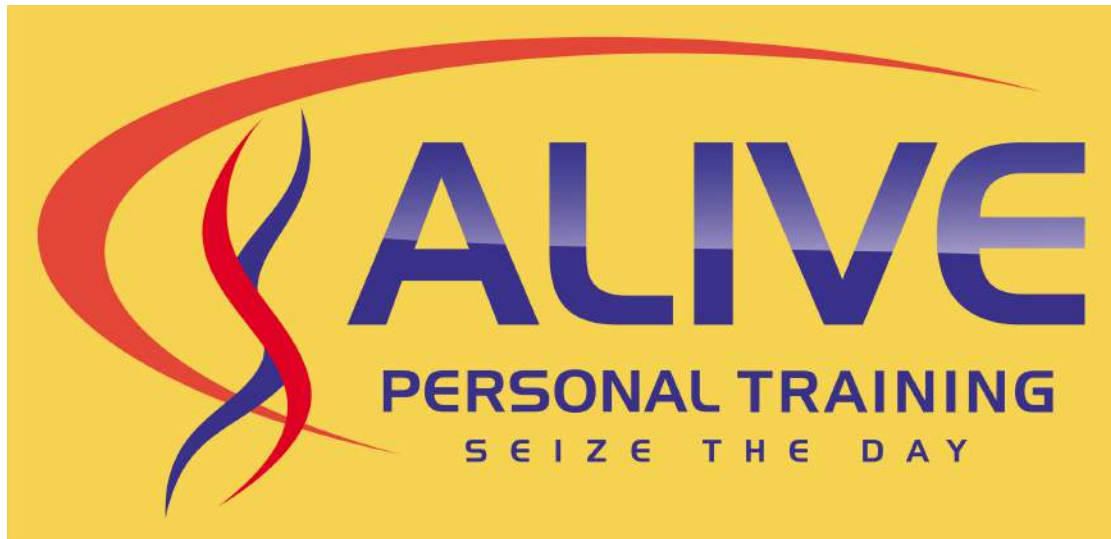


# **Alive Personal Training Presents**

## **4-Week Fat-Blaster Program** for all fitness levels



## Four Week Fat-Blaster Program

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This information in the Alive Personal Training Four-Week Fat Blaster program is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

***Disclaimer:***

**You must get your GP's approval before beginning this exercise program.**

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises in this book are not intended as a substitute for any exercise routine or fitness regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this one. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. If your physician recommends that you don't use this program, please follow your doctor's order

**Disclaimer:** See your GP before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian.

1. Do you schedule at least a yearly physical exam with your GP? You must have a full physical examination if you are sedentary or if you have high cholesterol, high blood pressure, diabetes, if you are overweight, or if you are over 30 years old. **There are no exceptions.** If you meet any of the above requirements, schedule an examination.
2. Have you been given your GP's approval to begin a lifestyle program? You must have your GP's approval to begin an exercise program. It is essential that you have your GP's clearance and encouragement prior to starting this manual.
3. Do you have any injuries or medical conditions that would prevent you from performing any type of exercise? Don't rush into exercise. Talk to your doctor. Your doctor understands your health and physical capacity better than you.
4. Discuss the results of your check-ups with your physician before you begin an exercise program. Create a partnership with your doctor. Make your doctor part of your fat loss and health-building team. With good communication and professional instruction, your chances of success will be much greater.
5. **Social support can be the #1 factor for success in fitness programs.** While the support can come from your spouse, brother or sister, child, mum or dad, friend, neighbour, or co-worker, it's a proven fact that individuals have a greater chance of sticking to an exercise program when they have to be accountable someone like a personal trainer or lifestyle coach. Don't try and do this on your own. Social support is important in your quest for better health, fitness and fat loss.
6. **Nutrition is equally as important for success in fat loss programs.** Do you keep a nutrition program? If not, contact Alive Personal Training to commence a weight loss program that will make sure your body is transformed into the one you desire, without any gimmicks, meal replacements or starvation.
7. **Arrange to have a Fitness Assessment.** This will help identify your physical limitations and exercise capacity. It will also help the trainer individualize the program for your training needs.
8. **What is your current activity level?** Log everything you do for at least one week to get an idea of your daily energy expenditure.

## Fat Blaster Training Guidelines

**Disclaimer:** See your GP before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your GP or a registered dietician.

- Workout 3 days per week alternating, between workouts A and B.
- Train intervals 3 days per week. These can be done after strength training or on non-strength training days. Make sure you have at least 1 full rest day per week.
- In week 1, you will follow an A, B, A schedule. In week 2, a B, A, B schedule. In week 3, an A, B, A schedule, and in week 4, a B, A, B schedule.
- Each pair of exercises constitutes a "Superset". In each Superset, perform one set of the first exercise followed immediately by the next (A1 & A2). –

**Beginners & Intermediate: Rest 30 seconds after completing the exercises in the Superset (i.e. after A1 & A2).**

**Advanced: Rest as little as possible between exercises and supersets. Rest only to take drinks of water or if whenever you feel like you need a break.**

- Use the recommended lifting tempo for all exercises (except for any holding exercises like the planks where it is just a static hold).

–

For example, (3x15) 2-1-1 means 3 sets of 15 reps at a 2-1-1 tempo (2 seconds to lower, 1 sec pause, 1 sec to lift)

- Finish each workout with stretching for the tight muscle groups only.

### Warm-up

- Never skip a warm-up. For a warm-up, perform this circuit twice using a 2-0-1 tempo:
  - 10 reps of bodyweight squats or lying hip extensions –
  - 20 second plank
  - 6-10 reps of kneeling pushups or pushups
  - Do not rest during the warm-up circuit.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up.

## Sample Workout Structure

- Here's how a sample workout looks:

**Bodyweight Warm-up Circuit** (this should take you less than 5 minutes)

- Bodyweight Squat – 10 reps
- Plank – 20 seconds
- Pushup or Kneeling Pushup – 6 reps

Repeat

## **Fat Blaster Strength Workout (ex. Beginner Workout A)**

1A) Lying Hip Extension (8 reps)

no rest – go directly to:

1B) Plank (15 seconds) Rest 30 seconds.

Repeat this cycle 2 more times for a total of 3 supersets.

2A) Prisoner Squat (12 reps)

no rest – go directly to: 2B) Bird Dog (5 reps)

Rest 30 seconds. Repeat this cycle 2 more times for a total of 3 supersets.

3A) Kneeling Pushup (8 reps)

no rest – go directly to: 3B) Side Plank (5 seconds)

Rest 30 seconds. Repeat this cycle 2 more times for a total of 3 supersets.

4A) Band Pull (15 reps)

no rest – go directly to: 4B) Ab Curl-up (15 reps)

Rest 30 seconds. Repeat this cycle 2 more times for a total of 3 supersets.

## **Training Intervals**

- See below for Interval instructions.

## **Stretching**

- Stretch tight muscle groups only.

### **Fat Blaster Interval Training Guidelines**

- Research has shown that interval training is very effective for fat loss.
- Finish each interval workout with stretching for the tight muscle groups only.
- Here are beginner and intermediate/advanced interval workouts. Choose the appropriate workout and do it after your bodyweight exercises.

#### **Beginner Fat Blaster Workout Intervals**

- Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you are going to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise).
- Exercise for 1 minute at a hard pace (at a subjective 7/10 level of effort – this should be slightly harder than normal cardio pace).
- Follow that with “active rest” for 2 minutes by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 4 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

Minute by Minute	Type	Intensity Level	Notes
1	Warm up	3/10	
2	Warm up	4/10	
3	Warm up	4/10	
4	Warm up	5/10	
5	Warm up	5/10	
6	Hard	7/10	
7	Easy	3/10	
8	Easy	3/10	
9	Hard	7/10	
10	Easy	3/10	
11	Easy	3/10	
12	Hard	7/10	
13	Easy	3/10	
14	Easy	3/10	
15	Hard	7/10	
16	Cool Down	3/10	
17	Cool Down	3/10	
18	Cool Down	3/10	
19	Cool Down	3/10	
20	Cool Down	3/10	
20 minutes total			

## **Fat Blaster Interval Training Guidelines**

### **Intermediate/Advanced Fat Blaster Workout Intervals**

- Warm-up for 5 minutes.
- Perform an interval by exercising for 60 seconds at a very hard pace (at a subjective 8/10 level of effort).
- Follow that with "active rest" for 60 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 6 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

Minute by Minute	Type	Intensity Level	Notes
1	Warm up	3/10	
2	Warm up	4/10	
3	Warm up	4/10	
4	Warm up	5/10	
5	Warm up	5/10	
6	Hard	8/10	
7	Easy	3/10	
8	Hard	8/10	
9	Easy	3/10	
10	Hard	8/10	
11	Easy	3/10	
12	Hard	8/10	
13	Easy	3/10	
14	Hard	8/10	
15	Easy	3/10	
16	Hard	8/10	
17	Cool Down	3/10	
18	Cool Down	3/10	
19	Cool Down	3/10	
20	Cool Down	3/10	
20 minutes total			



## **Beginner Fat Blaster Program**

	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
<b>Workout A</b>											
A1) Lying Hip Extension (3 sets x 8 reps) 2-0-2											
A2) Plank (3x15 seconds)											
B1) Prisoner Squat (3x12) 3-0-1											
B2) Bird Dog (3x5) 1-3-1											
C1) Kneeling Pushup (3x8) 2-1 1											
C2) Side Plank (3x5 sec per side)											
D1) Band Pull (3x15) 2-0-2											
D2) Ab Curl-up (3x15) 2-0-1											
<b>Workout B</b>											
A1) Bodyweight Step-ups (3x8) 2-0-1											
A2) Stick-up (3x8) 2-1-2											
B1) Split Squat with Front Foot Elevated (3x8) 2-0-1											
B2) Kneeling Close-grip Push-up (3x8) 3-0-1											
C1) Bicycle Crunch (3x20) 2-0-1											
C2) 1-leg Hip Extension (3x8) 2- 0-1											

## Intermediate Fat Blaster Program

- If you can't do inverted rows, substitute the "Stick-up" exercise.
- If you can't do full chin-ups, do the lowering portion of the exercise only.

	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
<b>Workout A</b>											
A1) Pushups (3x15) 2-0-1											
A2) Inverted Row (3x8) 2-0-1											
B1) 1-leg Deadlift (3x8) 3-1-1											
B2) Bicycle Crunch (3x30) 2-0-1											
C1) Bulgarian Split Squat (3x8) 2-1-1											
C2) Elevated Pushup (3x8) 2-0-1											
D1) Reaching Lunge (3x8) 2-0-1											
D2) Mountain Climbers (3x12) 1-0-1											
<b>Workout B</b>											
A1) 1-leg Deadlift (3x8) 2-1-1											
A2) Chin-up (3x6) 3-0-1											
B1) Step-ups (3x12) 3-0-1											
B2) Slow Pushup (3x10) 2-2-1											
C1) Bicycle Crunch (3x20) 2-0-1											
C2) Side Plank (3x20 seconds)											
D1) Close-grip Pushups (3x10) 2-0-1											
D2) Plank (3x45 seconds)											

## **Advanced Fat Blaster Workout Guidelines**

- For the intermediate and advanced workouts, you will need to know how many repetitions you can do in the following exercises.
- Do the following exercise tests as your first bodyweight workout
  - Do a regular warm-up and then test yourself in this order.
  - Rest 1 minute between exercises
  - Re-test yourself after 2 weeks because you will gain muscle endurance very quickly.
- ◆ The maximum number of regular pushups you can do at a 1-0-1 tempo \_\_\_\_
- ◆ The maximum number of 1-leg squats to parallel you can do at a 3-0-1 tempo \_\_\_\_
- ◆ The maximum number of chin-ups you can do at a 3-0-1 tempo \_\_\_\_
- ◆ The maximum number of slow pushups you can do at a 2-2-1 tempo \_\_\_\_
- ◆ The maximum number of inverted rows you can do at a 2-0-1 tempo \_\_\_\_
- ◆ The maximum number of bicycle crunches you can do at a 1-0-1 tempo \_\_\_\_
- ◆ The maximum number of elevated pushups you can do at 2-0-1 tempo \_\_\_\_

## Advanced Fat Blaster Program

	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
<b>Workout A</b>											
A1) Pushups (3x85%) 1-0-1											
A2) Reverse Push-ups (3x80%) 2-0-1											
B1) 1-leg Squat (3x90%) 3-0-1											
B2) Bicycle Crunch (3x80%) 1-0-1											
C1) Bulgarian Split Squat (3x12) 2-1-1											
C2) Elevated Pushup (3x80%) 2-0-1											
D1) Reaching Lunge (3x12) 2-0-1											
D2) Mountain Climbers (3x20) 1-0-1											
<b>Workout B</b>											
A1) 1-leg Deadlift (3x15) 2-1-1											
A2) Reverse Push-ups (3x90%) 3-0-1											
B1) Step-ups (3x15) 3-0-1											
B2) Slow Pushup (3x90%) 2-2-1											
C1) Prisoner Lunge (3x15) 2-2-1											
C2) Side Plank (3x30 seconds)											
D1) Close-grip Pushups (3x30) 2-0-1											
D2) Plank (3x60 seconds)											

## **Exercise Descriptions**

### **Prisoner Squat**

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back. Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your buttock muscles, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back.



### **Split Squat with Front Foot Elevated**

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step, and put it on a 30cm step approx. Press the front of your left foot into the ground and use it to help keep your balance. The left knee should also be bent.
- Contract your buttocks, brace your abs and keep your spine in a neutral position.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don’t step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.

## **Exercise Descriptions**



### **Step-Up**

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- With your abs braced and Buttocks squeezed, start the movement by pushing your top foot into the bench(through the heel) to lift the body up to the standing position.
- Lower your body under control. Pause briefly at the bottom and repeat.
- Complete all reps for one side before changing legs.
- Start on a low step (30cm) and increase the height of the step (45cm) as you improve.



## **Exercise Descriptions**

### **Bulgarian Split Squat**

- Stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your buttocks, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.





## **Exercise Descriptions**

### **1-Leg Deadlift**

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Go slowly and focus on balance.
- Go until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.





## **Exercise Descriptions**

### **Prisoner Forward Lunge**

- Stand with your feet shoulder-width apart and hold a light weight if you want to increase resistance
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back. If you are holding a weight hold it by your side or against your chest.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent. Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push through the heel of your right leg to return to the starting position.



### **Single Leg Reaching Lunge**

- Stand with your feet shoulder-width apart in front of a small object that you have placed 1 meter in front of you. Now stand on your right leg, balance yourself, and then bend your knee and reach forward to touch the object with your right hand.
- Touch the object and return to the starting position without losing your balance.
- Without switching legs, perform the same exercise but use your left hand to reach forward and touch the cone. Perform all the repetitions on the right leg and then switch.

### **Exercise Descriptions**

- As you get better, you can place 3 cones in a line (one to the left, one in the centre, and one to the right). This will require greater balance.



### **Lying Hip Extension**

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your glutes (butt muscles) as if you were holding something between your buttocks.
- Raise your hips up by contracting your glutes. Don't use your lower back.
- Hold your hips elevated for a slow 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they tap the ground. Then repeat.



## **Exercise Descriptions**

### **Lying 1-Leg Hip Extension**

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you raise your left leg off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they tap the ground.
- Perform all reps for one leg and then switch sides.



### **Ab Curl**

- Lie On your back with one leg bent and one leg straight as in the left photo.
- Always keep one leg straight. This helps to maintain the neutral spine during the exercise, which keeps spine loads lower than if both legs were bent.
- Only curl up to the point where the shoulder blades just come off the floor. The pivot point is not in the low back, but in the rib cage.
- Keep your head in a neutral position and pick a spot in your line of vision. Try to lift from your shoulders toward that, instead of curling down toward your feet. If it seems easy, you are probably doing something incorrectly.
- For additional challenge, hold the “up” position for 5 seconds. This increases the work on the spine stabilizers by forcing them to aid in breathing as well as spine stability.



## **Exercise Descriptions**



### **Plank**

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your forearms and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally. Push your elbows towards your feet. This will cause you to retract your shoulder blades and help engage your core muscles. Drive your heels back as well.
- Hold this position for the recommended amount of time or 10 seconds if you are doing multiple repetitions.
- Perform this on your knees if you are feeling overly stressed in your lower back



Plank on toes



Plank on knees

## **Exercise Descriptions**

### **Side Plank**

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time or 8-10 seconds if you are doing multiple repetitions.
- Again drop to your knees if you feel excessive pain in your spine.



### **Bicycle Crunch**

- Lie on your back with your knees bent 90 degrees & hands behind your head.
- Lift your feet off the ground and bring your knees back towards your chest.
- Curl your body off the ground and bring your right elbow to your left knee.
- In the process, you should be able to bring your right shoulder blade off the ground. You don't need to curl up any higher.
- Return to the start position. Then repeat the movement for the left side.
- Continue to alternate sides for the desired number of reps with each movement counting as a single repetition.

## **Exercise Descriptions**



### **Mountain Climbers**

- Start in the top of the push-up position.
- Brace your abs.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest.
- Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



### **Superman**

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on "all fours" (like superman flying).
- Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.



### **Exercise Descriptions**

- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn't have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.



### **Stick-up**

- Stand with your back against a wall. Your feet should be 20 cm away from the wall and your butt, upper back, and head should all be in contact with the wall at all times during this exercise.
- Raise your hands up overhead. Try to keep your shoulders, elbows, and wrists in contact with the wall at all times.
- Slide your arms down the wall and tuck your elbows into your sides. This should bring your shoulder blades down and together. You should feel a strong contraction in the muscles between your shoulder blades as well as the shoulder muscles.
- Again, try to keep everything in contact with the wall.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-up" position. Again, try to keep everything in contact with the wall.
- Try to improve your range of motion in this exercise each week.
- The goal is to improve shoulder mobility and postural control.

### **Exercise Descriptions**



### **Band Pulls**

- Hold a resistance tubing band at arms length and shoulder level with your hands spaced shoulder-width apart. Pull the band apart and pull your elbows back by using the muscles of your upper back. Focus on bringing your shoulder blades together.
- Keep your hands and elbows at shoulder height.





## **Exercise Descriptions**

### **Push-up**

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 5cm off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



### **[Kneeling] Push-up**

- See instructions above



## **Exercise Descriptions**

### **Close-grip Pushups**

- Same as above, but keep your hands shoulder-width apart and keep your elbows tucked into your sides as you do the pushup.



### **Elevated Pushups**

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal push-up width).
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



## **Stretching Descriptions**

### **Psoas Stretch**

- Kneel on your left knee and place your right foot 1-2 feet ahead of your left knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level).
- Hold the stretch for 30 seconds and then switch sides.



### **Hamstring Stretch**

- Lie on your back with both legs flat. Slightly bend your right knee.
- Now raise your right leg up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands, band or a towel looped around your foot.
- Hold the stretch for 30 seconds and then switch sides.



## **Stretching Descriptions**



### **Glute/Lower Back Stretch**

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.

## **Stretching Descriptions**



### **Quadriceps Stretch**

- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.
- 





## **Stretching Descriptions**

### **Chest Stretch**

- Stand next to a doorframe.
- Raise your elbow up to shoulder height and rotate your arm so that your hand is up (as if you were in a throwing position with your elbow in line with your shoulder).
- Press your elbow against the doorframe and slowly and gently rotate your upper body away from your elbow.
- You should feel the stretch across the front of your shoulder and chest.
- Hold for 30 seconds and then repeat for the other side.



## **Stretching Descriptions**

### **Shoulder Stretch**

- Raise your arm to shoulder height and bring your arm across the front of your body.
- If using your right arm, your right hand should rest at your left shoulder.
- Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
- Hold for 30 seconds and then repeat for the other side.

