

APPROXIMATE TIME  
TO COMPLETE

**60**  
MINUTES

For Patients with ICD's please note "Alternative Exercise Suggestions for Patients with an ICD" within each exercise listed below. A general rule of thumb is to avoid exercises on the same side of the ICD, that bring the arm over head or the arm out laterally at shoulder level extending behind the shoulder.

## Option 1: Warm Up

Complete 5 mins of Walking or Stationary Bike. Or complete one of the following:

	STRETCH	SETS	REPS	TEMPO
1	Side Stride	1	4x's out and 4x's back to start position	Slow and Controlled
2	Hamstring Curl	1	20	Slow to Quick
3	Downward Facing Dog to Plank	1	5-10	2 Holding Down dog: 1 Forward into Plank: 2 Holding Plank

## Option 2: Yoga Warm Up

	STRETCH	SETS
1	Sun Salutations	4-6x's - alternating legs from runners lunge

## Breathing & Stretches

It's important to never force a stretch but to relax into it. Forcing a stretch can make it ineffective. It's best to breathe deeply and only move deeper when the muscle opens.

While stretching take notice of how tight the muscle feels. Only stretch tight muscles. It's also helpful to notice the tighter side within each muscle group. Stretching only the tight side can help bring about balance.

**P Progression: When you have mastered each exercise, move to the "progression" listed below each exercise.**

	STRETCH	SETS	REPS	TEMPO
1	Upper Back Opener Over Roller	1	5	Exhale and extend your back over the roller for 5 counts: Inhale, crunch up for 2 counts. Move with Breath. Progress by holding the stretch in extension for 45 sec. for 1 repetition
2	Thread the Needle	1	1	Hold 45 sec on each leg
3	Hip Opener Stretch	1	1	Hold 45 sec on each leg
4	Hamstring Stretch with Chair	1	1	Hold 45 sec on each leg
5	Pec Stretch	1	1	Hold 45 sec on each arm
6	Sarah Stretch	1	10	Inhale to rise: Exhale as you push back and lower chest
7	Calf Wall Stretch	1	1	Hold 45 sec each leg
8	I.T Band Foam Roller Release	1	5 side leg: 5 front hip: 5 back hip	Slowly

## Strengthening

**P Progression: When you have mastered each exercise, move to the "progression" listed below each exercise.**

	EXERCISE	LOAD	SETS	REPS	TEMPO	REST
1	Deadlift 1: Kneeling Back Bend	Body Weight	2-3	10	2 Lower: 1 Hold: 2 Rise	45 sec to 1 min depending on exercise response
p	Deadlift 2: Loaded	10-20lbs	2-3	10	2 Lower: 1 Hold: 2 Rise	1 min or longer depending on exercise response
2	Push Up 1: From Wall	From Wall	2-3	10	2 Lower: 1 Hold: 2 Rise	45 sec to 1 min depending on exercise response
p	Push Up 2: From Knees	From Knees	2-3	10	2 Lower: 1 Hold: 2 Rise	1 min or longer depending on exercise response
3	Split Squat: Body Weight	Body Weight	2-3	10	2 Lower: 1 Hold: 2 Rise	1 min or longer depending on exercise response
4	Dumbbell Row with Weights	10-20lbs	2-3	10	1 Hold at Top: Lower: 2 Rise: 2	45 sec to 1 min depending on exercise response
5	Wall Lean	Body Weight	1-2	1	Hold 30 sec to 1 min	30 sec