



ForzaPT Basic Home Exercise Types

Cardio

Cardio Marching in place, Walking, Jump Rope

Core

Chair Crunch On back with legs up on chair so knees and hips are at 90 deg. Repeat 10 Times
Cross hands over chest or behind head. Hold 1-3 Seconds
Tuck chin and draw abs in. Complete 2 Sets
Roll head and shoulder up keeping back flat.



90 Deg Crunch Begin with legs straight in air. Reach your hands towards toes, Repeat 10 Times
crunching shoulders off ground. Hold 1-3 Seconds
Complete 2 Set



Bridges Lie on your back with your knees bent and heels close to your Repeat 10 Times
bottom. Slowly push up through your heels and raise your hips Hold 1-3 Seconds
towards the sky Complete 2 Set
until your body is in one straight line from your shoulder to your knee. Squeeze your glutes at the top and hold it for three seconds and slowly lower back to the floor and repeat!



Lateral Plank While lying on your side, lift your body up on your elbow and Repeat 10 Times
feet. Try and maintain a straight spine. Hold 1-3 Seconds
Complete 2 Set



Abdominal Twist Sitting with back up tall, knees bent and feet on the table. Lean Repeat 10 Times
backward at your hips until you feel your abdominal muscles Hold 1-3 Seconds
tighten. Holding a ball, rotate side to side touching the ball Complete 2 Set
downward. Make sure to maintain a straight back.



Up & Ups Lie flat on your back Repeat 10 Times
Focus—tighten your core Hold 1-3 Seconds
Do a leg lift until you legs are 100% vertical. Your body should Complete 2 Set
form a 90 degree angle SQUEEZE your butt & lower abs and use your hips to push your legs directly upwards. Hold at the top for 1 second, slowly lower and allow your butt to touch the bench, and then immediately pulse back up for the next rep.



Upper Body

Push up

Keep your elbows straight and drop your chest towards the floor and then back up towards the ceiling.

Repeat 10 Times
Hold 1-3 Seconds
Complete 2 Set



Prone T

Lie face down with your elbow straight and arm dangling down towards the floor. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arm keeping your elbow straight the entire time as shown.

Repeat 10 Time
Hold 1-3 Second
Complete 2 Set



Your thumb should be pointed in the upward direction as your arm raises.

Prone I

Lying face down with your elbows straight, slowly raise your arms upward while keeping your elbows straight.

Repeat 10 Time
Hold 1-3 Second
Complete 2 Set



Prone Y - Flexion

While lying face down with your knee bent, slowly raise up your knee off the ground.

Repeat 10 Time
Hold 1-3 Second
Complete 2 Set



Dips off chair

Push yourself up to a straight elbow position as shown. Then lower your buttocks down towards the floor by bending your elbows.

Repeat 10 Times
Hold 1-3 Seconds
Complete 2 Set



Lower Body

High Knees Walk

Raise your knee up like you are marching. Walk forward and perform on the opposite leg. Perform for 1-3 minutes

Repeat 10 Times
Hold 1-3 Second
Complete 2 Set



Sahrmann Exercise 3

1. Lie on your back with knees bent and arms at your side.
2. Pull in your abdominals, keeping neutral pelvis and hold.
3. Bring your legs up one at a time towards your body with knees bent.

Repeat 10 Times
Hold 1-3 Second
Complete 2 Set



Wall Squats

Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position. A door was used here because it was smoother and had less friction than the wall. Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 10 Times
Hold 1-3 Seconds
Complete 2 Set



Lunge Stand with feet shoulder-width-apart. Next, take a step forward and allow front knee to bend. Back knee may bend as well. Repeat 10 Times
Hold 1-3 Seconds
Complete 2 Set

Then, return to original position or walk and take a step forward and repeat with the other leg. Keep pelvis level and straight the entire time. Front knee should bend in line with the 2nd toe and not pass the front of the foot.



Prone hip extension While lying face down with your knee straight, slowly raise up leg off the ground Repeat 10 Time
Hold 1-3 Second
Complete 2 Set



Prone hip extension - knee bent While lying face down with your knee straight, slowly raise up leg off the ground. Repeat 10 Time
Hold 1-3 Second
Complete 2 Set



Total Body

Single Leg Bridge - Modified While lying on your back, raise your buttocks off the floor/bed into a bridge position. Repeat 10 Times
Hold 1-3 Seconds
Complete 2 Set

Next straighten a leg so that only one leg is supporting your body. Then, return that leg back to the ground and change to the other side.

Try and maintain your pelvis level the entire time.



Plank Place elbows shoulder width apart on floor. Repeat 10 Times
Hold 1-3 Seconds
Complete 2 Set

Press up into plank position, keeping abdominals tight and back flat.



Jumping Jacks Start with your feet together and your arms at your sides. Hop your feet out at the same time moving your arms out. Then return to the starting positing. Perform as fast as you can to elevate that heart rate. Repeat 10 Times
Hold 1-3 Second
Complete 2 Set



Squat with Diagonal Abs Reach Over Head 2 Stand up from the squat while diagonally reaching over head and to the opposite side. Repeat 10 Times
Hold 1-3 Second
Complete 2 Set



Push up to full plank with rotation Start by performing a push up with a wide-legged stance. Hold the planked position at the top with fully extended elbows and lift one arm up and behind you as you rotate your trunk and head in the same direction. Repeat 10 Times
Hold 1-3 Second
Complete 2 Set

Return your arm back to the fully planked position, perform another push up, and then repeat on the other side.



Cool Down

Seated hamstring stretch While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind you knee/thigh. Repeat 10 Times
Hold 1-3 Second
Complete 2 Set



**Quad Stretch -
Standing**

While in a standing position, bend your knee back behind and hold your ankle/foot.
Next, gently pull your knee into a more bent position.

Repeat 10 Times
Hold 1-3 Second
Complete 2 Set



Tricep Stretch

With your affected elbow bent and shoulder raised, use your other hand and gently push your affected elbow back towards over head until a stretch is felt.

Repeat 10 Times
Hold 1-3 Second
Complete 2 Set



**Posterior
Glenohumeral
Capsule Stretch**

Put your shoulder diagonally. Using your other hand, keep the arm you are stretching straight and bring that arm towards your chest. You should feel this stretch in the back of your shoulder.
Then switch sides. Repeat.

Repeat 10 Times
Hold 1-3 Second
Complete 2 Set



**Yoga Thoracic
Rotation
(Advanced
Seated)**

In a seated position take both hands and place them at your side. Pull to that side with your arms. Rotate your trunk and neck to the same side. Keep the head and neck down. You should feel a stretch in your neck, upper/mid back.
(Hold for 2 deep breaths and switch sides)

Repeat 10 Times
Hold 1-3 Second
Complete 2 Set



