

HOW TO IMPROVE

Make note where you need to improve from the above tests. The following basic outline is a very good foundation program.

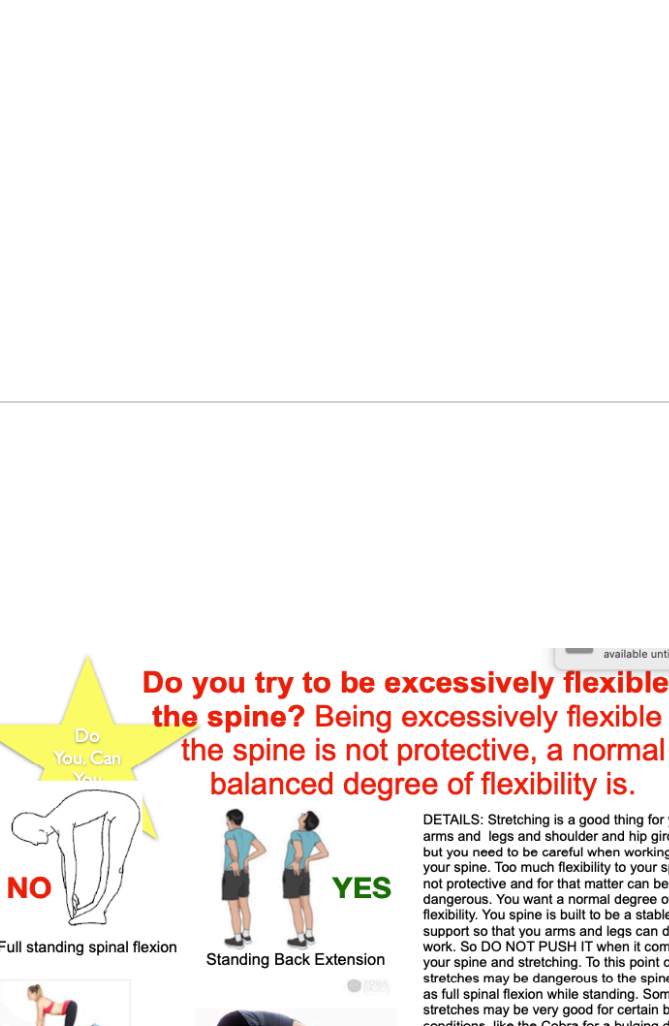
IMPROVE FLEXIBILITY

General Stretching Guidelines from ACSM suggest adults should do flexibility exercises at least two or three days each week to improve range of motion. Each stretch should be held for 10 to 30 seconds, to the point of tightness or slight discomfort. Repeat each stretch two to four times, accumulating 60 seconds per stretch.

How to improve neck rotation and extension

If you have pain with neck motion talk to your health professional before starting a stretching program. Ask your trainer about Chin Tucks they are general exercise to help you increase mobility of the neck, also ask your trainer about other stretches:
Perform Chin Extension and Rotation

1. Sit upright and look straight ahead with the ears directly over the shoulders.
2. Place a finger on the chin.
3. Without moving the finger, pull the chin and head straight back until a good stretch is felt at the base of the head and top of the neck. Do not go to pain.
4. Hold for 5 seconds if possible. Do this several times. Also try doing the Neck Extension and Rotation while being in a chin tuck.



How to improve hip external rotation

Back mobility is a tricky subject. There are schools of thoughts suggesting to increase mobility of the lumbar spine. While other thoughts suggest that a stable and rigid spine is more protective. There are certain spinal conditions where stretching can be problematic. Ask your trainer for more advise on this matter. What is certain is that pain on any motion is not normal and you should discuss if you have pain with your health care provider.



How to improve hip internal rotation

This is one of my favorite gluteal (IT BAND) and internal hip rotator stretches. Ask your trainer for more. Always stop if you have pain and follow ACSM stretching guidelines listed above.



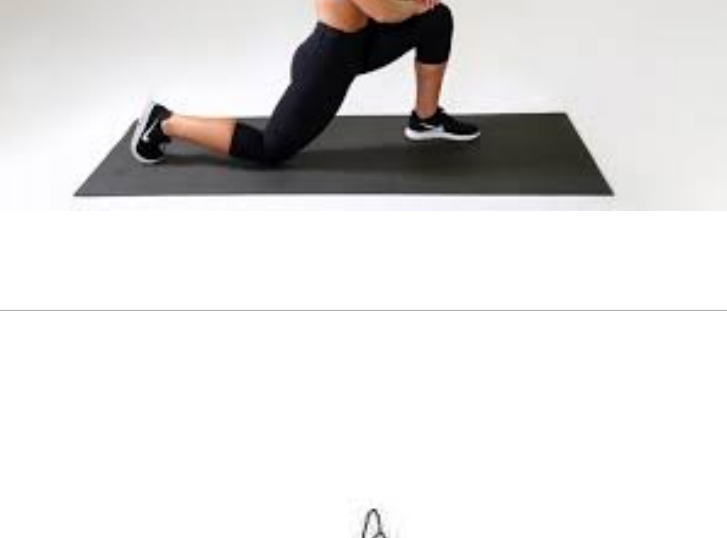
How to improve hip hamstring flexibility

This is one of my favorite hamstring stretches. While supine clasp hand under knee and slowly extend leg until you feel the stretch and then hold. Ask your trainer for more. Always stop if you have pain and follow ACSM stretching guidelines listed above.



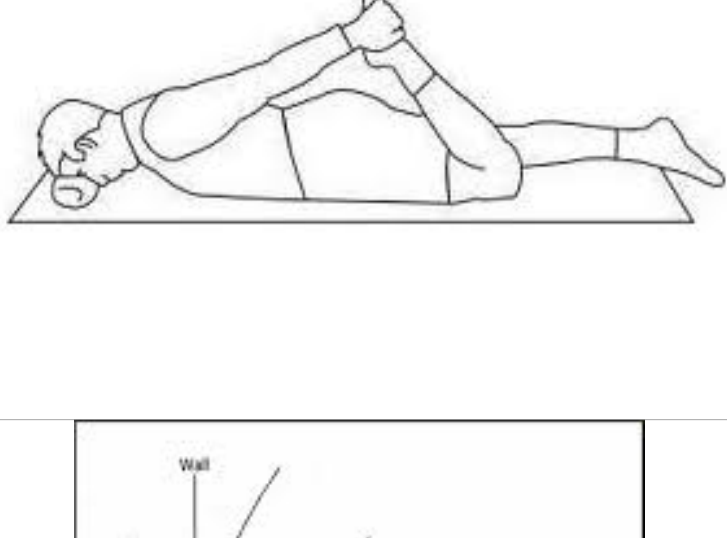
How to improve hip flexor flexibility

This is one of my favorite hip flexor stretches. In lunge position slowly push hip forward while keeping upper body straight. Ask your trainer for more. Always stop if you have pain and follow ACSM stretching guidelines listed above.



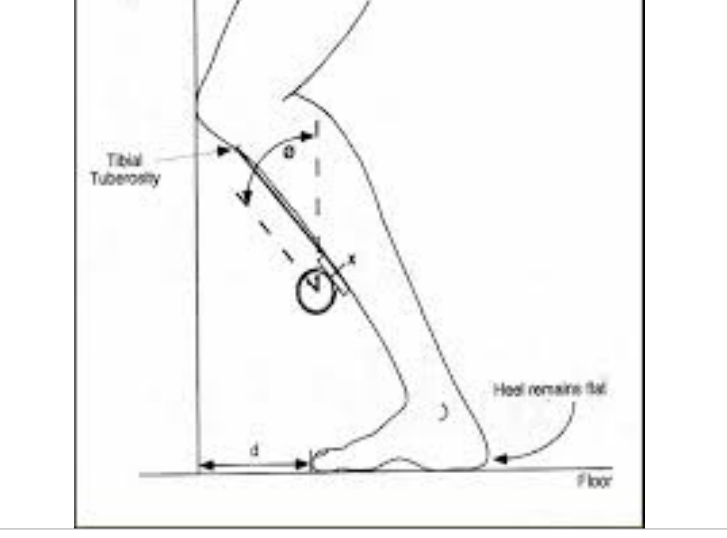
How to improve quadriceps flexibility

This is one of my favorite quadriceps stretches. While prone clasp hands under one knee and slowly extend straight leg until you feel the stretch and then hold. Ask your trainer for more. Always stop if you have pain and follow ACSM stretching guidelines listed above.



How to improve calf flexibility

This is one of my favorite calf stretches. It is done like the test. Standing facing 6 inches from wall while keeping foot flat and then hold. Ask your trainer for more. Always stop if you have pain and follow ACSM stretching guidelines listed above.



IMPROVE MUSCULAR ENDURANCE

The listed tests for muscular endurance are also great exercises. To improve muscular endurance try to increase repetitions that you can do with good form to momentary failure on each exercise. Stop if you have pain. Ideally perform do 2 to 3 sets per exercise. A simple **Muscular Endurance Routine** could be: 1. Step ups and Downs for 1 minute 2. Wall Squats for as long as you can 3. Push ups 4. Bodyweight Squats 5. Inverted Rows (if you do not have a suspension trainer see row options below) 6. Body weight Lunges 7. Lateral Leg Lift holds. (repeat 1 or 2 more times). Train for muscular endurance 2 to 3 x per week. Ask your trainer for additional exercises.

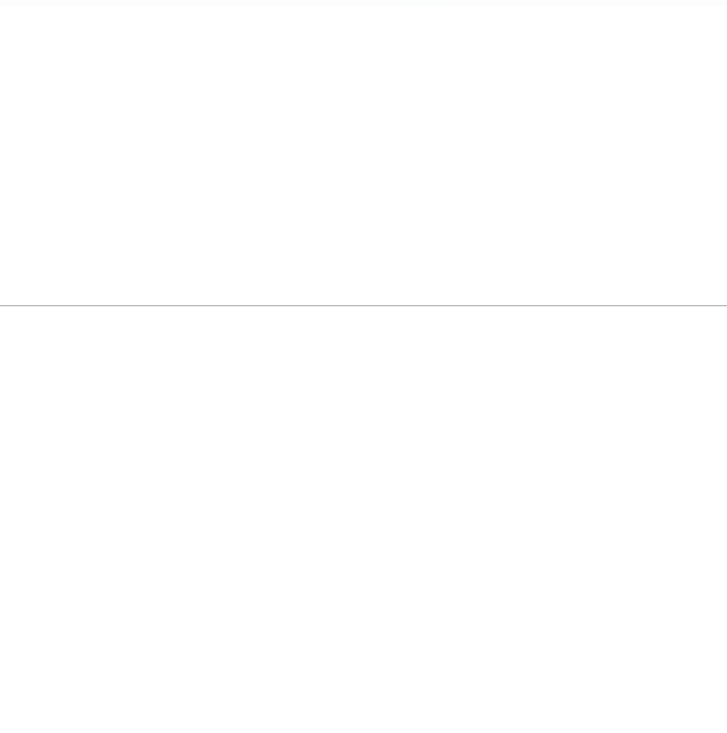
Inverted Suspension Row Option: Band Rows

You may not have a suspension trainer to do the inverted row. You can do **Band Row Form**: Sit on the floor and place the resistance band around your feet. Bend your knees and hold the handles by your knees. Squeeze your shoulder blades together and draw your arms back until the band meets your upper ribs. Return to starting position and repeat. Use a steady pace not faster than a 2 count down and a 1 count up. Ask trainer for assistance.



Inverted Suspension Row Option: Band Rows

You may not have a suspension trainer to do the inverted row. You can do **Dumbbell Row Form**: Keeping back straight and braced bend over to 90 degrees holding a support with one hand and with other hand hold onto dumbbell. Let dumbbell hand move into fully extended position. Pull dumbbell up to your stomach. Hold for one second in the top position, then lower the dumbbell to the starting position. Use a steady pace not faster than a 2 count down and a 1 count up. Other option is a 2 arm dumbbell row. Ask trainer for assistance.

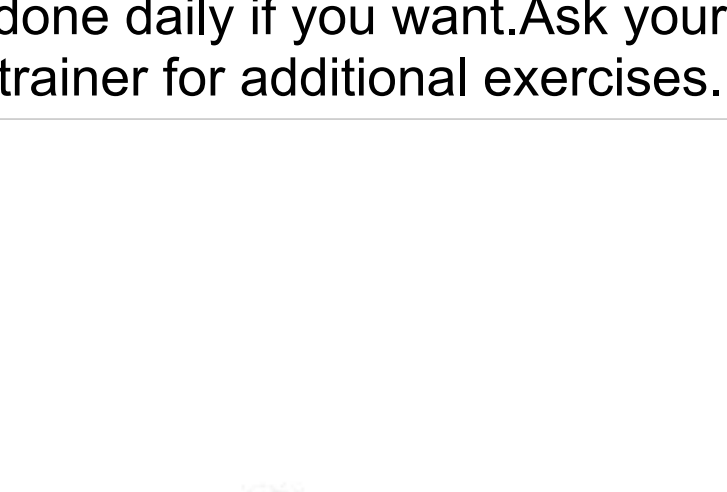


IMPROVE CORE ABILITY

Basic Core Routine: 1. McGill Crunch 2. SideBridge 3. BirdDog 4. SideBridge 5. Plank. Perform 3 or more times per week. Core exercises can be done daily if you want. Ask your trainer for additional exercises.

Core McGill Curl Up

Do McGill Crunches for as many reps as you can. Make sure you switch legs. **McGill Crunch Form**: Place your hands flat under your lower back and raise your elbows slightly off the ground. Your hands are there to make sure you do not flex your spine. Your spine needs to be neutral. Bend one leg so it is straight. Keeping a straight neck, tighten your abs as if bracing for a punch and raise your head and shoulders off the ground slightly. Hold this position for 10 seconds and repeat as many times with good form.



Core Sidebridge

Hold a side bridge for 5-10 seconds then relax and then repeat for 9 reps. If you can do additional sets up to 3 sets each side. You can also try holding a side bridge for 30 seconds for 1 to 3 sets as an option. If you can not do a full side bridge for 15 seconds try a modified version on knee (pictured). Ask trainer for other options. **Side bridge Form**: Lie on your side, with your forearm on the floor and elbow underneath your shoulder with extended legs, aligning the feet on top of each other or in a tandem position (heel-to-toe). The hips should be elevated off the mat and the body should be in straight alignment (i.e., head, neck, torso, hips, and legs). The torso should be supported only by the client's foot/feet and the elbow/forearm of the lower arm. Hold as long as you can with good form and no pain.



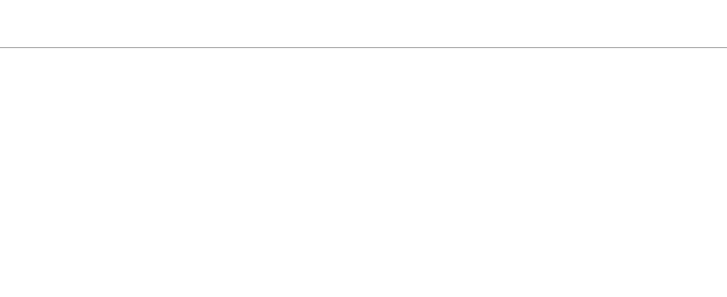
Core BirdDog

Hold a birddog for 5-10 seconds then relax and then repeat for 9 reps. Repeat on other side. If you can do additional sets up to 3 sets each side. You can also try holding a birddog for 30 seconds for 1 to 3 sets as an option. If you can not do a full birddog for 15 seconds try a modified version where you just lift you leg back and hold. Ask trainer for other options. **BirdDog Form**: This exercise involves simultaneous movement of your leg and contralateral (opposite) arm. **Hip Extension**: Slowly extend your left hip (raise and straighten the knee) attempting to extend it until it is at, or near parallel, to the floor without any rotation in the hip. **Shoulder flexion**: Slowly flex your right arm (raise and straighten the arm) attempting to raise it until it is at, or near parallel, to the floor without any tilting at the shoulders. Your goal is to keep the both shoulders parallel to the floor. Your head should remain aligned with the spine throughout the movement. Hold as long as you can with good form and no pain.



Core Single Leg Bridge

Hold a single leg bridge for 5-10 seconds then relax and then repeat for 9 reps. Repeat on other side. If you can do additional sets up to 3 sets each side. You can also try holding a single leg bridge for 30 seconds for 1 to 3 sets as an option. If you can not do a full single leg bridge for 15 seconds try a modified version where you just lift your buttocks off the floor with both legs (bridge exercise). **Single Leg Bridge Form**: While on Back make bridge by pressing through heels and raising pelvis up to neutral. While keeping back locked, abdomen braced, and spine in neutral raise one leg out and hold as long as you can with good form and no pain.



Core Planks

Hold a single leg bridge for 5-10 seconds then relax and then repeat for 9 reps. Repeat on other side. If you can do additional sets up to 3 sets each side. You can also try holding a plank for 30 seconds for 1 to 3 sets as an option. If you can not do a full plank for 15 seconds try a modified version on your knees. Ask trainer for other options. **Plank Form**: From prone position on forearms lift body into straightened position where arms are perpendicular to the floor and are in line with shoulders. Brace your abdomen, engage your gluteals, and keep back in and neck in neutral as you hold position.



IMPROVE MUSCULAR STRENGTH

General Strength Muscular Training Guidelines from the ACSM suggest that adults should train each major muscle group two or three days each week using a variety of exercises and equipment. Very light or light intensity is best for older individuals or previously sedentary adults just starting to exercise. Two to four sets of each exercise, with anywhere between eight and 20 repetitions, will help adults improve strength and power. Generally people fared best when doing 10 to 12 reps of each exercise for 2 or more sets using equipment that is easy to use like weight machines, dumbbells, and bands when starting a program. The key to all muscular strength and resistance training is reaching momentary muscular failure on the last reps of a 10 to 12 rep goal on an exercise. Seek out a trainer for more guidance.

IMPROVE AEROBIC ABILITY

General Aerobic Training Guidelines from the ACSM suggest that adults should Accumulate moderate-intensity exercise (40-60% of maximum) for at least 30 minutes on 5 or more days a week, for a total of 150 minutes per week, or vigorous-intensity exercise (60-85% of maximum) for at least 20-25 minutes on 3 or more days a week for a total of 75 minutes per week. Moderate or vigorous exercise is very subjective (ie running a 12 minute mile may be vigorous for one person but moderate for a more fit person). Generally walking 3 to 3.3 mph would be moderate exercise while running would be vigorous. Vigorous-intensity exercise—sometimes called high-intensity exercise or high intensity interval training (HIIT) if done in intervals—are physical activities done with a large amount of effort, resulting in a substantially higher heart rate and rapid breathing. HIIT has been suggested to be a superior form of training when the goal is to increase aerobic capacity. Key feature of interval training is the high intensity intervals should be greater than 30 seconds where 1 minute is preferable according to recent research. Seek out a trainer for more guidance.