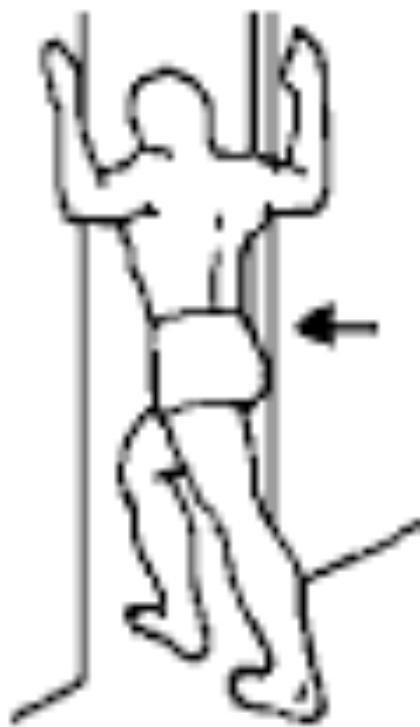


C. Morin's **Simple Fitness Program** are exercises that should be done almost daily throughout the week

4 Daily Stretches

1-3 x a Day for 20-30 secs





5 Core Exercises

If just starting out perform modified version.



Planks (modified on knees)

Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps

Sidebridge (modified on knees)

Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps



Leg bridge (modified double leg)

Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps



Bird-dog (modified raised hand out in front on floor)

Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps



Crunch with single bent knee 1-3 sets for 10 to 30 reps is a good goal, switch knees after 10 reps. Lift shoulders off floor and repeat. Modified-If needed use hands behind head for support.





Strength Exercises

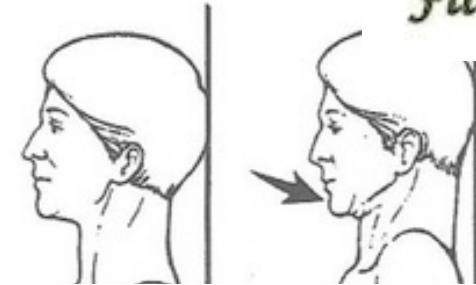
1. Supported Squat– Perform 10-15 Reps



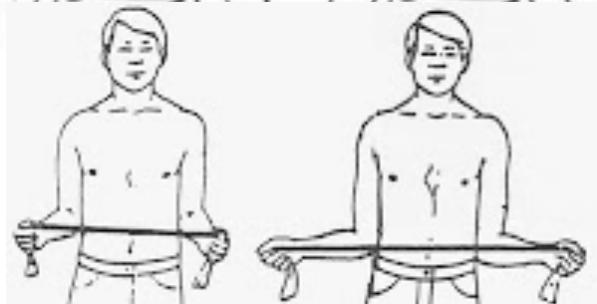
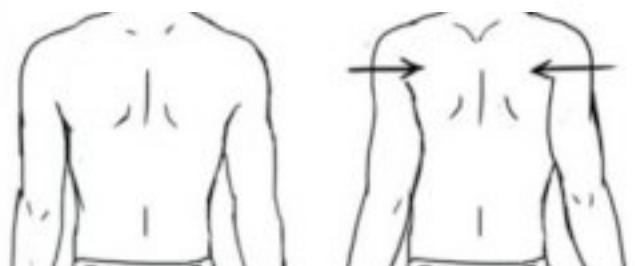
2. Counter Top Push Ups– Perform 10-15 Reps



3. Standing Leg Rotations– Perform 10-15 Reps



4. Chin Tuck with Scapular Squeeze – Perform 10-15 Reps, hold for 5 Secs. Also try chin tucks with extensions.



5. External rotation with Bands Perform 10-15 reps



7. Finger ROM Flexion: Gently open hand as wide as possible and then back again into a light fist. Do 2 sets of 10-15.



6. Band Rows– Perform 10-15 Reps

C. Morin's **Simple Fitness Program** are exercises that should be done almost daily throughout the week

Aerobic Exercise (walking) for 20 or more minutes most days and Practice High Intensity Interval Training 1-2 X a week



What is High Intensity Interval Training (High Intensity Interval Training - HIIT):

Basically it is cardiovascular exercises that is ramped up beyond your comfort level briefly 10, 20, 30 or more seconds and then is brought down to something that is moderate. This cycle of high and low is done for several cycles. Typically sessions include a warm up of low level activity (5 minutes or so) and then intervals of high and low for whatever duration you can tolerate. Some people like 30 seconds of high intensity activity with 60 seconds of low intensity activity over several cycles. Find what works best for you. [MAKE SURE YOU ARE HEATHY ENOUGH TO DO-SEE PAR Q](#)

How Much Interval Training (High Intensity Interval Training - HIIT)? HIIT should be done at least once or twice a week for 1 or more minutes (example climb a flight of stairs fast for 10 to 20 seconds, recover and repeat for a total of 1 or more minutes). When you do HIIT you are looking to get your heart rate up more than regular aerobic training as well as get out of breath briefly. Additionally do continuous aerobic training 2-5 x a week for 20-40 minutes like walking.

Type: The beauty of interval training is that you can do it with virtually any type of aerobic exercise, whether outside (walking or running), indoors (on a bike, stair-climber, treadmill, or elliptical), or in the water (swimming or aqua aerobics) or **use the stairs-great form of HIIT**. Remember: Do up to 90 more minutes of moderate activity a week in addition to interval training (walking).

Make It Work For You: Just challenge yourself for 20 seconds or a minute. It can be as simple as powering up your walking speed for a block or climbing a flight of stairs fast. Do this a couple times a day.

SPEED YOUR RESULTS with this Program

Use your intensity level as a guide. During **low-intensity** activity, talking should be relatively easy; at a **medium pace**, you'll be slightly breathless while trying to converse; at the **high end**, saying more than a few words should be a challenge.

20 Minutes of HIIT

- Warm-Up TIME: 5 min INTENSITY: Low
- Interval training: TIME: 10 min
INTENSITY: 60 sec High/60 sec Medium/Low for 5 Intervals **OR** try 30 sec High/30 sec Medium/Low for 10 Intervals
- Cool-Down TIME: 5 min - INTENSITY: Low