

## **STRETCHING**

### **PART 2**

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**Congratulations! You have made it to part 2. This second phase will include core strengthening exercises to train the muscles in your body to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities your body depends on stable core muscles in order for you to be healthy!**

Also, It is important for you to understand that you **MUST** continue to do part 1 stretches along with part 2 strengthening.

I know this takes up a lot of time but you will appreciate the rewards you will get from your efforts.

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# THE FIT NECK WORKOUT

NECK EXERCISES

- 
- Stretching
  - Strengthening
  - Charting Your Progress

# HEAD PRESS



This exercise uses resistance to strengthen your neck muscles. This helps you with stationary activities like reading, talking, or watching a movie.

## HOW TO

- 1 Sit up straight with your head in the neutral position. Place your right palm against your forehead. Push your head against your hand while resisting with your arm muscles—so your head doesn't move. Hold for 10 seconds, then slowly relax the pressure. Repeat 5 times.
- 2 Move your palm to the side of your head. Press 5 times. Repeat on the other side.
- 3 Place your palm on the back of your head. Repeat the exercise, pressing 5 times with the back of your head.



### Special Instructions

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### Challenge Yourself

Try placing your palms on each side of your head. Rapidly press your head back and forth against each hand.



# HEAD LIFTS



This exercise strengthens your neck muscles. It also improves your flexibility for activities that require frequent head-turning.

## HOW TO

- 1** Lie on your back with your head in the neutral position, knees bent, and feet flat on the floor. For support, place a neck roll or towel under your neck. Tuck your chin and lift your head toward your chest, keeping your shoulders on the floor. Hold for 10 seconds and repeat 5 times.
- 2** Turn onto your right side. Place your right palm on your left shoulder. Lift your head slowly toward your left shoulder. Hold for 10 seconds and repeat 5 times. Switch to your left side and repeat the exercise.
- 3** Get on your hands and knees, looking down at the floor. With your head and back in a straight line, let your head slowly drop toward your chest. Tuck your chin, and hold for 10 seconds. Then lift your head until your neck is level with your back. Repeat 5 times.



### Special Instructions

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### CAUTION

During Step 3, avoid lifting your head higher than your shoulders.

# ARM LIFTS



This exercise strengthens neck, shoulder, and back muscles. It also helps with lifting and reaching activities, such as painting, swimming, and tennis.

## HOW TO

- 1 Keeping your head in the neutral position, stand with your back straight.
- 2 Alternately raise one arm and push back with the other, keeping your arms straight. Move in slow, smooth arcs. Hold at the end of motion for 10 seconds. Repeat 5 times.

**CAUTION**  
If you have shoulder pain, talk with your healthcare professional before trying this exercise.



### Challenge Yourself

Press one hand against a wall while lifting the other. Then repeat with the opposite hand against the wall.

Special Instructions

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# REACH AND HOLD



This exercise develops strength and control in your shoulder, neck, and back muscles. It also helps build endurance for all of your daily activities.

## HOW TO

- 1 Get on your hands and knees. Spread your knees apart under your hips. Then put your head in the neutral position.
- 2 With palm down, raise your right arm straight ahead of you. Hold for 5 seconds, then lower your arm. Switch sides and repeat 3 times with each arm.
- 3 Repeat the exercise, lifting your arm out to the side. Raise each arm 3 times.
- 4 Repeat the exercise. With palm up, lift your arm to the back. Raise each arm 3 times.

### CAUTION

If you have shoulder pain, talk with your healthcare professional before trying this exercise.



### Special Instructions

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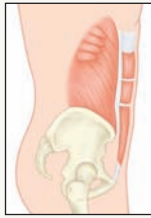
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# THE FIT BACK WORKOUT

- 
- Stretching
  - Strengthening
  - Charting Your Progress
- 



# PARTIAL CURL-UP



The Partial Curl-up strengthens your abdominal muscles. Strong abdominal muscles help keep your back aligned and stable.

## HOW TO

**1** Lie on your back with both knees bent and your feet flat on the floor. Cross your hands over your chest.



**2** Looking at the ceiling, tighten your abdominal muscles. Slowly lift your head and shoulders until your shoulder blades are just off the floor. Hold for at least 5 seconds, breathing normally. Then slowly lie back down. Do this 10 times.



### Special Instructions

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### CAUTION

Don't pull with your neck.  
Keep your arms relaxed and your lower back flat on the floor.

If your lower back hurts, put a rolled towel under it to maintain your spine's natural curves.

# THE BRIDGE



The Bridge strengthens your abdominal, buttocks, and hamstring muscles. This helps you keep your back stable and aligned while you walk.

## HOW TO

**1** Lie on the floor with your back and palms flat. Bend your knees. Keep your feet flat on the floor.

**2** Contract your abdominal and buttocks muscles. Slowly lift your buttocks off the floor until there's a straight line from your knees to your shoulders. Hold for at least 5 seconds. Do this 10 times.



### CAUTION

Use a pillow to keep your neck from arching back.

Raise your hips only high enough to straighten your lower back.



### Special Instructions

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### Challenge Yourself

Do the Bridge with one foot raised several inches off the floor. Alternate legs. Make sure to keep your stomach muscles tight.



# PRONE PRESS-UP



The Prone Press-up strengthens and stretches your lower back muscles. This helps maintain your lumbar curve.

## HOW TO

**1** Lie on your stomach with your feet slightly apart and your elbows bent. Look at the floor. Relax your stomach and back muscles.



**2** Push yourself up on your forearms, slowly arching your back. Continue until your belly-button is just about to rise off the floor. Hold for 5 seconds, then lie back down. Do this 10 times.



### CAUTION

Keep your stomach and hips on the floor.

Keep your neck straight.

### Special Instructions

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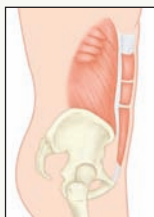
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### Challenge Yourself

Lie on your stomach with a pillow under your pelvic area. Put your hands by your sides. Slowly raise your chest off the floor, placing your arms behind you. Hold for 30 seconds.



# ABDOMINAL LIFT



The Abdominal Lift strengthens your lower abdominal muscles, helping you keep your pelvis and back stable.

## HOW TO

**1** Lie on the floor with both knees bent. Put your feet flat on the floor and your arms by your sides. Tighten your abdominal muscles.



**2** Lift one bent knee and move it toward your upper body. Keep your abdominal muscles tight and your back flat on the floor. Hold for 10 seconds. Do this 3 times; then switch legs.



### CAUTION

Use a pillow to keep your neck from arching back. Tighten your abdominal muscles to keep your back flat on the floor.

### Special Instructions

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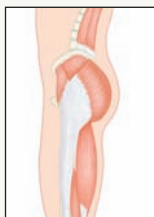
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### Challenge Yourself

Lie with both knees bent and your arms stretched behind your head. Lift one knee and then the other, moving them back and forth in a bicycling motion. As you lift each knee toward you, raise the arm on the same side and touch your hand to your knee. Begin with just the bicycling motion, then work up to adding the arm motion. Do this 30 times (15 with each leg).



# LEG REACH



The Leg Reach strengthens the small muscles in your back and hips. This trains you to keep your back in line while standing, walking, and going about your daily activities.

## HOW TO

- 1 Get on your hands and knees. Keep your knees directly under your hips and your hands directly under your shoulders.
- 2 Keeping your hips level and your abdominal muscles tight, extend one leg straight out behind you until it's parallel with the floor. Hold for at least 5 seconds. Do this 10 times; then switch legs.



### CAUTION

Keep your toes slightly pointed.

Keep your eyes facing down.

If your bottom knee hurts during this stretch, kneel on a pillow.

### Special Instructions

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### Challenge Yourself

Extend opposing arms and legs at the same time.



# WALL SLIDE



The Wall Slide strengthens your quadriceps, hamstring, and buttocks muscles. It also trains you to use your leg muscles instead of straining your back when you bend or lift heavy objects.

## HOW TO

- 1 Stand with your back against a smooth wall. Put your feet at least a foot away from the wall and slightly apart. If you need to, place a rolled towel behind your lower back to help maintain your spine's natural curves. Relax your shoulders.
- 2 Slowly slide straight down until you're halfway between standing and sitting positions. Hold for at least 10 seconds, then slowly slide back up. Do this 5 times.



### CAUTION

Look straight ahead.  
Don't lower your buttocks below your knees.  
Breathe normally.

### Special Instructions

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