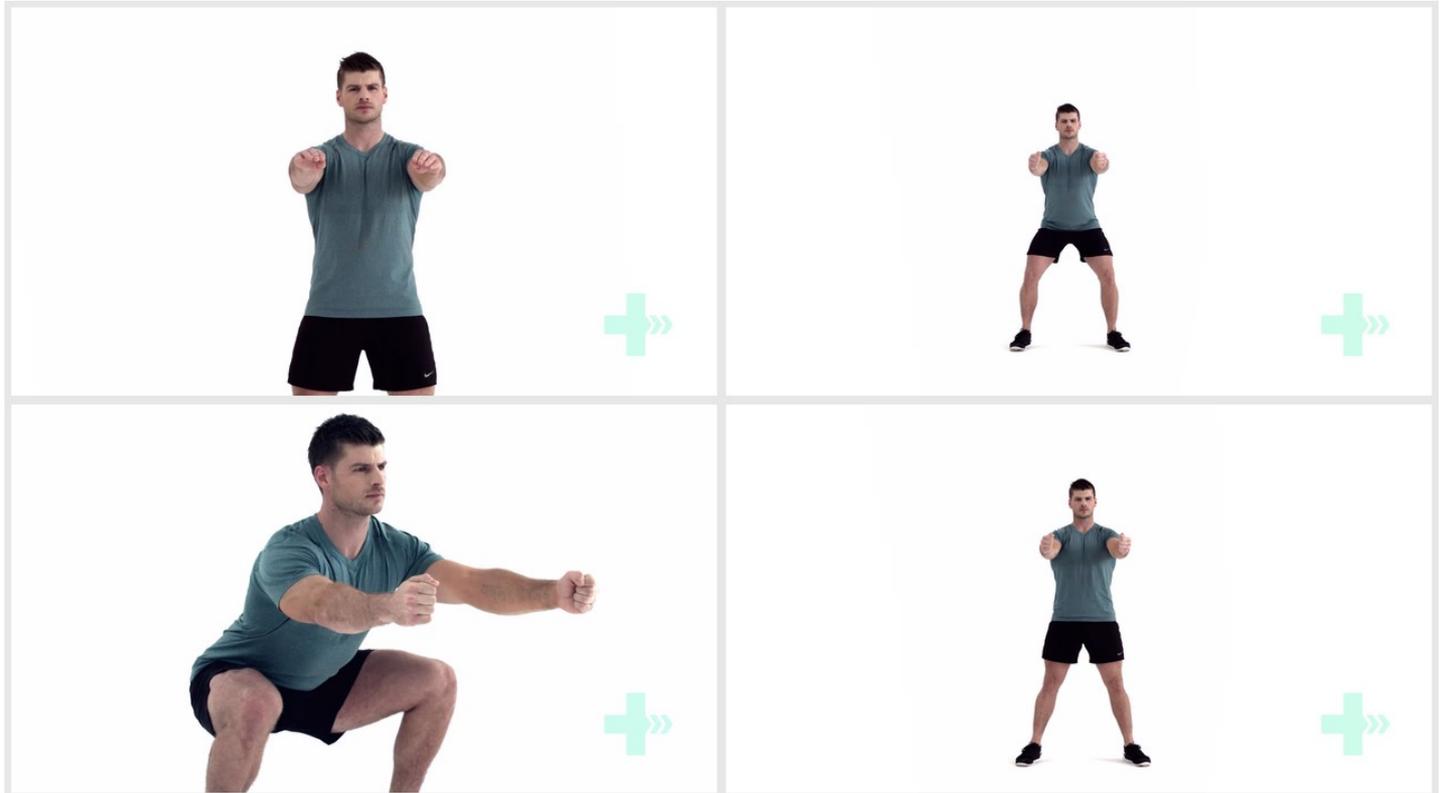


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## 1. "Squat" Lower body strengthening, arms forward; 01

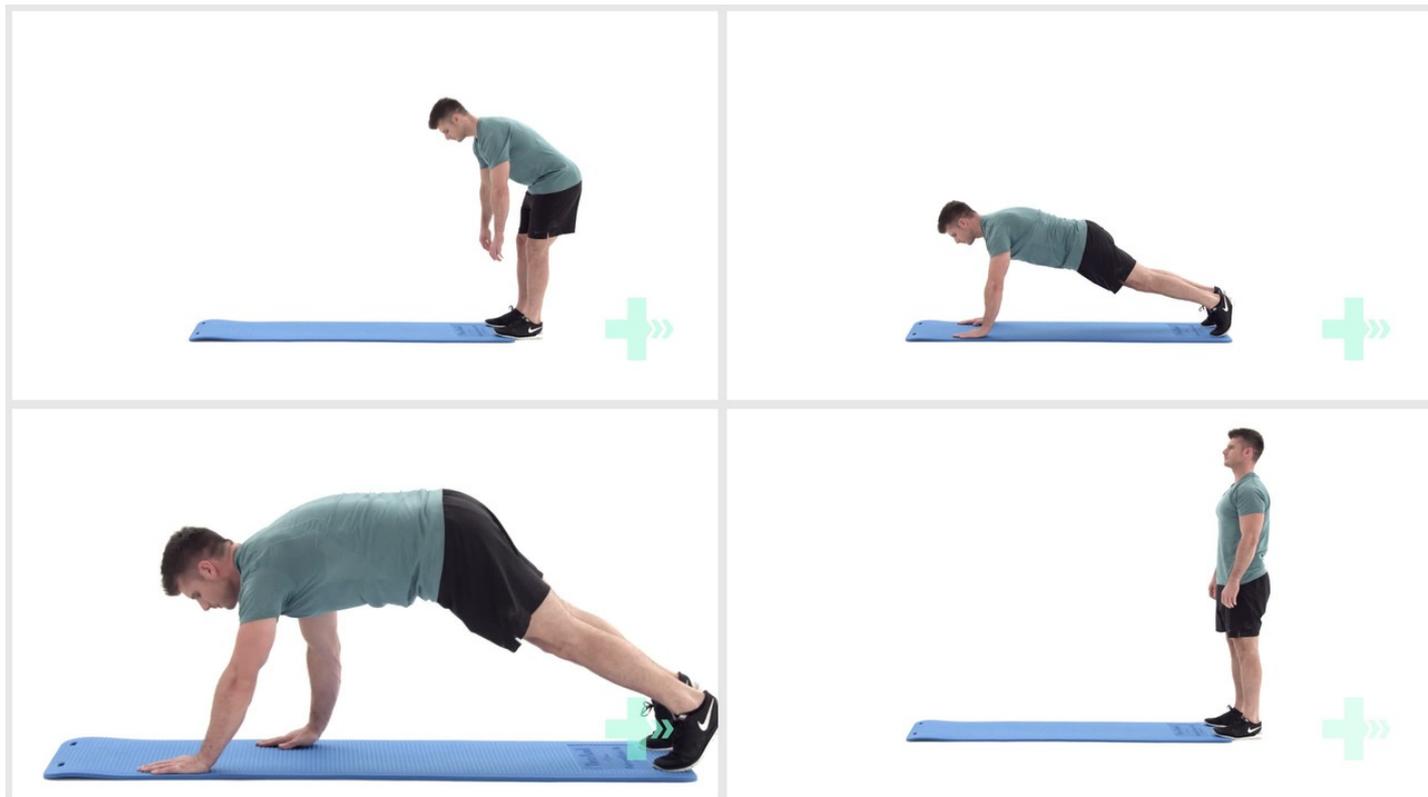
3 Sets / 10 Reps / 5 s hold



Start position is standing straight with the arms out in front and bent at the elbows, the fists should be clenched and the palms facing inwards. Move downwards into a squat position so that the knees are aligned over the toes and the heels are in contact with the floor, make sure the back is straight. Keep the head and chest upright and the gaze horizontal. Hold for 2 seconds and return to the start position.

## 2. "Walkout into push up" Chest/shoulder strengthening; 02

3 Sets / 10 Reps



Start in a standing position and keep your back straight.

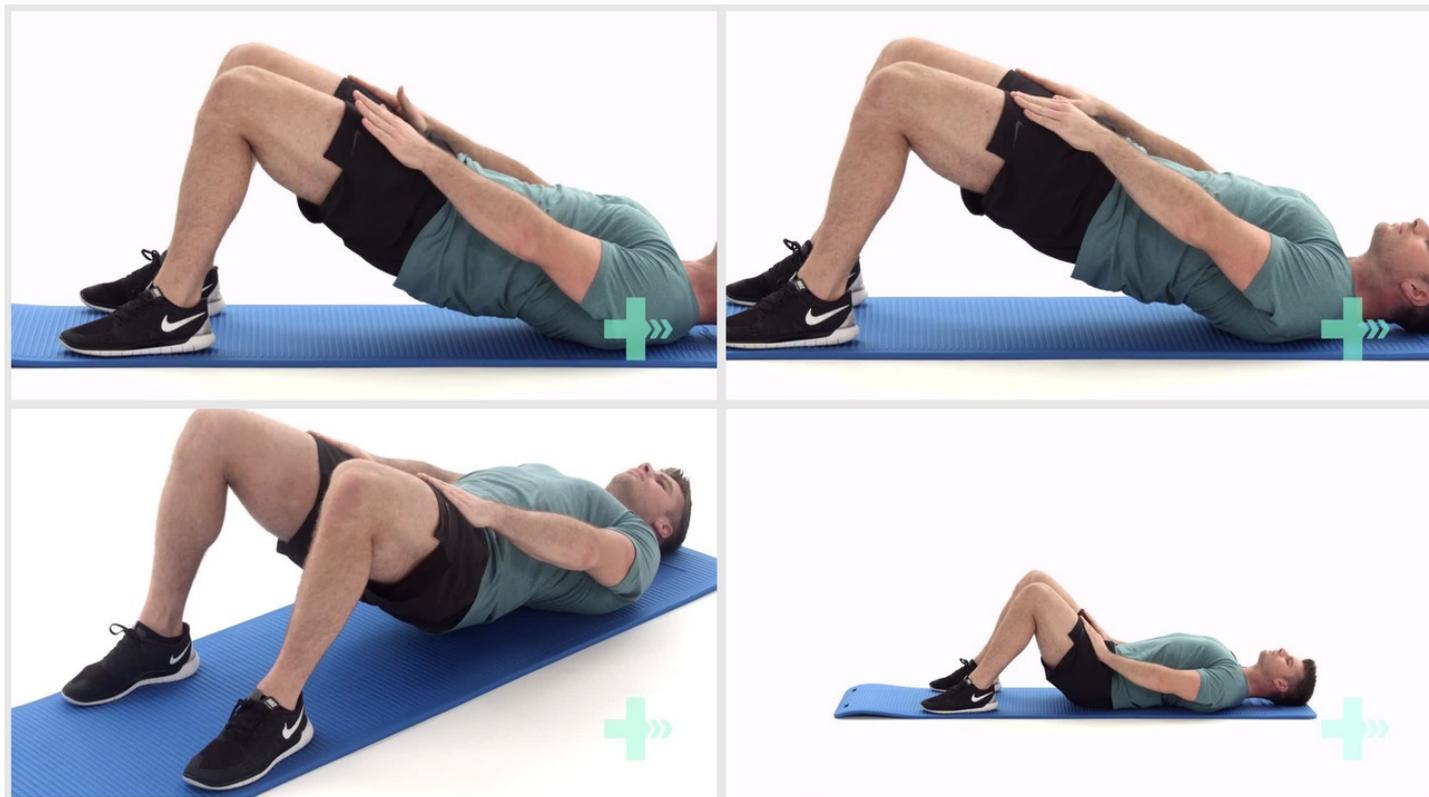
Place your hands on the floor and walk them away from you until you reach a press-up position.

Maintaining a straight line from your head to your knees, perform a press-up.

Walk your hands back towards your feet.

### 3. "Bridge" Core/hip stabilization, lifting heels; 02

3 Sets / 10 Reps



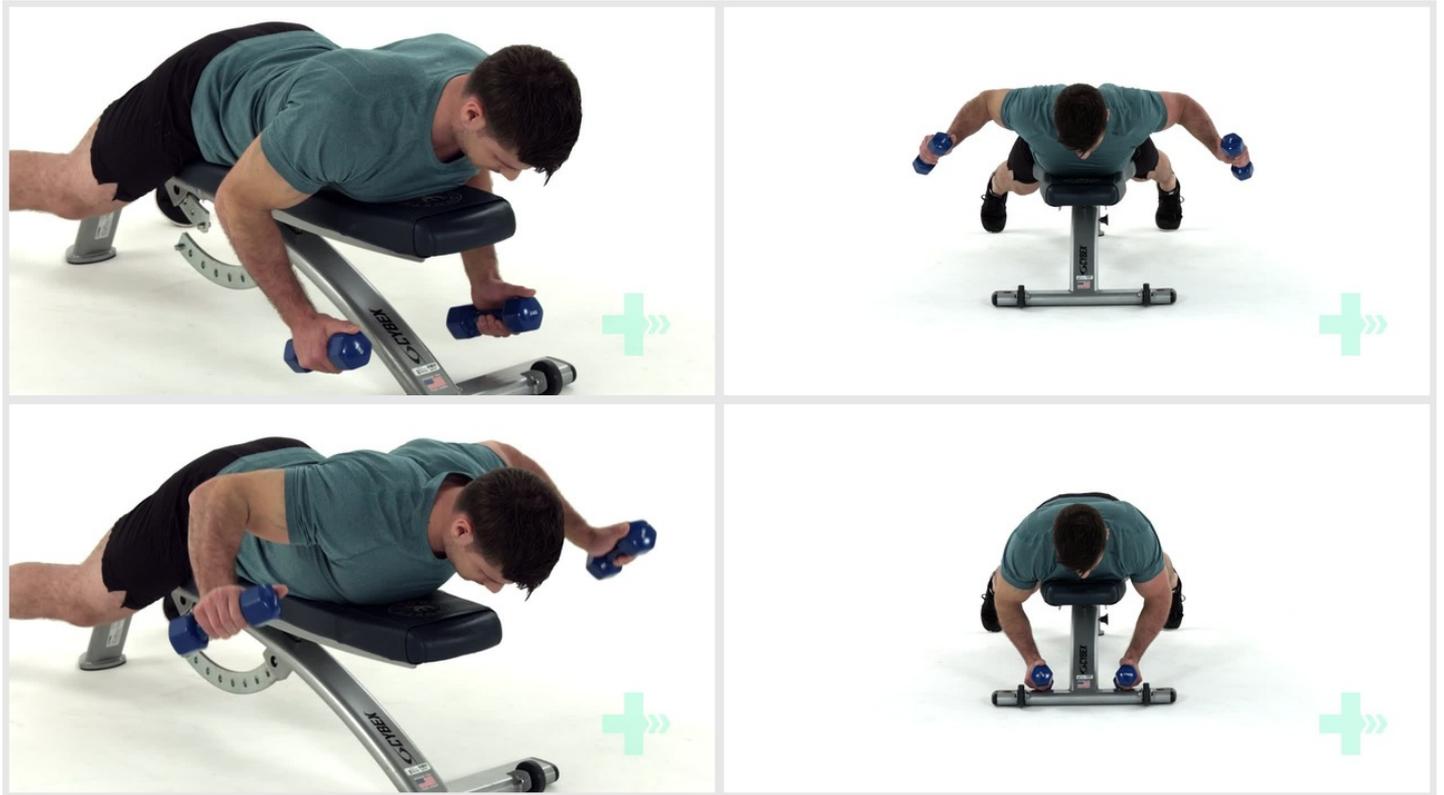
Lie down on your back with your knees bent and your feet flat on the floor. Tighten your buttock muscles and lift your hips up into a bridge position. Holding your hips up high, raise up on the toes.

Keep your shoulders on the mat, hold, and lower your feet and hips back down.

Repeat the exercise, ensuring you keep your hips level at all times.

#### 4. Scapular retraction/depression stabilization, prone-W, lifting arms, with dumbbells

3 Sets / 10 Reps / 4lbs weight



Lie facedown on a bench holding a dumbbell in each hand.

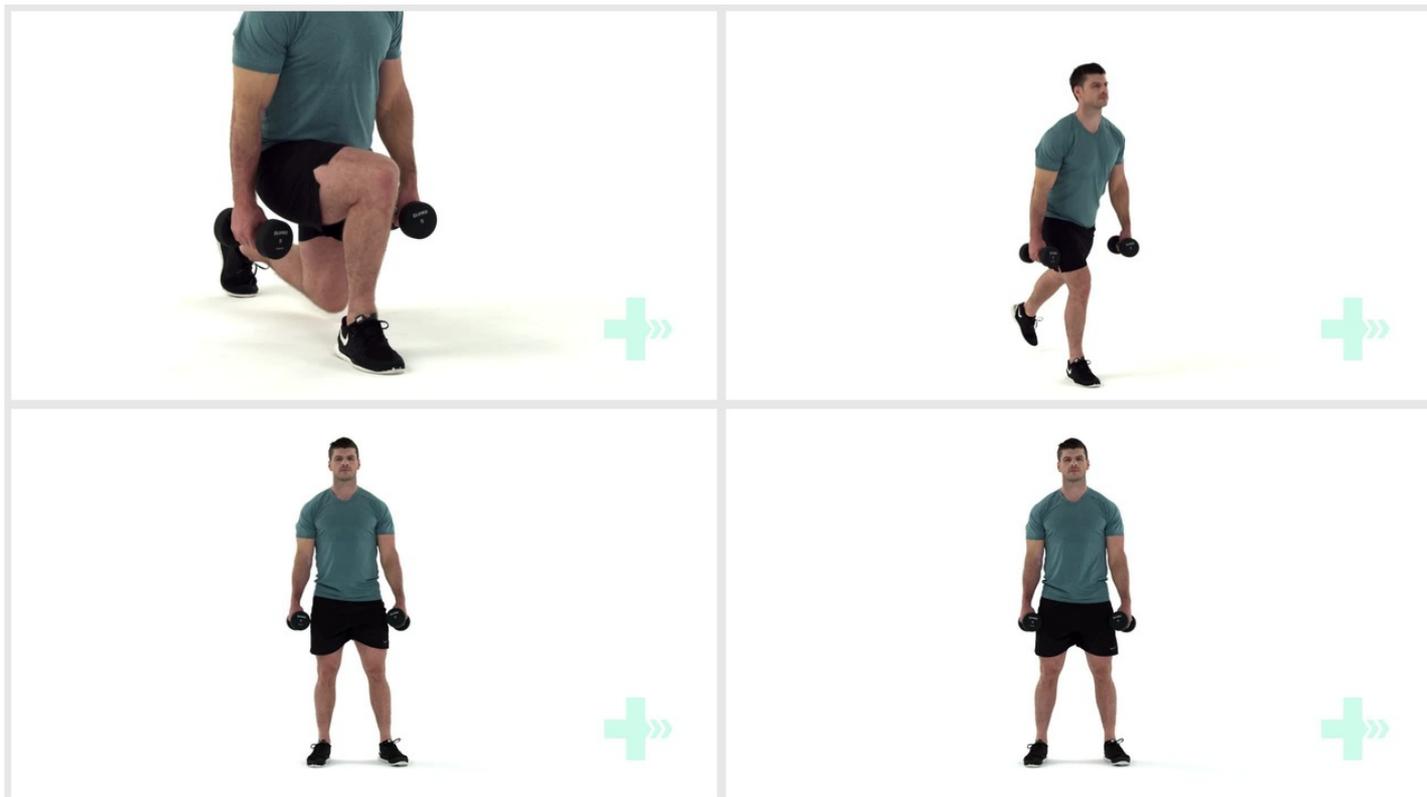
Slide your shoulder blades back and down towards your backside.

Maintaining a W arm position, pull the weights upwards until your arms are parallel to the ground.

Lower the weights back to the starting position.

## 5. Lunge, backward, with dumbbells

3 Sets / 10 Reps / 4lbs weight



Holding a dumbbell in each hand, step backward with one leg and flex at the hips, knees and ankles until your front thigh is parallel to the ground.

Your back must remain straight and upright throughout the movement with the head up and your gaze forward.

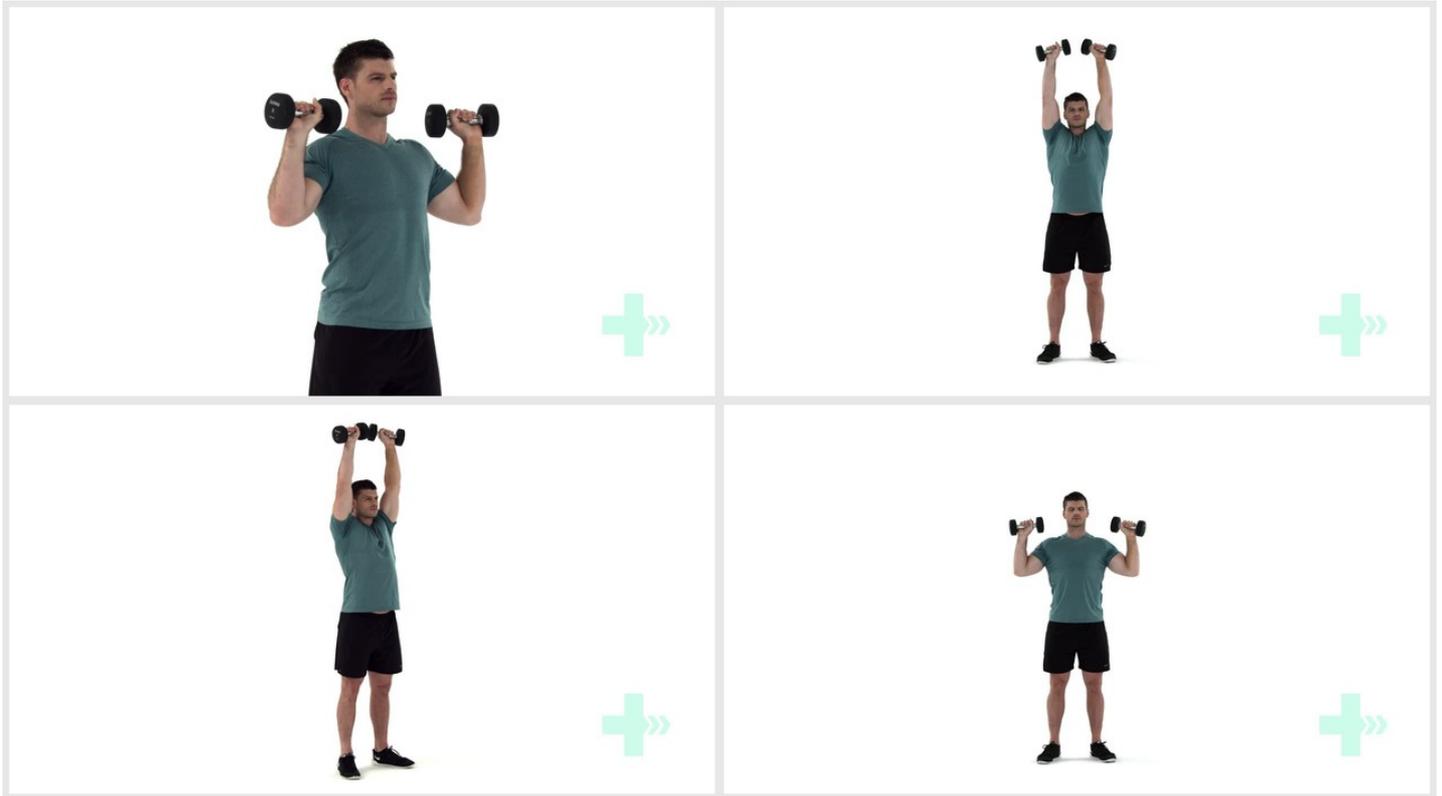
Keep your front knee inline with your toe and do not allow your heel to rise off the ground.

Stand by pushing through your hip and returning to standing position.

Complete the set on one side before repeating on the opposite leg.

## 6. "Overhead press" Shoulder strengthening, with dumbbells, standing

3 Sets / 10 Reps / 4lbs weight



Stand with your feet shoulder width apart, holding a pair of dumbbells at your shoulders.

Contract your glutes and keep your stomach tight.

Press the weight overhead ensuring your arms are fully locked out.

Lower the dumbbells back down to your shoulders.

## 7. "Mountain climbers" Core/total body strengthening

3 Sets / 10 Reps



Adopt a plank position insuring your hands are directly beneath your shoulders.

Fully flex one hip and hold.

Extend the bent leg to the rear and repeat the movement pattern on the opposite side