






























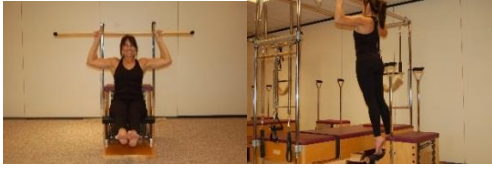


| Exercise | Photo | Description | Springs / apparatus |
|----------------------------------|---|---|--------------------------|
| Fundamentals | | | |
| Neutral Series |  | Supine in neutral with feet pressing down FB, alternate leg lifts without moving pelvis or FB | 2W 1 split FB |
| 4 Point Multifidus |  | 4 point kneeling with hands on split rail FB, first alternate lifting arms then add opposite leg. | 2B 1 Split FB |
| Kneeling press to knee hover |  | 4 point kneeling with knees close to post tilt pelvis, press FB to platform then hover knees | 2B1-2 |
| Seated Lateral flexion |  | Seated in cross leg or mermaid, press FB | 1B1-2 |
| Functional | | | |
| Squat to Box / GUGD / wide squat |  | Graduated deep squat | Chair seat, High FB, Box |
| FW to balance |  | After pressing down in FW, stand in balance, Gondola Pole | 2B3 |
| Single leg on Box |  | Full press stand on single leg | Box |
| Reverse lunge |  | Reverse lunge with foot on FB or box | Box or Chair |
| Push -up |  | Push up feet on floor or Box | Box and Chair |
| | | Push up hands on BOSU (blue side down) | Split FB 2B2 |

| Chair you already know | Photo | Description | Springs / apparatus |
|---|---|--|--|
| Pike Series |  | Pike in 8 positions | 2B3 or 4 |
| Lunge off top curtsey / inner thigh Kneeling Inner Thigh |  | Inner thigh with wide leg placement Kneeling on Box | 2B4 Split or Dowel in Variable spring |
| Swan on box |  | Body on box/ hands on FB | 2B1 |
| Hamstring curls |  | Hamstring in ext and int rotation, add bridging | 2B1 |
| Lateral flexion on box 2 ways |  | Mermaid; press with low side Lying on box; lift with high side | 2B1 1B3 |
| Bands -Tied on FB | | | |
| Hip Ext |  | Hip ext with band, can use handles as well Hook on ankle or use cuffs | NA |
| Hamstring Curl |  | Hook heel in band, or use cuffs | NA |
| Abduction |  | Stand on FB, around ankle or cuffs | NA |
| Abduction |  | Stand beside chair | 2B4 |
| Pike with Hip Ext |  | Hook band on heel or use cuffs | 2B3 or 4 |

| Band Looped | | Description | Springs / apparatus |
|------------------------------|---|--|---|
| Hi row |  | Loop band on FB | 2B4 |
| Low Row |  | Loop band on FB | 2B4 |
| Back rowing |  | Loop band on FB | 2B4 |
| ½ Roll with Band |  | Loop band on FB | 2B4 |
| Band Looped and secured | | | |
| Lateral raise |  | Tie band like a scarf | NA |
| Stand on seat add press down |  | Tie band like a scarf | 2B4 or 3 |
| Choreo combos | | | |
| ½ roll to LOT |  | Deep squat ½ roll Standing press Pike Mountain climber | 2B3 |
| Side leg press to stand |  | Side press Side leg lift Single leg pike | Split or Dowel in FB With or without handles |
| Mermaid GU to plank |  | Side bend to press FB Side get up Full plank Other side | 1B2 |

| | | | | |
|-----------------------------------|---|--|---|---------------------|
| Swan on Box to Swim |  | | Swan Swim Leg ext | 2B1 Split |
| Tendon Stretch to Tricep press |  | | Tendon Stretch Triceps press Knee bend | 2B3 |
| Kneeling press to plank and cross |  | | Kneeling press Hover knees Full plank Cross over | 2B2 |
| Extra Fun | | | Description | Springs / apparatus |
| Pull up |  | | Seated on chair, Gondola Pole Feet on chair, Trapeze Table | 2B4 |



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