

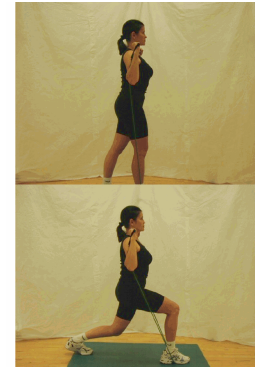
Workout for Body Shop

Workout Name: Theraband Workout

Perform this workout from: 5/7/09 to 6/6/09 on these days of the week:

Bent Trail Leg Lunge - Dync. with tubing

- A) Stand with feet in a narrow staggered lunge stance, place tubing under the arch of the front foot.
- B) Grasp tubing with an overhand grip. Flex elbows; abduct upper arms away from body 30 to 45 degrees and raise hands to shoulder height, palms facing forward, with knuckles up.
- C) Take a drop step with the rear leg and land on the ball of foot. Bend both knees and form a 90 degree angle with the upper and lower portion of each leg. The knee cap of the lead leg should be out over the mid-foot (heel down). The heel of the trail leg foot is up off the floor and the ball of the foot is in contact with the floor.
- D) Head remains over hips with eyes focused directly forward. Expand the chest, retract shoulder blades so that they are together (scapulae retraction), and contract the abdominals. Relax the neck and keep it stable throughout the exercise.
- E) Lower toes of the lead leg foot to the floor and immediately bend the knee until upper leg is just above parallel in relation to the floor.
- F) The knee cap of the lead leg should be out over the mid-foot (heel down). The ball of trail leg foot remains in contact with the floor.
- G) Push up and back through the heel of the front foot, straighten lead leg and scissor both legs together while standing up. Both heels should contact the floor at the same time.
- H) Slowly return to the starting position in a controlled manner.
- I) Repeat for the desired number of repetitions.

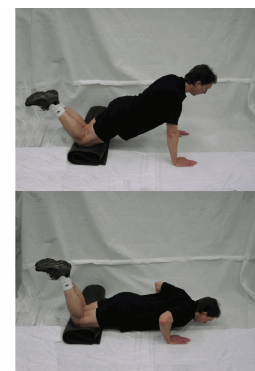


Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	15	0										

Rest Between Sets: 60 secs

Pushup - Kneeling

- A) On a flat surface, kneel forward and position your hands flat on the ground with thumbs oriented toward midline of body (hands neutral) and directly underneath your shoulders. Your body should form a straight line from your head to your knees.
- B) Bend elbows slowly and lower your chest toward your hands. Keep a strong tension in the abdominal region and maintain a straight spinal alignment from head to knees. When descending, roll off the kneecaps onto the lower thigh.
- C) The middle of the sternum should align with the thumbs in the down position reflecting a forward torso movement. The upper arm should form an angle of 70 to 80 degrees with your body in the down position.
- D) Discontinue or decrease range of motion if shoulder discomfort is noted.



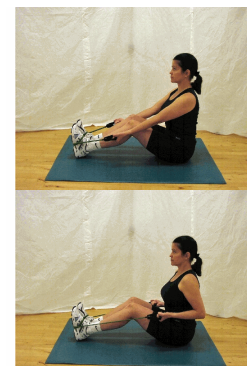
Workout for Body Shop - Continued

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	10	0										

Rest Between Sets: 60 secs

Seated Row - Underhand Low pull w/tubing

- Sit with knees bent, center tubing under middle of both feet. Grasp tubing in between both feet and pull towards the body to create a loop. Place loop back over feet.
- Keep feet together. To increase resistance move the feet slightly apart.
- Sit up while leaning forward slightly. Maintain core stability by contracting the abdominals and glutes. Relax the neck and keep it stable throughout the exercise.
- With arms fully extended, grasp handles/tubing with palms facing up.
- Retract shoulder blades (scapular retraction), bend elbows and pull back so hands finish beside lower rib cage. Elbows finish behind the body, chest expanded.
- Slowly lower the elbows to the starting position in a controlled manner.
- Repeat for the desired number of repetitions.

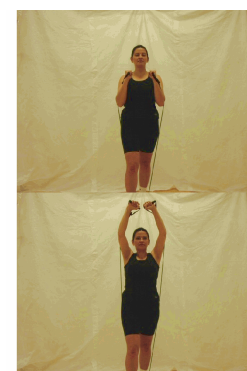


Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	15	0										

Rest Between Sets: 60 secs

Standing Overhead Press - with tubing

- Stand in a narrow staggered stance position. Position tubing under arch of rear foot; ensure the knees are not locked.
- Bend elbows and position towards the sides of body, with the upper arms slightly abducted. Grasp handles with knuckles towards the ceiling just in front of shoulders.
- Maintain core stability by contracting the abdominals and glutes. Relax the neck and keep it stable throughout the exercise.
- Press the hands upwards and back towards the ceiling, finishing with the hands positioned directly over the shoulders. Ensure that the wrists remain in a neutral position throughout the exercise.
- Slowly lower the hands to the starting position in a controlled manner.
- Repeat for the desired number of repetitions.



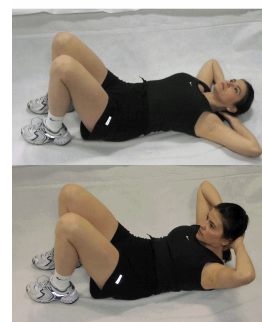
Workout for Body Shop - Continued

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	15	0										

Rest Between Sets: 60 secs

Abdominal Crunch

- A) Lie flat on your back with hands cupped behind the back of the head (hardest), crossed over chest (intermediate), or parallel to your sides (easiest).
- B) Keep feet and knees together, knees raised off floor so that your feet are about six inches from buttocks (upper & lower leg form 90 degree angle).
- C) Curl your upper torso up and in so that your shoulders move toward your knees.
- D) Crunch only far enough to raise your shoulder blades off of the floor (not lower back).
- E) If hands are behind head, do NOT pull or tug on head - avoid any strain on neck. Head should be held at a relaxed angle so that you can look easily up at ceiling.
- F) Optional: place weight on chest to make exercise more difficult.

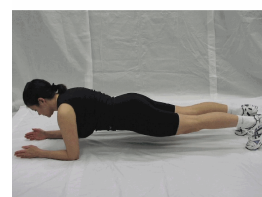


Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	15	0										

Rest Between Sets: 60 secs

Iso-Abs - Prone

- A) Assume a plank position, with the forearms and toes contacting the floor.
- B) Hips lifted off the floor, in line with shoulders, knees and ankles.
- C) Maintain core stability by drawing the stomach in, and contracting the glutes. Tuck chin, shoulder blades should be retracted and depressed.
- D) Hold for a period of time, and slowly return leg to ground and then the body to the ground while keeping the low back flat, and the body in alignment.
- E) Repeat for the desired number of repetitions.



Workout for Body Shop - Continued

Date	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Workout:	1	0										

Hold for 10-30 seconds.