

Combat Pain: Strengthening System



- Strengthen to tolerance.
- Do not create additional pain.



Pilates
30 min.



Serve
Platter



Ha, Bike,
Hover



Superman/
Boat &
Bird Dog



Up Dog



Prone
Swimming



Baby Roll &
Teaser



Shhh Sound,
Breath of Fire



Horse w/Eagle
Arms, Heel Raise



Plank w/Toe
Ankle Rollover/



Tree Pose
Ideal Posture



Turbo Down
Dog & Dolphin



Wall Head Lean &
Eagle Arms,
Plantar Flexion



Chair &
Awkward



Bridge



Straight Leg
Raise + Ab
Circles



Low Lunge
w/Knee Lift



Elbow Side
Plank & Down
Boat



Breathing Cobra
& Sphinx/
McKenzie



Warrior I, II, III
& Reverse War.



Prone & Standing Bow
Bird of Paradise Balance



Kneel to Stand
& Heel Raise



Chicken Wing & Fish



Combat Pain: Stretching System

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

Rest



Dead Man's Pose

Warm Up



Sun Salute

Relax



Alternate Nostril Breathing



One-Leg Sit Reach



Foot Warm Up w/ Bike Abs



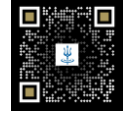
Hands to Feet Push/Pull



PNF, Internal Rotation, Eagle



Knee Down Spinal Rotation



Neck Stretch Around the World



Tortoise + High Thread the Needle



Standing Straddle w/ Shoulder Extension, Neck Traction, Camel, Rabbit



Golfer's Stretch



Low Lunge Hip Flexors



Standing Straddle w/ Shoulder Ext. + Neck Traction



The Silver Bullet



Gate, Cobbler, Straddle



Lounge Lizard & Low Sphinx



Hand Strength



Forward Head



Hip/Pelvis Prep



Shoulder Prep

Revolutionary Exercise Solutions for Rehab Course

