

Sets	Target	Position	Weight	Reps	Exercise	Description -- All exercises slow and smooth in both directions.	
9	A. General Back & Shoulder Exercises for Many Occasions -- One Time Around						
1	Back/Abs	Supine	0	40	Bicycle ⁰	Hands on or near floor, just over head, bring one knee up, other leg straight and off the floor. Switch, keeping back pressed to mat. Each leg is one rep.	
1	Back/Abs	Supine	0	30 s.	Back Flat ⁰	Knees up, press lower back to floor and hold.	
1	Back/Abs	Supine	0	30 s.	Back Stretch ⁰	Clasp knees to chest with hands, relax otherwise, hold for entire period. Advanced: roll left-right slightly during exercise.	
1	Neck	Supine	0	10	Head Raise	Slowly lift head and lower, no straining: center-left-right-...	
1	Back/abs	Supine	0	30	Bridge - Marching ¹	Pull ribs down, tighten lower abs, squeeze buttocks, then raise butt off mat. Holding pelvis level, lift one knee, then other, slow! Each leg is one rep.	
1	Back/abs	Supine	0	30	Anemone ¹	Both arms & legs up; a-b-a or b-a-b, by day: (a) One side down & up (one rep), then other; (b) opposite arm & leg, then other. Ribs down.	
1	Back/abs/ balance	Stand	0	2 x 30 s.	Back Stability ¹	Tighten buttocks and abs to hold spine stable. Lift one knee & hold, without allowing spine to move or weight to shift excessively; other leg.	
1	Shoulder	Stand	0	30 s.	Doorway Stretch ¹	Forearms on wall, right angles, step in, hold 30 sec. Other versions no longer used: overhead and/or down at an angle, straight arms.	
1	Mid-back	Stand	0	5	Twister ³	Arms straight out to sides. Twist to right, return, twist left, return. (Not usually necessary when swimming regularly.)	
10	B. General Exercises -- Two Times Around						
2	Shoulder	Kneel	0	2x10	Trunk Stability ¹	Hands and knees, extend one hand and opposite foot. Then hand back and knee forward. Back flat. Repeat, other side.	
2	Abs+	Prone	0	30 s.	Plank ⁷	Forearms parallel to body; peak OK, but no sag. (Marching variation requires very slow lowering to avoid injury.)	
2	Quads	Stand	0	30 s.	Wall Sit ⁷	Keep knees over heels and hold.	
4	Abs+	Side	0	2x30s.	Side Plank ⁷	Feet apart, both on floor, for stability. Both sides.	
22	C. Exercises with Tubing around Post -- Two Times Around						
2	Neck	Stand	double band	15	Bent Arm Row ¹	Pull elbows and shoulder blades back, keep elbows 90 degrees, hold 3 sec, return slowly.	
2	Neck	Stand	double band	15	Straight Arm Row ¹	Pull elbows back, elbows and wrists almost straight, palms back, return slowly.	
4	Strength	Stand	double band	2x15	Torso Rotation	Turn 90° to post and hold handles steady with 90° elbows under some tension just in front of body. Wide stance, angle toes and lean away from post. Rotate away from post, return to center. Both sides.	
4	Shoulder	Stand	double band	2x15	Arm Across ¹	90° from post, band around post, both handles in hand nearer post, towel under arm, keep 90 degree elbow. Bring forearm across body, trunk stable.	Do both, then switch arm. Place foot same distance from pole.
4	Shoulder	Stand	band	2x15	Arm Away ¹	Towel still under arm, move one handle to other hand & rotate body 180°. Both elbows 90°, hold grip nearer pole steady; pull far forearm away from body and pole (but not beyond body), trunk stable.	
2	Neck	Stand	band	15	Chest Pull ¹	Stretch a band across chest, shoulders down; release slowly.	
2	Strength	Stand	double band	10	Fly	Stagger stance, side-extended arms under tension. Arms nearly straight, bring handles together in front of chest and return.	
2	Strength	Stand	double band	10	Deltoid	Rotate 180° from fly to cross handles. Stagger stance, with arms forward and nearly straight, pull both handles to outside.	

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18	D. Exercises with Flat Bands -- Two Times Each (in a comfortable order)						
2	Hip	Sit	2 bands	15	Hip Adduction	Place chair between and in front of hip adduction bars and sit. Place a triple-looped red band around a 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.	Order: 1 6
2	Ankle	Sit	stbl. band	15	Ankle Eversion¹	Band around balls of feet, block betw heels, knees 90°; hands hold knees over feet. Turn feet out, hold 3 sec.	2 4
2	Hip	Sit	stbl. band	15	Hip Abduction	Band around both legs, just below knees, knees 90°. Feet just off floor, move knees apart and return.	3 5
Set up for next two exercises: hang a black band over an overhead bar and attach a handle to both loops; repeat for second bar/band/handle. <i>Do these once, then next pair twice, then these again.</i>							
4	Strength	Sit	2 dble bands	2x10	Lat Pulldown	Sit on step stool or floor, keep body still, lean back some, pull to collar bone, ribs down; release slowly. 2nd set, move stool back & bands in. Grip a-b-c-a by sets: (a) palms	Order: <u>1 3</u> 8 10
2	Strength	Stand	2 dble bands	15	Assisted Dip	Stand on step stool or floor, press handles down to full extension; release slowly.	<u>2</u> 9
Set up for next two exercises: loop-attach band utility strap to post below knee height; loop-attach a purple band to band utility strap.							
4	Glutes+	Sit	band	2x10	Leg Curl	Sit on chair facing post. 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. Switch legs.	4 (L+R) 6 (L+R)
4	Glutes+	Stand	band	2x10	Kick (Reverse Leg Curl)	Stand with back to post & hands on back of chair. Loop free end of band around lower shin, pad underneath, knee up to 90°. Keep upper leg vertical, bring foot down &	5 (L+R) 7 (L+R)
30	E. Exercises with Dumbbells: slow, smooth, stop between reps -- Two Times Around						
2	Elbow	Sit	2x15 ²	15	Wrist Curl¹	Forearms on thighs. (Optional: roll down to finger tips and back.)	
2	Elbow	Sit	2x15 ²	10	Rev W Curl¹	Palm down.	
4	Abs+	Side	2x15 ²	2x10	Squat^{1,7}	Feet shoulder width, weight on heels, down to 90° bend. All the way up, with shoulders & weights back.	10 squats, 15 TRs,
2	Calf	Stand	2x15 ²	15	Toe Raise	(When unable to do swim workouts with pushoffs.)	10 squats
2	Neck	Stand	2x15 ²	15	Shrug¹	Hands by sides, shrug shoulders, stagger stance.	
6	Elbow	Stand	2x15 ²	3x10	Curl¹	Stagger stance. By sets: palms up, facing, and down. Stop at bottom; to avoid elbow strain, stop before all the way up.	
2	Tricep	Kneel	2x15 ²	15	Swim¹	Knee & opposite forearm on bench, back level. Keep upper arm parallel to side and slowly raise weight from elbow to horizontal & lower. Both sides.	
2	Tricep	Supine	2x10 ²	15	Pull	Arms vertical, elbows slightly bent, back flat, lower arms over head to horizontal & return. Arms (1) together, (2) alternate.	
2	Strength	Sit	2x22 ²	10	Shoulder Press	Elevate bench to (a) 45° (b) 60°. Start with heavier weights at shoulders. Slowly press up and return.	
4	Hip	Stand	15	2x15	Roman Dead Lift (RDL)	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	Push-Up⁷	On dumbbells or handles (floor risks wrist injury); differ widths.	
⁰ Best lower back exercises - they help when it hurts. ¹ Exercise from physical therapy or ³ chiropractor.							shaded: less important exercise
² Simultaneous with pair of dumb bells. ⁷ Exercise from 7-Minute Workout (NY Times).							
89	Total Sets.	To split into two workouts: (1) weights day = A-B-E (2) bands day = A-C-D					