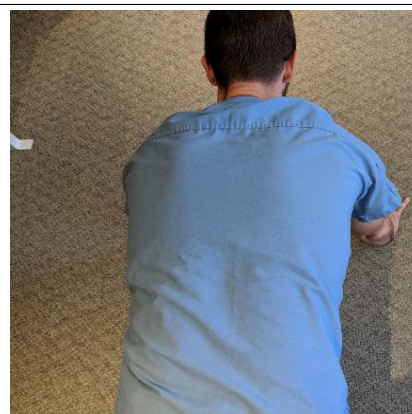
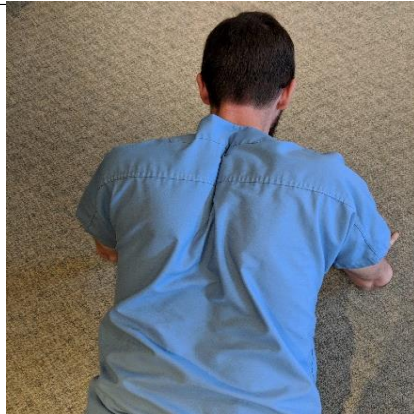


Perform 2 times per week



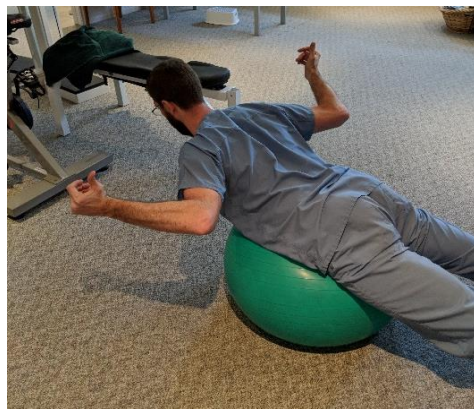
1. Sit your butt on the ground and position the roller under the middle of your back as you lean over the roller as far as you can without pain. Reposition the roller higher under the mid back and lean over it. Finally move the roller under the upper back and extend over it. Perform as many times as you need to until you feel loose.



2. Perform 20 repetitions. Start in push up position and keep elbows extended or locked out as you lower your torso squeezing your shoulder blades together, then push shoulder blades apart rounding scapula around the rib cage as shown. Move slowly and do not bend elbows.



3. Perform 2 sets of 10 repetitions using 5lb d.B. in each hand. Start by externally rotating the dumbbells as shown, then press overhead with palms facing in towards each other. Raise up and backwards as far as you can without shoulder pain. Slowly lower and internally rotate to the starting position. Rest 60 seconds between sets.



4. Lye over the ball legs apart against a wall to hold balance and with extended elbows raise the arms to letter "Y", then lower them and raise them to letter "W" as shown in the pictures. Hold each pose for one second and Perform 10 reps in each position working up to 20 reps in each position non stop.



5. Perform 2 sets of 12 repetitions using 20 - 40 lb on the cables. Stand approximately 4 feet from the cable and squat down with your arms extended. Stand up and squeeze your shoulder blades together as you pull the bar close to your chest. Keep your elbows wide as you pull the bar towards your chest. Rest 60 seconds between sets.

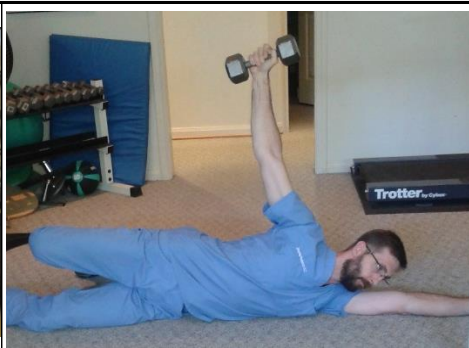
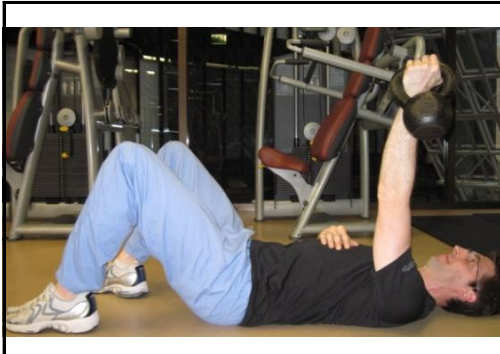


6. perform 1 set of 10 repetitions using 10 or 15lb d.b. in each hand. Lunge as far forward as you can while driving your arms overhead and behind you as far as you can, then stand back up. Alternate 5 reps on each leg.

Jeremie Pederson D.C., C.C.E.P., C.S.C.S.

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7. Hold 30 - 40lb kettle bell in one hand and hold still for 2 seconds keeping palm facing sideways. Roll up on side and hold arm extended and still for 2 seconds minimizing movements. Squeeze as hard as you can. Do this 6 reps per arm.