

Exercise Report For:

Sample Client



A HEALTHIER APPROACH TO
DIETING AND EXERCISE

Provided By:

Henry Weber

VIP Health Coach

Phone: (917) 331-3500

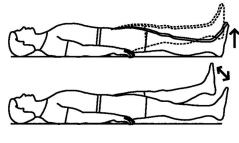
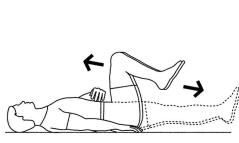
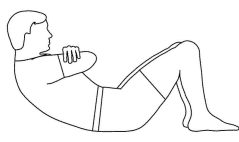
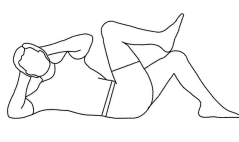
Fax:

hwebemt@gmail.com

WWW.VIPHEALTHCOACH.COM

Comment:

Do this for the first 3 weeks

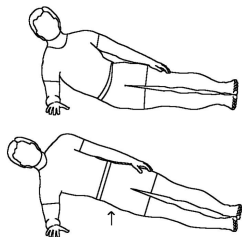
<p>Double leg scissor lift</p>  <ul style="list-style-type: none"> • Lie on back with arms at sides. • Tighten abdominal muscles to help maintain proper low back curve. • Keep knees straight and lift both legs up about 6 inches. • Spread legs apart and back together. • Lower legs and repeat. <p>Special Instructions: Maintain proper low back curve. Do not hold breath. Perform 2 sets of 1 Minute, S-TU-TH.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>Double leg raise/lift</p>  <ul style="list-style-type: none"> • Lie on back. • Tighten abdominal muscles, visualize trying to push belly button up under ribs. • Use your hand to help push belly button up under ribs if needed. • While maintaining abdominal tension, lift both legs up to 90 degrees, with knees bent. • Straighten both legs, but keep them up and off the floor. • Return legs to the bent position and repeat. <p>Special Instructions: Maintain a proper lumbar position throughout the exercise. Do not hold breath. Perform 5 sets of 1 Minute, S-TU-TH.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p>Cross arm crunch</p>  <ul style="list-style-type: none"> • Lie on back, knees bent, arms crossed over chest. • Lift up head and continue to lift up shoulders off floor, toward knees. • Keep low back in contact with floor. • Return to start position and repeat. <p>Perform 3 sets of 10 Repetitions, S-TU-TH.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>Diagonal crunch</p>  <ul style="list-style-type: none"> • Lie on back with knees bent, and hands clasped behind neck. • Raise left shoulder up and raise right knee up, twist until they touch. • Lower and repeat with right shoulder and left knee. <p>Perform 3 sets of 10 Repetitions, S-TU-TH.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>

Issued By: Henry Weber

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

Sidelying bridge



- Lie on floor on your side, forearm supporting upper body.
- Knees should be straight, ankles together.
- Place free hand on hip as shown.
- Raise hips and thighs off floor until trunk and back are straight.
- Lower and repeat.
- Repeat exercise on other side.

Perform 2 sets of 1 Repetitions, S-TU-TH.

Hold exercise for 15 Seconds.
Rest 1 Minute between sets.
Perform 1 repetition every 60 Seconds.

Reclined diaphragm breathing



- Lie on back.
- Place right hand over abdomen, left hand over mid chest.
- Breathe in slowly and deeply, through the nose.
- The abdomen should rise, but the upper chest should remain still and relaxed.
- Breath out slowly through the mouth.

Special Instructions:

Practice this breathing in a variety of positions such as sitting or standing as well as during activities (walking or climbing stairs).

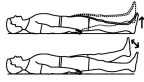
Perform 3 sets of 10 Repetitions, S-TU-TH.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Comment:

do this for the first 3 weeks

AROM abdominal/lumbar training supine double leg lift scissor (Double leg scissor lift)

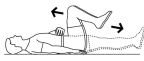


Perform 2 sets of 1 Minute, S-TU-TH.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM abdominal/lumbar training supine knee raises (Double leg raise/lift)



Perform 5 sets of 1 Minute, S-TU-TH.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar flx (crunches) supine arms crossed (Cross arm crunch)



Perform 3 sets of 10 Repetitions, S-TU-TH.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar flx (crunches) diag w/alt knees (Diagonal crunch)

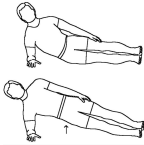


Perform 3 sets of 10 Repetitions, S-TU-TH.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar sidebend bridge (Sidelying bridge)



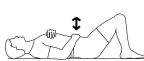
Perform 2 sets of 1 Repetitions, S-TU-TH.

Hold exercise for 15 Seconds.

Rest 1 Minute between sets.

Perform 1 repetition every 60 Seconds.

AROM thoracic diaphragm breathing (Reclined diaphragm breathing)



Perform 3 sets of 10 Repetitions, S-TU-TH.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Issued By: Henry Weber

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.