

# Strength System

**Rx**  Strengthen to tolerance.  
 Do not create additional pain.



2x/wk



Pilates  
30 min.



Serve  
Platter



Ha, Bike,  
Hover



Baby Roll &  
Teaser



Shhh Sound, Breath of  
Fire, Japanese Sitting



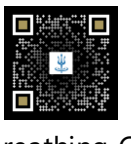
Turbo Down  
Dog & Dolphin



Wall Head Lean &  
Eagle Arms,  
Plantar Flexion



Elbow Side  
Plank & Down  
Boat



Breathing Cobra  
& Sphinx/  
McKenzie

Chicken Wing & Fish



Superman/  
Boat &  
Bird Dog



Up Dog



Prone  
Swimming



Horse w/Eagle  
Arms, Heel Raise



Plank w/Toe Ankle  
Rollover, w/shoes



Tree Pose  
Ideal Posture



Chair &  
Awkward



Bridge



Straight Leg  
Raise + Ab  
Circles



Low Lunge  
w/Knee Lift



Warrior I, II, III  
& Reverse War



Standing Bow &  
Extended Side Angle



Kneel to Stand  
& Heel Raise

Learn this system. The Revolutionary Exercise Solutions for Rehab Course



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# Stretch System



**Rx**

- Hold for 90 seconds each.
- Perform lightly before and deeply after activity.

1x/day

Rest



Dead Man's Pose

Warm Up



Sun Salute

Relax



Alternate Nostril Breathing



One-Leg Long-Sit Reach



Foot Warm Up w/ Bike Abs



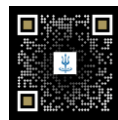
Hands to Feet Push/Pull



PNF, Internal Rotation, Eagle



Knee Down Spinal Rotation



Neck Stretch Around the World



Tortoise + High Thread the Needle



Standing Straddle w/ Shoulder Ext. + Neck Traction, Camel, Rabbit



Golfer's Stretch



Low Lunge Hip Flexors



Standing Bow & Bird of Paradise



The Silver Bullet



Cobbler, Straddle, Gate, Head to Knee



Lounge Lizard & Low Sphinx



Hand Strength



Forward Head



Hip/Pelvis Prep



Shoulder Prep

Learn this system. The Revolutionary Exercise Solutions for Rehab Course



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