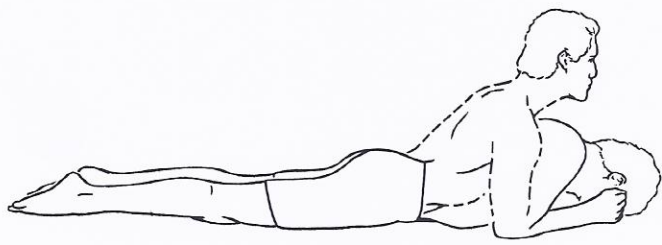
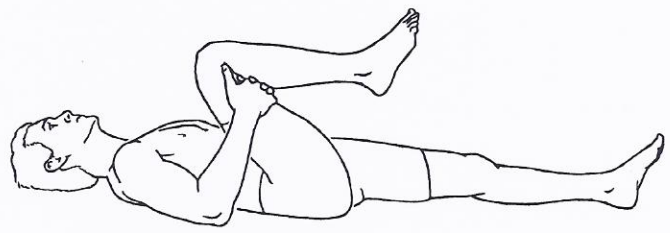


BACK - 1 On Elbows (Prone)



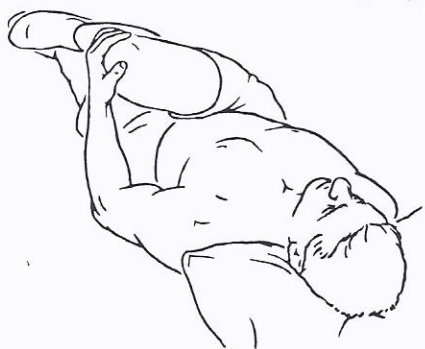
Rise up on elbows as high as possible, keeping hips on floor.
Hold 90 seconds 1X OR 30 seconds 3X.
1X/day

BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind your knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds.
Repeat 5 times per arm.
Do 3 sessions per week.

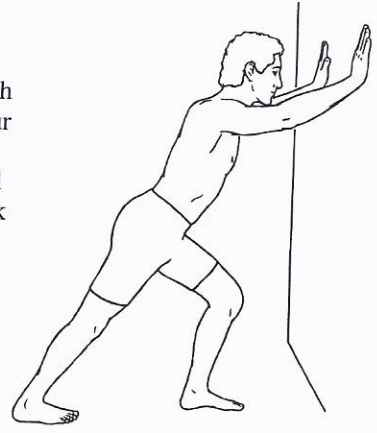
HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull knee toward opposite shoulder. Hold 30 seconds.
Relax.
Repeat 5 times per leg.
Do 3 sessions per week.

ANKLE / FOOT - 14 Gastroc Stretch, Iliopsoas stretch

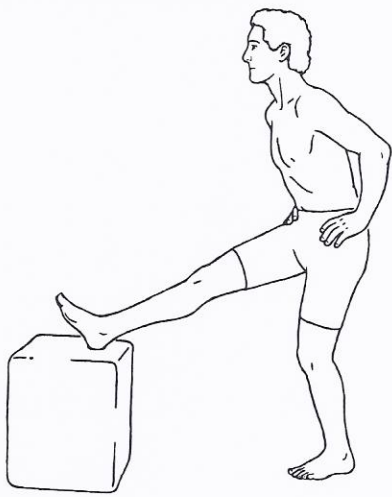
Stand with your trunk vertical (not as shown) with one leg forward. Bend your front knee only and lunge forward with your hips and chest. Do not let your back arch.
Hold 30 seconds



Repeat 5 times per leg.
Do 3 sessions per week.

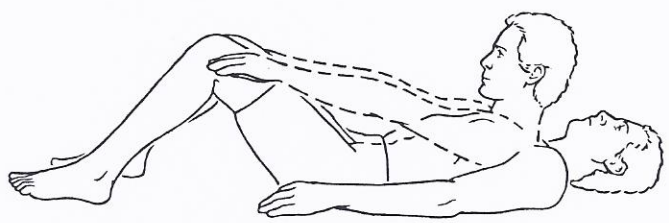
HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place foot on stool. Keeping back straight, push your hips backwards until stretch is felt in back of thigh. Hold 30 seconds.



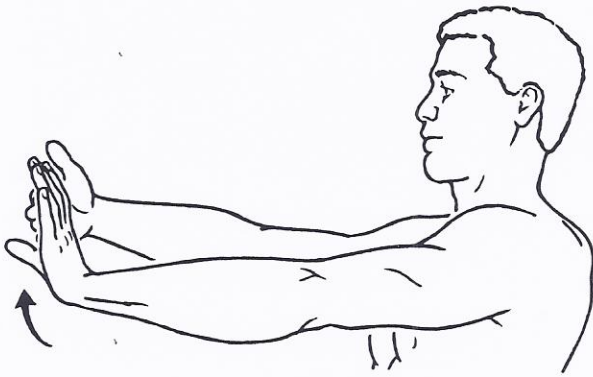
Repeat 5 times per leg.
Do 3 sessions per week.

BACK - 23 Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back (and keep it flat during the entire exercise). Raise head and shoulder blades from floor. Work to fatigue of form and go slow.
Repeat 10-100 times. Do 5-7 sessions per week.
Some boxers do 1000's of these per day!

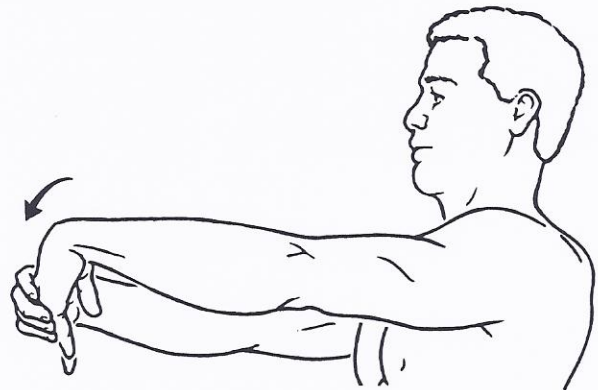
HAND - 13 Wrist Flexor Stretch



Keeping elbow straight, grasp hand and slowly bend wrist back until stretch is felt. Hold 20-30 seconds. Relax.

Repeat 5 times per side. Do 3 sessions per week.

HAND - 14 Wrist Extensor Stretch

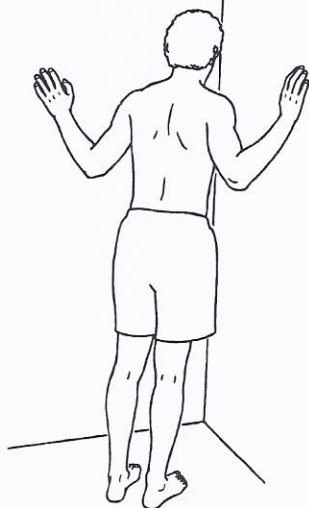


Keeping elbow straight, grasp hand and slowly bend wrist forward until stretch is felt. Hold 20-30 seconds. Relax.

Repeat 5 times per side. Do 3 sessions per week.

CERVICAL SPINE - 24 Flexibility: Corner Stretch

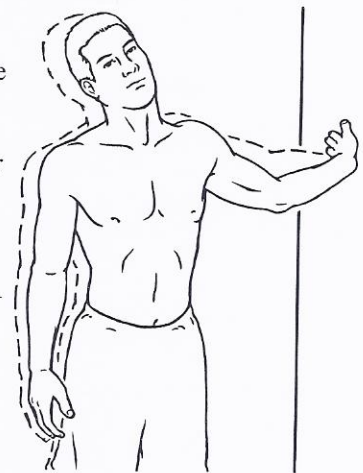
Standing in corner with hands at shoulder level, lunge forward with your chest and hips until a comfortable stretch is felt across chest. Do not arch your back. Hold 30 seconds.



Repeat 5 times per set.
Do 3 sessions per week.

Biceps and Anterior shoulder fascia stretch

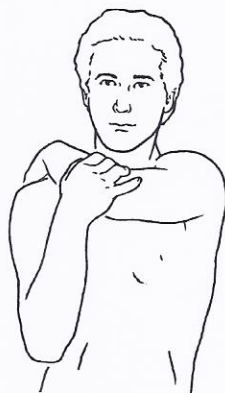
Stand with your hand on the wall with your fingers ideally pointing backwards (but up is okay). Turn your body gently away from your arm until a stretch is felt. Maintain your elbow straight and hold 20-30 seconds.



Repeat 5 times per arm.
Do 3 sessions per week.

SHOULDER - 72 ROM: Posterior Capsule Stretch

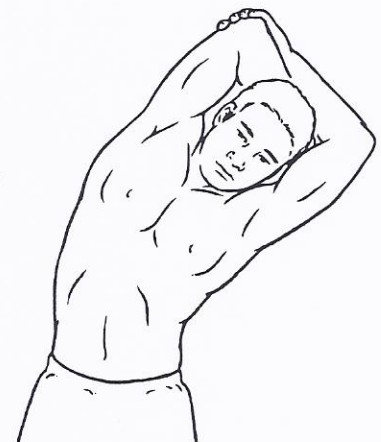
Place your arm across your chest as shown and gently pull your elbow into your chest as shown. Hold 20 seconds.



Repeat 5 times per arm.
Do 3 sessions per week.

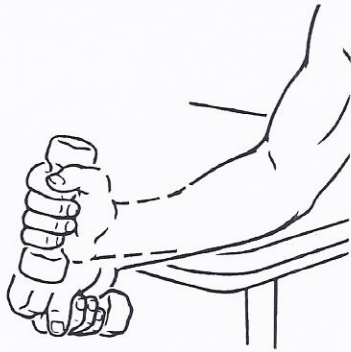
BACK - 88 Thoracolumbar Side-Bend:
Arms Folded (Standing)

Arms folded above head, lean to the side until stretch is felt. Do not let your back arch, keep your stomach tight. Hold 30 seconds. Relax.



Repeat 5 times per side.
Do 3 sessions per week.

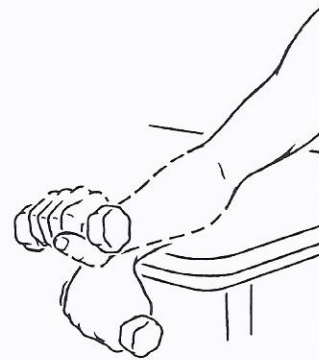
HAND - 66 Wrist Radial Deviation: Resisted



With your thumb up, hold a weight in hand, bend wrist up. Return slowly.

Repeat 6-10 times per set. Do 2-3 sets per session. Do 2 sessions per week.

HAND - 64 Wrist Extension: Resisted

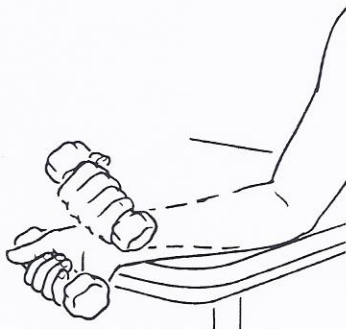


With your palm down, hold a weight in hand, bend wrist up. Return slowly.

Repeat 6-10 times per set. Do 2-3 sets per session. Do 2 sessions per week.

HAND - 63 Wrist Flexion: Resisted

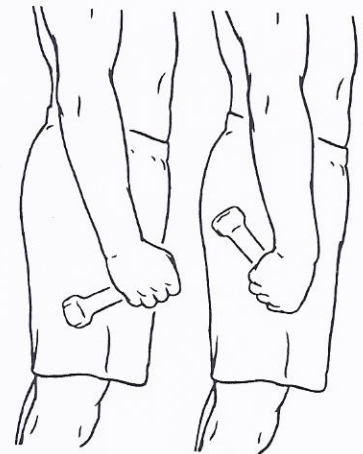
With your palm up, and a pound weight in hand, bend wrist up. Return slowly.



Repeat 6-10 times per set. Do 2-3 sets per session. Do 2 sessions per week.

HAND - 68 Wrist Ulnar Deviation: Resisted (Standing)

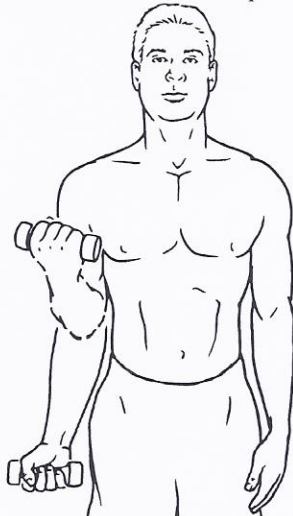
With your arm at side, thumb forward, a weight in hand, bend wrist forward. Return slowly.



Repeat 6-10 times per set. Do 2-3 sets per session. Do 2 sessions per week.

HAND - 70 Wrist Elbow Flexion: Resisted - Palm Up

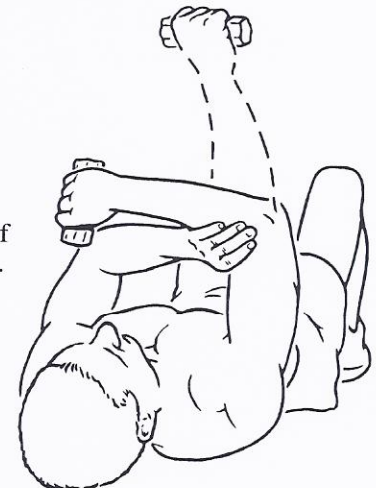
With your arm straight, palm forward, holding a weight, bend elbow. Return slowly.



Repeat 6-10 times per set. Do 2-3 sets per session. Do 2 sessions per week.

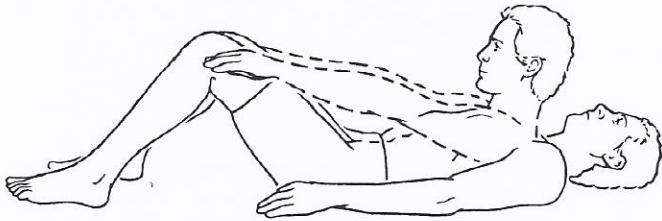
HAND - 71 Elbow Extension: Resisted

Lie on back, a weight in your hand, arm up, elbow bent and supported. Straighten elbow. Return slowly. Do not hit yourself in the face with the weight.



Repeat 6-10 times per set. Do 2-3 sets per session. Do 2 sessions per week.

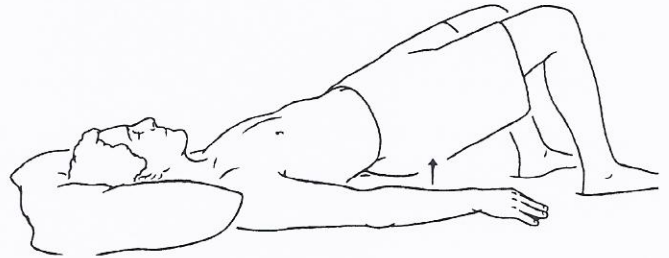
BACK - 23 Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back (and keep it flat during the entire exercise). Raise head and shoulder blades from floor. Work to fatigue of form and go slow.

Repeat 10-100 times. Do 5-7 sessions per week.
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TRUNK STABILITY - 9 Bridging

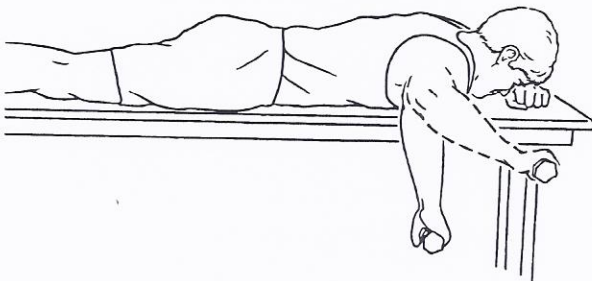


Slowly raise buttocks from floor, until you have a straight line between your knee-hip and shoulder. Hold for 2 seconds then slowly lower. Make sure you breathe.

Repeat 10-20 times per set. Do 1-2 sets per session.

Do 1 sessions per day.

SHOULDER - 99 External Rotation (Prone)

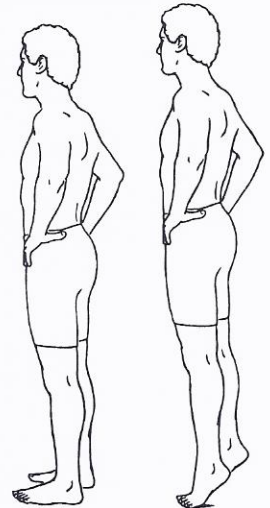


Lie with the upper arm straight out from body, elbow bent to 90°, 0-5 pound weight in hand. Rotate forearm up, keeping elbow bent. Return slowly. Keep your forehead supported so your face is pointing straight down.

Repeat 15-25 times per set. Do 2 sets per session.
Do 2-3 sessions per week.

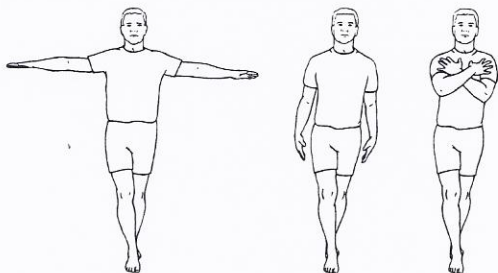
ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet, hold for 2 seconds then lower slowly.



Repeat up to 20 times per set.
Do 1 sessions per day.

STANDING STATIC - 4
Feet Heel-Toe "Tandem": Varied Arm Positions



With one foot directly in front of the other, and arms out, look straight ahead at a stationary object. The pictures to the right are progressively more difficult. When this is easy do the exercise to the right.

Hold 30 seconds. Do 4 sessions per day.

GAIT - 10
Heel-Toe "Tandem"

With arms outstretched walk a straight line. Bringing one foot directly in front of the other, then repeat backwards. Have something nearby to grab if you lose your balance.

Repeat for 2 minutes. 3 days/week
Do 1 sessions per day.

