat with the other leg if indicated.





6 Thread the needle



Sets: 2 Reps: 10 each arm

Start in a four point position with your hands directly under the shoulders and the knees under the hips.

Keep your chin in, back straight and shoulders back.

With one arm reach under the other as far as possible rotating and rounding your upper back.

Bring your arm back and reach back in the opposite direction as far as possible.

Keep your elbow bent to 90 degrees and look at your moving hand at all times.

Repeat with the other arm if indicated.

7 Hindu push-ups

Sets: 2 Reps: 10

Start on your hands and feet in a push-up stance and push your hips back and up, keeping your legs and arms straight.

Next, move your head toward the ground and forward then drop your hips and extend the arms to arch the lower back.

Return to the starting position and repeat.

8 Clamshell

Sets: 2 Reps: 10 per leg

Lie on your side with your knees bent and head supported.

A band should be placed around your knees.

Lift your upper knee without moving your pelvis or lifting the foot. Lower your knee and repeat.

Breathe normally during this exercise.



9 Monster walk



Sets: 2 Reps: 10 steps each leg

Place a band just above the ankles and stand in an athletic stance with tension on the band.

Step forward, always maintaining tension on the band.

Return going backwards.



10 Sidestep with band



Sets: 2 Reps: 10 steps each leg

Start in a squat position with a band around your ankles.

Keeping the band taut at all times, step to the side.

Push the knees out while taking the steps so they don't cave in.

Each step is about 50% of the starting position stance.



11 Bridge with mini band

Sets: 2 Reps: 15

Lie on your back with your knees bent and feet hip-width apart parallel. Place an elastic around your lower thighs.

Push through your heels without lifting the toes to lift your pelvis up so your body forms a straight line from your shoulders to your knees.

At the top, keep your abs and buttocks engaged then lower slowly.

Your knees should stay aligned with your toes through the movement.





12 Band pull apart palms up



Sets: 2 Reps: 10

Stand straight with your arms extended in front of you at shoulder height and hold a band in both hands-palms up. Pull your arms apart to the sides. Return to the center and repeat the exercise, keeping your palms up at all times.

13 Hip abduction with band



Sets: 2 Reps: 10 each leg

Begin in side lying with a band around your knees.

Your knees should be straight and your legs should be slightly behind your body (slight extension).

Lift the top leg to abduct the hip, making sure you start the movement with the band already taut.

Do not move your leg forward as you lift and do not rotate your foot up.

Lower and repeat.

14 Biceps curl with band



Sets: 2 Reps: 10

Step on the band with both feet, wrap the band around both hands with your palms facing upward and curl the band all the way up.

Do not move your upper arm.

Keep your shoulders back as you lift.



15 Press with band



Sets: 2 Reps: 10

Sit up nice and tall in your chair with your back away from the backrest.

Wrap the band behind your back and bring it up under your armpits.

Grasp the band so your hands sit at chest level.

Activate your core.

Use your chest muscles to push your hands forward against the resistance of the band, straightening your arms until your elbows are almost straight.

Do not go so far that your upper back rounds.

Pause, slowly return to the start position, and repeat.

16 Curl and press with band

Sets: 2 Reps: 10

Step on the center of the band.

Curl the handles toward your shoulders and then press them overhead while keeping your back straight.

Reverse the steps and repeat.





17 Good morning with band



Sets: 2 Reps: 10

Step on the band with both feet and loop it over your shoulders. Push your hips back to bend your trunk forward. Keep your lower back straight at all time during the exercise.



18 Single leg heel tap



Sets: 2 Reps: 10 each side

Lie on your back with the hips and knees at 90 degrees. Keep your lower back flat on the floor and pull your navel slightly in.

Lower one leg at the time to tap your heel on the floor, then lift your heel back up without losing the abdominal contraction (you can put your fingers on each side just inside the bony tip in front of your hips to monitor the contraction).

Repeat with the other leg.



19 Glute bridge with ball squeeze



Sets: 2 Reps: 10

Lay down on your back with your knees bent and a ball or pillow between them.

Squeeze the glutes and contract the abdominals to lift the hips off the ground. As you lift, squeeze the ball between the legs.

Hold for a few seconds on top, then release as you lower.





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20 Plank with opposite shoulder tap

Sets: 2 Reps: 10 each side



Position yourself in a plank position on your hands (push-up position) with feet shoulder width apart.

Keep your abdominals braced and tap the opposite shoulder with the hand.

Make sure your hips and trunk don't shift to one side as you tap. Your trunk should remain still.

21 Bird dog

Sets: 2 Reps: 10 each side



Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.

Your back is in a neutral position (slightly arched) and your chin must be tucked in.

Tighten slightly your abdominals, lumbar muscles and pelvic floor muscles then lift one arm and the opposite leg without allowing the trunk or pelvis to move or rotate.

Try to grab something far away in front of you with your hand and touch an imaginary wall far behind you with your foot instead of just lifting them up.

Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.



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22 Dead bug



Sets: 2 Reps: 10

Lie on your back and place both knees and hips bent to 90 degrees and both arms pointed towards the ceiling.

Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of a maximal contraction.

Maintain a steady abdominal breathing while you lower one leg straight and lower the opposite arm over the head.

Just before you touch the ground return the leg and arm to the starting position and repeat with the other leg and opposite arm.