


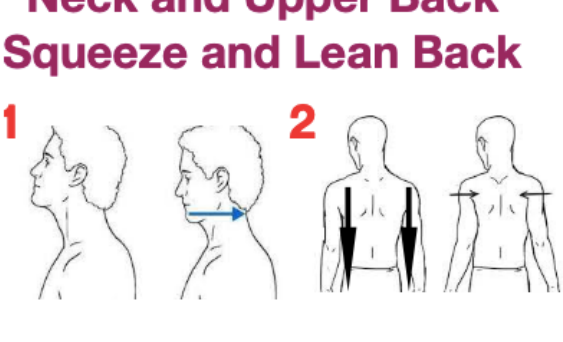

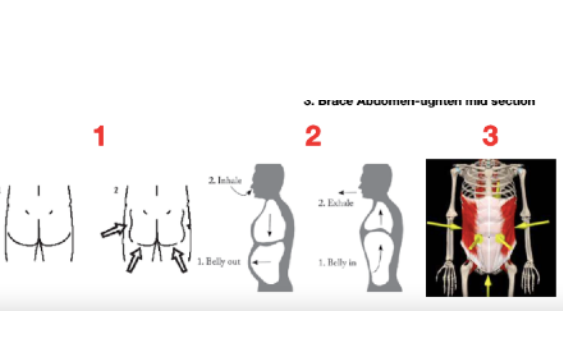
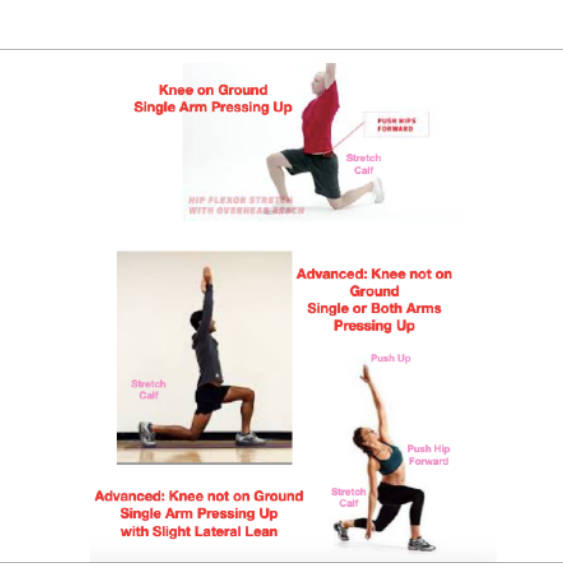


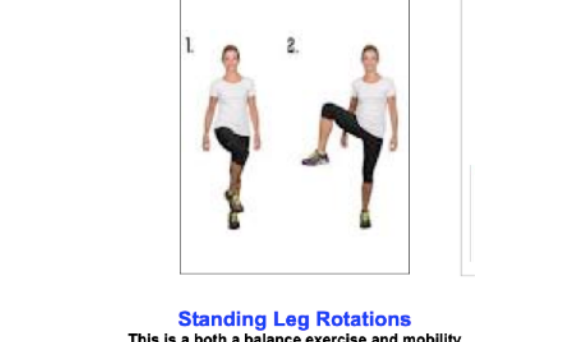
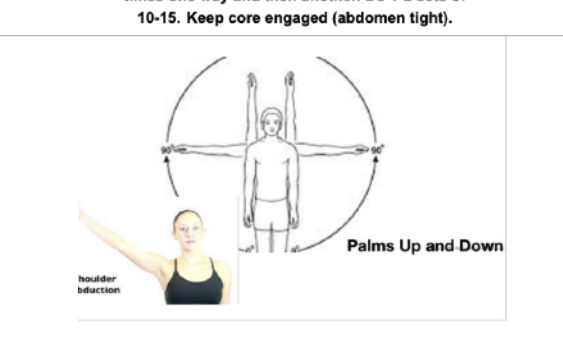
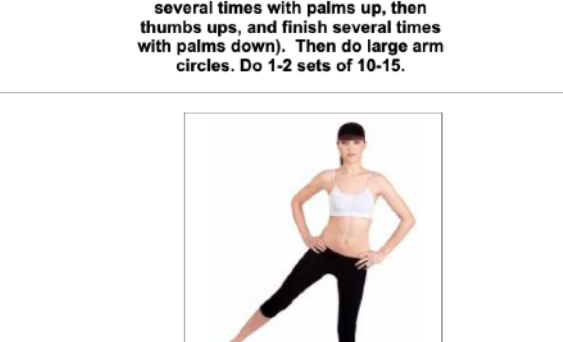
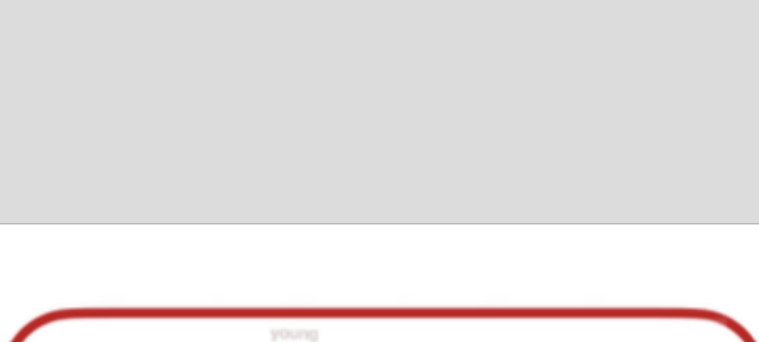

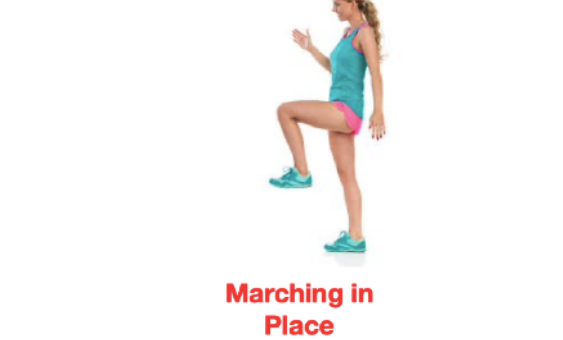
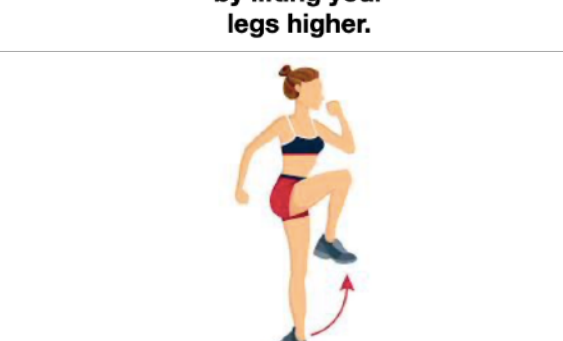
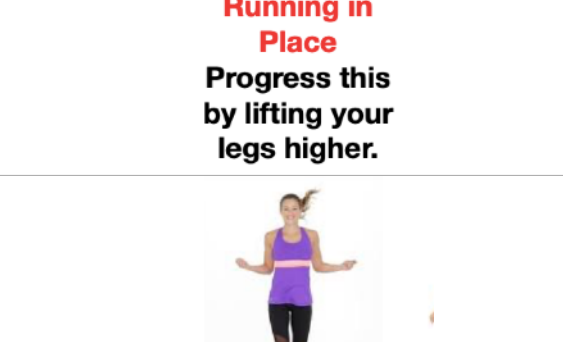



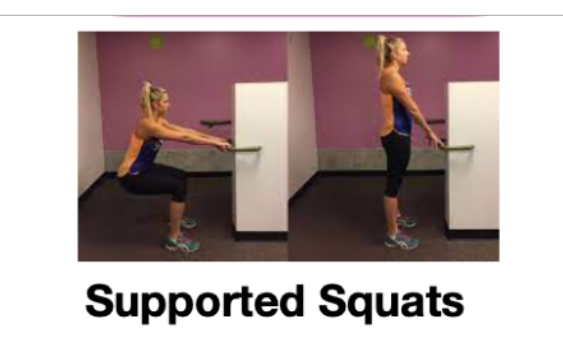
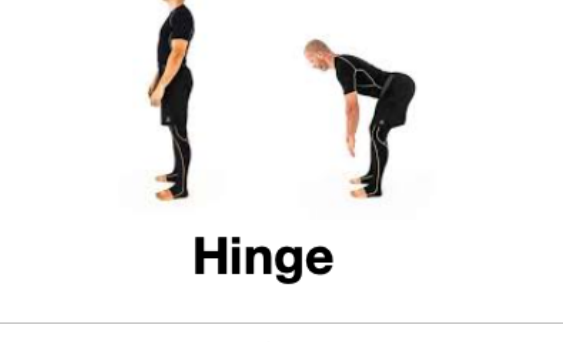
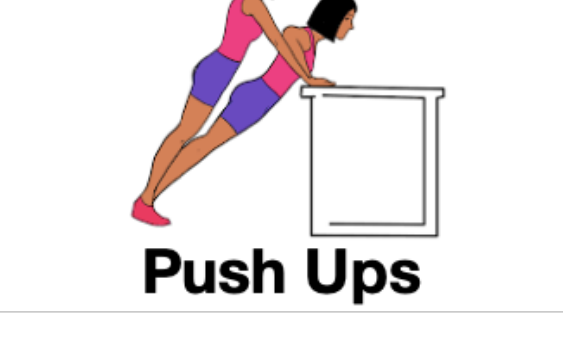



	Written/ Pictures	Videos
	It Program Overview	Overview Video
	Step It Program	Do throughout day: Power Stepping Video
	Strike It Program	4 Positions: Do throughout the day one to several times
1. Squeeze and Lean Back	Neck and Upper Back Squeeze and Lean Back 	Video: Squeeze and Lean Back
2. Hands Interlaced Overhead Press	 Hands Interlaced Overhead Press	Video: Overhead Press
3. Mid-Section Core: Draw in and Brace Abdomen and Buttocks		Video: Core
4. Lunge Reaching Up		Video: Lunge
	Move It Program	4 Moves: Do throughout the day one to several times
1. Standing Bird Dog	 Standing Bird Dogs From a Standing Position bend forward to a 45 to 90 degree angle (preference) holding onto a back of a chair/courseter or seat of chair for support, reach forward with one arm and at the same time reach back with the opposite leg trying to make a straight line from your out stretched hand to your opposite foot, pause for a few seconds, and then return up and repeat to other side 1-5 times. Keep support leg locked with a slightly bent knee. Keep core engaged (abdomen tight) and pelvic level.	Overall Move It Video
2. Standing Leg Rotations	 Standing Leg Rotations This is a both a balance exercise and mobility exercise. Trying not to hold on to a support raise your leg and do rotations several times one way and then another. Do 1-2 sets of 10-15. Keep core engaged (abdomen tight).	Overall Move It Video
3. Arm Abductions and Circles	 Arm Abductions and Circles Raise arms from the side overhead (first several times with palms up, then thumbs up, and finish several times with palms down). Then do large arm circles. Do 1-2 sets of 10-15.	Overall Move It Video
4. Standing Leg Abduction	 Standing Single Leg Abduction This is a both a balance exercise and mobility exercise. Trying not to hold on to too much support raise your leg to the side as high as you can comfortably move without moving upper body and then pause briefly at the top of motion. Do 1-2 sets of 10-15. Keep core engaged (abdomen tight).	Overall Move It Video
	HIIT IT Program	Do one HIIT exercise throughout the day one to several times
Choose one: Marching in place	 Marching in Place Progress this by lifting your legs higher.	Overall Micro HIIT Video
Choose one: Running in Place	 Running in Place Progress this by lifting your legs higher.	Overall Micro HIIT Video
Choose one: Skipping Rope without Rope	 Skipping Rope without Rope Start this without feet leaving ground. Progress this by having legs leave ground.	Overall Micro HIIT Video
Choose one: Stair Stepping	 Stair Stepping Go up and down off step by alternating lead leg. Progress this by going faster or using higher step	Overall Micro HIIT Video
	Build It Program	6 Exercises: 5-15 reps one or more sets 2-3 x a week
1. Squat	 Supported Squats	Video: Supported Squats
2. Hinge	 Hinge	Video: Hinge
3. Supported Push Ups	 Push Ups	Video: Push Ups
4. Split Squats	 Split Squats or Lunges	Video: Lunge
5. Scapular Row	 Scapular Rows and Squeezes	Video: Row
6. Calf Raises	 Calf Raises	Video: Calf Raise