

RED-LOWER EXTREMITY

Continuously alternate week A and week B for duration of profile

	Monday	Tuesday	Wednesday	Thursday	Friday
Week A	Preparation	Preparation	Preparation	Preparation	Preparation
	Upper body push & pull	Core strength	Upper body push & pull	Core strength	Upper body push & pull
	Circuit/high-intensity cycle	Pool or long cycle	Circuit/high-intensity cycle	Pool or long cycle	Circuit/high-intensity cycle
	Injury specific exercises & stretches				
Week B	Preparation	Preparation	Preparation	Preparation	Preparation
	Core strength	Upper body push & pull	Core strength	Upper body push & pull	Core strength
	Pool or long cycle	Circuit/high-intensity cycle	Pool or long cycle	Circuit/high-intensity cycle	Pool or long cycle
	Injury specific exercises & stretches				

KEY:

Preparation (Appendix A)	Upper body push & pull (Appendix B)	Core strength (Appendix C)										
<p>5 Minutes warm up*:</p> <ul style="list-style-type: none"> -1 minute rapid air boxing -1 minute front clapper -1 minute rapid air boxing -1 minute front clapper -30 seconds rapid air boxing -30 seconds front clapper <p>*Use light hand weights or boxing gloves to make this harder</p> <p>Followed by preparation drills:</p> <ul style="list-style-type: none"> -Prone row -Push up or modified push up -Modified rower with limited range of motion -Body Twist 	<p>Examples include (but are not limited to):</p> <p>Push:</p> <ul style="list-style-type: none"> -Push ups -Triceps press -Dips -Bench press (including incline/decline) -Medicine ball throws (chest pass, lateral toss, overhead/underhand) <p>Pull:</p> <ul style="list-style-type: none"> -Pull ups -Bicep curls -Rows -Upright row -Flys -Prone row 	<p>Choose 4 exercises, one from each group:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Front:</td> <td style="width: 50%;">Back:</td> </tr> <tr> <td>-Forward plank</td> <td>-Shoulder bridge</td> </tr> <tr> <td>-Crunches</td> <td>-Quadruplex</td> </tr> <tr> <td>-Double crunch</td> <td>-Prone row</td> </tr> <tr> <td>-Bent leg hold</td> <td>-Superman</td> </tr> </table> <p>Side:</p> <ul style="list-style-type: none"> -Side plank -Side sit ups -Bent leg body twist <p>Shoulder:</p> <ul style="list-style-type: none"> -Y's -T's -L's -W's 	Front:	Back:	-Forward plank	-Shoulder bridge	-Crunches	-Quadruplex	-Double crunch	-Prone row	-Bent leg hold	-Superman
Front:	Back:											
-Forward plank	-Shoulder bridge											
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Circuit/ high intensity cycle	Pool or long cycle	Injury specific exercises & stretches (Appendix D)
<p>Break into groups of 3. Use a stationary bike for cardio. You may need to do these workouts with no or very little resistance, depending on your limitations. While one Soldier is cycling, the other 2 are strength training. Rotate cycle use every 5-10 min.</p> <p>Here are some high intensity options:</p> <p>30 Second Blocks:</p> <ul style="list-style-type: none"> -30 sec moderate, 30 sec hard x 5 minutes -Repeat 4 times per Soldier with active rest (strength training) between blocks <p>3-2-1 Blocks:</p> <ul style="list-style-type: none"> -3 min warm up, 3 min hard -2 min moderate, 2 min hard -1 min moderate, 1 min hard -Repeat 3 times per Soldier with active rest (strength training) between blocks <p>*If you are unable to cycle, make your strength routine part of a cardio circuit by doing 1 min of air boxing, 1 min of front clapper twice (total of 4 min) between each strength set. Add boxing gloves or small hand weights to progress.</p>	<p>Pool or cycle for 30-60 minutes.</p> <p>Pool options include:</p> <ul style="list-style-type: none"> -Lap swim -Deep water running -Shallow end walking -Swimming with float between knees <p>Cycling options include:</p> <ul style="list-style-type: none"> -Stationary cycle (you may need to begin with little or no resistance, depending upon your limitations) <p>*If you are unable to cycle or swim, repeat the following upper-body-only sequence 10 times (total: 30 min):</p> <ul style="list-style-type: none"> -1 min rapid air boxing -1 min front clap -1 min crunches <p>-To add difficulty, do these exercises with weighted boxing gloves or small hand weights.</p> <p>**Other options (if available at your gym) include using a hand bike, seated elliptical, or rowing machine (using arms only).</p>	<p>If enrolled in Physical Therapy:</p> <ul style="list-style-type: none"> -Do prescribed Physical Therapy exercises and stretches. -If another medical provider gave you an exercise handout, do the exercises on that handout. <p>If not yet enrolled in Physical Therapy:</p> <ul style="list-style-type: none"> -Do the exercises outlined in this booklet for the injured body part. If an exercise results in an increase in pain, back down the range of movement or the force of movement until it is no longer painful. If still painful, avoid the painful exercise.