

Warm-Up/Track/Cool Down

Warm-Up Stationary

Exercise	Sets/Reps/Time	Modifications
Neck Circles (L&R)	2 Sets/15 Sec	Low Difficulty Level
Arm Circles (F&B)	2 Sets/15 Sec	
Arm Swings	1 Set/15 Sec	
Up Over/Down Back	1 Set/15 Sec	
Leg Swings	2 Sets/15 Sec	Hold on to Wall
Side Leg Swings	2 Sets/15 Sec	Hold on to Wall
Lunge w/ Twist	1 Set/15 Sec	Lunge
Squats	1 Set/15 Sec	Wall Assisted, Half Squat

Warm-Up Track Moves

Exercise	Sets/Reps/Time	Modifications
Lunges	Quarter Lap	Big Steps
Crab Walk	Quarter Lap	Side Shuffle
Knee Huggers	Quarter Lap	High Knees
Toy Soldiers	Quarter Lap	Low Kicks

Track Options

Number of Laps- Give a set number of laps to perform that day, let the participant finish it how fast or how slow they would like. Just remember to have them finish the laps before the time is up. You can also have the participant try to improve upon their set number of laps each week.

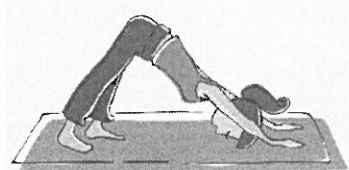
Interval Training- Includes an active period and an active recovery period. The active period consists of sprinting, running, jogging or speed walking. The active recovery period is a decrease in the level of output, without halting activity. Typically, an active period is shorter than the active recovery period. For example, a participant would run for 1 minute on the track and then reduce speed to a quick paced walk around the track for 2 minutes. This cycle would continue until the allotted time is up.

Cool Down

Exercise	Sets/Reps/Time	Modifications
Overhead Triceps	2 Sets/15 Sec	Low Difficulty Level
Biceps Wrist Bend	2 Sets/15 Sec	
Shoulder Cross Body	2 Sets/15 Sec	
Chest Arms Behind Back	1 Set/15 Sec	
Forward Reach	1 Set/15 Sec	
Above Head Reach	1 Set/15 Sec	
Side Reach	2 Sets/15 Sec	Above Head Reach
Standing Quad	2 Sets/15 Sec	Sitting Quad
Standing Pike	1 Set/15 Sec	Sitting Pike
Lunge	2 Sets/15 Sec	Squats

Yoga I Routine

Downward Dog



3 Sets

30 Seconds

Child's Pose



3 Sets

30 Seconds

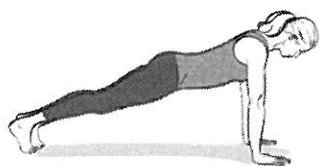
Cobra Pose



3 Sets

30 Seconds

Plank



3 Sets

30 Seconds

Reverse Plank



3 Sets

30 Seconds

Boat Pose



3 Sets

30 Seconds

Yoga II Routine

Tree Pose



3 Sets

30 Seconds

Warrior I



3 Sets

30 Seconds

Warrior II



3 Sets

30 Seconds

Extended Side Angle



3 Sets

30 Seconds

Warrior III



3 Sets

30 Seconds

Upward Salute

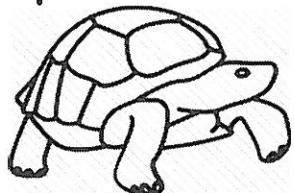


3 Sets

30 Seconds

Cardio Routine

Speed: Slow



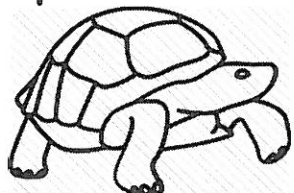
1 Minute →

Speed: Fast



30 Seconds

Speed: Slow



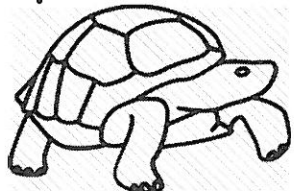
2 Minutes →

Speed: Fast



1 Minute

Speed: Slow



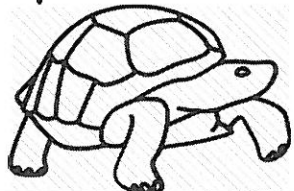
3 Minutes →

Speed: Fast



1.5 Minutes

Speed: Slow



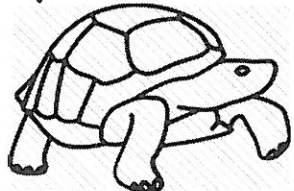
3 Minutes →

Speed: Fast



1.5 Minutes

Speed: Slow



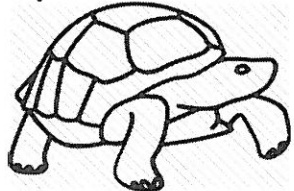
2 Minutes →

Speed: Fast



1 Minute

Speed: Slow



1 Minute →

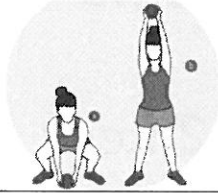
Speed: Fast



30 Seconds

Core Routine

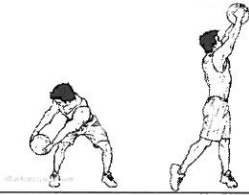
Med Squat



3 Sets

8-12 Reps

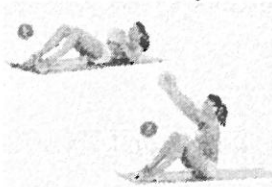
Wood Chop



2 Sets

8-12 Reps

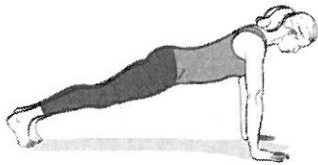
Sit Up



3 Sets

8-12 Reps

Plank



3 Sets

30 Seconds

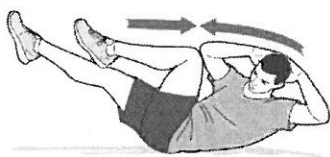
Mason Twist



3 Sets

8-12 Reps

Bicycle

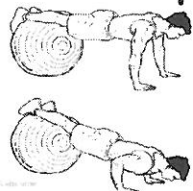


3 Sets

15 Seconds

Stability Ball Routine

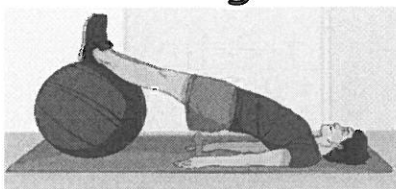
Push-Up



3 Sets

8-12 Reps

Bridge



3 Sets

8-12 Reps

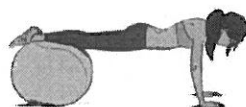
Transfers



3 Sets

8-12 Reps

Plank



3 Sets

30 Seconds

Wall Sit



2 Sets

30 Seconds

Hyperextension



2 Sets

8-12 Reps

Resistance Band Routine

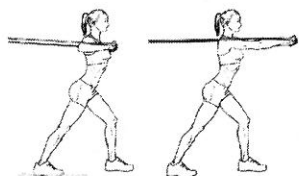
Thrusters



3 Sets

8-12 Reps

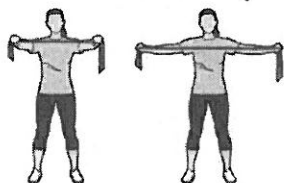
Chest Press



3 Sets

8-12 Reps

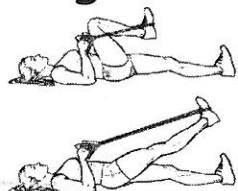
Reverse Fly's



3 Sets

8-12 Reps

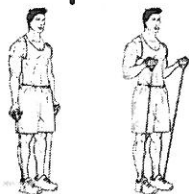
Leg Pres



4 Sets

8-12 Reps

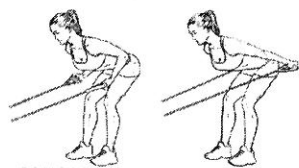
Biceps Curl



2 Sets

8-12 Reps

Kickbacks

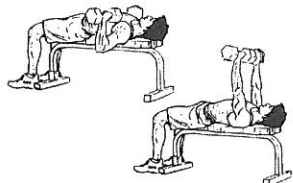


2 Sets

8-12 Reps

Dumbbell Routine

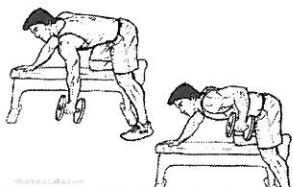
Chest Press



3 Sets

8-12 Reps

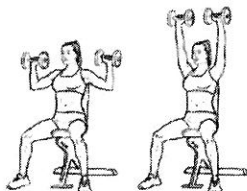
Bench Rows



3 Sets

8-12 Reps

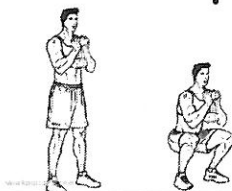
Shoulder Press



3 Sets

8-12 Reps

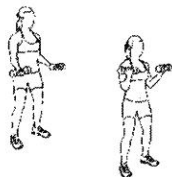
Goblet Squat



3 Sets

8-12 Reps

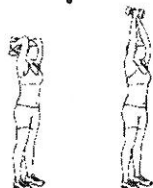
Biceps Curl



2 Sets

8-12 Reps

Triceps Curl



2 Sets

8-12 Reps

Machine Routine

<p>Chest Press</p> 	<p>3 Sets</p> <p>8-12 Reps</p>
<p>Lat Pull</p> 	<p>3 Sets</p> <p>8-12 Reps</p>
<p>Shoulder Press</p> 	<p>3 Sets</p> <p>8-12 Reps</p>
<p>Leg Press</p> 	<p>3 Sets</p> <p>8-12 Reps</p>
<p>Biceps Curl</p> 	<p>2 Sets</p> <p>8-12 Reps</p>
<p>Triceps Pushdown</p> 	<p>2 Sets</p> <p>8-12 Reps</p>

Participant: Eric Krueger

Staying Fit

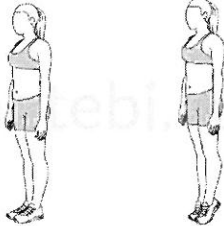
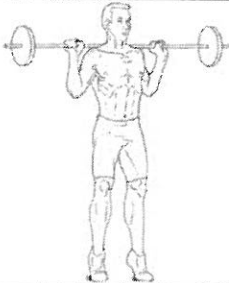

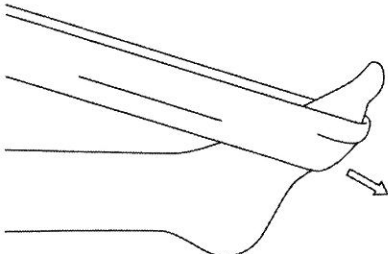
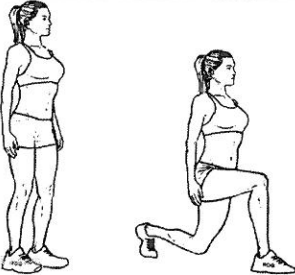
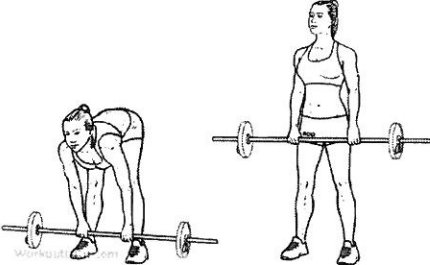
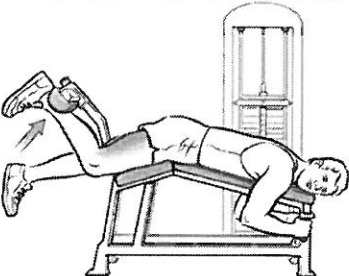
NWSRA

Exercise Log

Fall 2018

Activity	Exercise Description			Comments
Calf Strength	Exercise	Equipment	Pace	1 Farmer walk lap should be across the room. Foot does not move and stays static for Plantar Flexion. Can substitute the heavy band for a towel of wall
	Standing Calf Raise	-	2 Sets/15 Reps	
	Weighted Calf Raise	20lbs on Smith	3 Sets/ 10 Reps	
	Farmers Toe Walk	15lb Dumbbell	2 laps	
	Resisted Plantar Flexion	Heavy Band	1 Set/20 Sec	
Hamstring Strength	Exercise	Equipment	Pace	Knees will have slight bend during the Stiff Leg Dead.
	Lunge	-	2 Sets/12 Reps	
	Stiff Leg Dead	10lb Dumbbell	3 Sets/ 12 Reps	
	Hamstring Curl	40lbs Machine	3 Sets/ 10 Reps	
	Bridge	-	3 Sets/12 Reps	
Notes	<ul style="list-style-type: none"> • This strengthening program is geared to help Eric's Hypotonia • Hypotonia: Low amount of muscle tone • Best to perform after the track portion • Exercises can also be done on own and should be done about every 3 days 			

Visual Guide

<p style="text-align: center;">Standing Calf Raise</p> 	<p style="text-align: center;">Weighted Calf Raise</p> 
<p style="text-align: center;">Farmers Toe Walk</p> 	<p style="text-align: center;">Resisted Plantar Flexion</p> 
<p style="text-align: center;">Lunge</p> 	<p style="text-align: center;">Stiff Leg Deadlift</p> 
<p style="text-align: center;">Hamstring Curl</p> 	<p style="text-align: center;">Bridge</p> 