

Sets	Target	Pos.	Wt.	Reps	Exercise	Description -- All exercises slow and smooth in both directions.	
<b>12</b>	<b>A. General Back, Shoulder &amp; Neck Exercises for Many Occasions -- One Time Around</b>						
1	Back/Abs	Supine	0	40	<a href="#">Bicycle</a> <sup>0</sup>	★ Hands on or near floor, just over head, bring one knee up, other leg straight and off the floor; BF. Switch. Each leg is one rep.	
1	Back/Abs	Supine	0	30 s.	<a href="#">Back Flat</a> <sup>0</sup>	★ Knees up, press lower back to floor and hold, RD.	
1	Back/Abs	Supine	0	30 s.	<a href="#">Back Stretch</a> <sup>0</sup>	★ Clasp knees to chest with hands, relax otherwise, hold.	
1	Back/Abs	Supine	0	30	<a href="#">Anemone</a> <sup>1</sup>	Both arms & legs up; (a) One side down & up (one rep), then other; (b) opposite arm & leg, then other; RD.	
1	Back/Abs	Supine	0	30	<a href="#">Bridge - Marching</a> <sup>1</sup>	Feet flat, RD, tighten lower abs, squeeze buttocks, then raise butt off mat & hold straight. Lift one knee, then other, slow! Each leg is one rep.	
1	Neck	Supine	0	15	<a href="#">Chin Tuck</a> <sup>1</sup>	Tuck chin down, roll head up slightly & return. (Supersedes Head Raise.)	
1	Neck/ Shoulder	Prone	2 x (0-3)	15	<a href="#">Shoulder Extension</a> <sup>1</sup>	Support forehead, arms straight at sides, palms facing body, relax legs & abs. Squeeze shoulder blades together & down; lift hands & hold 3-5 sec.	
1	Neck/ Shoulder	Prone	2 x (0-3)	15	<a href="#">Horizontal Abduction</a> <sup>1</sup>	Support forehead, relax legs & abs. Draw shoulders toward back and feet; lift hands to sides, forming a T, thumbs up & hold 3-5 sec.	
1	Back/Abs /Balance	Stand	0	2 x 30 s.	<a href="#">Back Stability</a> <sup>1</sup>	Tighten buttocks and abs to hold spine stable, RD. Lift one knee & hold, without allowing spine to move or weight to shift excessively; other leg.	
1	Balance	Stand	0	2x20	<a href="#">Heel &amp; Toe</a>	Place heel in front of and touching toe. Tip: focus eyes ahead, above waist.	
0	Shoulder	Stand	0	30 s.	<a href="#">DoorStretch</a>	Elbows on door, arms up in L, step & lean in; hold.	
0	Mid-back	Stand	0	3	<a href="#">Twister</a> <sup>3</sup>	Arms out straight to side, feet apart, rotate each way. In pain: Open Book.	
1	Neck/ Shoulder	Stand at wall	band & roller	15	<a href="#">Serratus Slide with Roller</a> <sup>1</sup>	Small band with tension on wrists, supporting horizontal foam roller on wall. Round shoulders forward & extend arms to roll up the wall; return.	
1	Neck/ Shoulder	Stand at wall	0	15	<a href="#">Y-Lift</a> <sup>1</sup>	Facing wall, slide arms up, thumbs up. Lift arms up & hold 3 sec. Keep arms straight; do not arch back; keep neck neutral.	
<b>12</b>	<b>B. General Exercises -- One (Half Boat) or Two (Full Boat) Times Around</b>						
0	Shoulder	Kneel	0	2x10	<a href="#">Trunk Stability</a>	Omitted since 2022.	
2	Abs+	Prone	0	15	<a href="#">Modified/Full Plank Plus</a> <sup>1,7</sup>	★ Forearms parallel to body; knees or toes on floor; peak OK, but no sag; RHU & HST. Lower & raise torso from shoulders, hold 3 sec at top.	
0	Quads	Stand	0	30 s.	<a href="#">Wall Sit</a> <sup>7</sup>	Keep knees over heels and hold. (Stopped, too hard on the knees.)	
4	Abs+	Side	0	2x30s.	<a href="#">Side Plank</a> <sup>7</sup>	Feet apart, on floor, for stability. Both sides.	
2	Neck/Lat Shoulder	Stand	dble band	15	<a href="#">Shoulder Front Adduct</a> <sup>1</sup>	★ Band on overhead bar; both arms up to front. Keep elbows ~straight, pull hand down to side; return. (Supersedes straight arm rows.)	
4	Neck/Lat Shoulder	Stand	travel band	2x15	<a href="#">Shoulder Side Adduction</a> <sup>1</sup>	★ Band on overhead bar, one grip at chest; arm up to side & band under tension. Relax upper trap, elbow ~straight, pull hand down to side; return.	
<b>20</b>	<b>C. Exercises with Tubing around Pole -- One (Half) or Two (Full) Times Around</b>						
2	Neck	Stand	dble band	15	<a href="#">Bent Arm Row</a> <sup>1</sup>	★ High attach; pull elbows and shoulder blades back, keep elbows 90 degrees, hold 3 sec, return slowly.	
4	Core	Stand	dble band	2x15	<a href="#">Torso Rotation</a>	High attach, 90° to pole, handles high on chest. Stand wide, angle toes, lean away from pole. Rotate away from pole & return. Both sides.	
4	Shoulder	Stand	dble band	2x15	<a href="#">Arm Across</a> <sup>1</sup>	★ 90° from pole, band around pole, both handles in hand nearer pole, towel under arm, keep 90° elbow. Bring forearm across body, torso stable, SD.	Both, then switch arm. Foot same distance from pole.
4	Shoulder	Stand	band	2x15	<a href="#">Arm Away</a> <sup>1</sup>	★ Towel under same arm, one grip each hand; rotate body 180°. Hold grip nearer pole steady; elbow 90°, pull far forearm away from body and pole, torso stable, SD/SB.	
2	Strength	Stand	dble band	10	<a href="#">Fly</a>	Back to pole, side-extended arms under tension. SD, RHU, arms nearly straight, bring handles together in front of chest and return.	
2	Strength	Stand	dble band	10	<a href="#">Deltoid</a>	Rotate 180° from fly to face pole. SD, RHU, palms facing or down, arms forward and nearly straight, pull both handles to outside.	
2	Neck: stand/sup.	band	15		<a href="#">Chest Pull</a> <sup>1</sup>	★ SD, RD & RHU first; stretch band across chest; hold 3 sec, release slowly.	

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<b>20</b>	<b>D. Exercises with Flat Bands -- One (Half) or Two (Full) Times Each (comfortable order)</b>						
2	Ankle	Sit	short band	15	<a href="#">Ankle Eversion<sup>1</sup></a>	★ Band around balls of feet, block betw heels, knees 90°; hands hold knees over feet. Turn feet out, preferably hold 3 sec before return.	
2	Hip	Sit	short band	15	<a href="#">Hip Abduction</a>	Band around both legs, just below knees, knees 90°. Feet just off floor, move knees apart and return.	
2	Hip	Sit	band pair	15	<a href="#">Hip Adduction</a>	Place chair at hip adduction bars and sit. Place 13-inch band(s) around each leg, just below knee, with pad. Loop outside of each band around a bar. Use hands to hold steady. Pull knees slowly together and return.	
Set up for next two exercises: hang <b>black band</b> over overhead bar & attach a handle to both loops; repeat.							
4	Strength	Sit	pair dble bands	2x10	<a href="#">Lat Pulldown</a>	Sit on step stool or floor, keep body still, lean back some, pull to collar bone, ribs down; release slowly. Grip a-b-c-a by sets: (a) palms away, (b) facing & (c) in.	Mix across D
2	Strength	Stand	dble bands	15	<a href="#">Assisted Dip</a>	Stand on step stool or floor, press handles down to full extension, HST; release slowly.	
Set up for next two exercises: loop-attach band utility strap to pole below knee height; loop-attach <b>purple band</b> to strap.							
4	Glutes+	Sit	band	2x10	<a href="#">Leg Curl</a>	Sit on chair facing pole. Loop free end of purple band around a heel under light tension. Bend knee to 90° against the tension of the band, toes up to avoid band sliding; release slowly. 10 each leg.	
4	Glutes+	Stand	band	2x10	<a href="#">Kick (Rev Leg Curl)</a>	Back to pole; grip chair/bar for stability. Step into band, pad between band & shin, knee bent. Keep upper leg vertical, bring foot down & return slowly. 10 each leg.	
<b>24</b>	<b>E. Exercises with Dumbbells: slow, smooth, stop between reps -- One or Two Times</b>						
2	Strength	Sit	2x22 <sup>2</sup>	10	<a href="#">Shoulder Press</a>	Elevate bench to 45° or occasionally 60°. Start with heavier weights at shoulders. Slowly press up and return.	
2	Elbow	Sit	2x15 <sup>2</sup>	15	<a href="#">Wrist Curl<sup>1</sup></a>	★ Forearms along thighs, palms forward & up, lower & raise weights.	
2	Elbow	Sit	2x15 <sup>2</sup>	10	<a href="#">Rev W Curl<sup>1</sup></a>	★ Slide pinky to end of handle; repeat with palms down.	
4	Abs+	Side	15	2x10	<a href="#">Squat<sup>1,7</sup></a>	Feet shoulder width, weight vertical on chest, body on heels, down to 90° bend, HST. Rise up & put shoulders back.	10 squats, 15 TRs, 15 shrugs, 10 squats
0	Calf	Stand	2x15 <sup>2</sup>	15	<a href="#">Toe Raise</a>	(as needed)	
2	Neck	Stand	2x15 <sup>2</sup>	15	<a href="#">Shrug<sup>1</sup></a>	Hands by sides, shrug shoulders slowly & return.	
6	Elbow	Stand	2x15 <sup>2</sup>	3x10	<a href="#">Curl<sup>1</sup></a>	★ Stagger stance. By sets: palms up, facing, and down. To avoid elbow strain, stop before bottom, and stop before all the way up.	
2	Tricep	Kneel	2x15 <sup>2</sup>	15	<a href="#">Swim<sup>1</sup></a>	★ Knee in Z & opposite forearm on bench, back level. Upper arm parallel to side, slowly raise weight from elbow to horizontal & lower. Both sides.	
4	Hip	Stand	15	2x15	<a href="#">Roman Dead Lift (RDL)</a>	Hold bar with one hand, swing other leg back while other hand with weight nearly replaces foot. Then forward, knee up, weight back to side.	
2	Strength	Prone	0	15	<a href="#">Push-Up<sup>7</sup></a>	★ On dumbbells or handles (floor risks wrist injury); differ widths.	
<b>X</b>	<b>Exercises as Needed</b>						
1	Mid-back	Side	0	2x6	<a href="#">Open Book<sup>1</sup></a>	★ Arms/hips/knees at 90°; slide top arm back & rotate over with knees stationary; hold 3 sec & return.	
1	Neck	Stand	0	5	<a href="#">Cervical Rot.<sup>1</sup></a>	Turn head to side, hold 3-5 sec, then return to looking straight ahead.	
1	Shoulder	Kneel	0	2x10	<a href="#">Trunk Stability<sup>1</sup></a>	Hands and knees, extend one hand and opposite foot. Then hand back and knee forward, BF. Repeat, other side.	
2	Calf	Stand	2x15 <sup>4</sup>	15	<a href="#">Toe Raise</a>	(When unable to do swim workouts with pushoffs.)	
<sup>0</sup> Best lower back exercises - they help when it hurts. <sup>1</sup> Exercise from physical therapy or <sup>3</sup> chiropractor.							shaded: less important exercise
<sup>2</sup> Simultaneous with pair of dumb bells. <sup>7</sup> Exercise from 7-Minute Workout (NY Times). ★ Excellent.							
BF= Back Flat. HST= Head Straight on Torso. RD= Ribs Down. RHU= Rotate Hips Under. SD/SB= Shoulders Down/Back.							
<b>88</b>	<b>Total Sets (Full Boat)</b>			<b>50</b>	<b>(Half Boat)</b>		



