

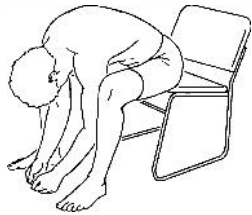
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Routine For: Code Monkey Health Guide

Created By: Rebecca McGrane Rebecca@AHD247.com

Code Monkey Health - Back Guard Basics

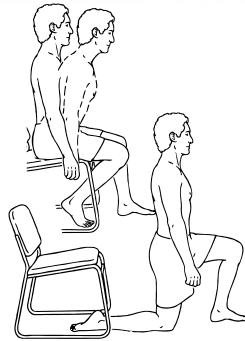
BACK - 17 Lower Back Stretch (Sitting)



Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back. Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

TRUNK STABILITY - 33 Forward Lean to Half-Kneeling (Sitting)

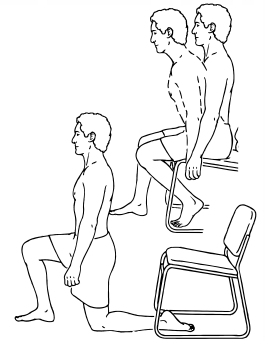
On front edge of chair, right leg back under chair, bend slightly forward at hip and slowly lower to half-kneeling position. Keep stomach tight.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

TRUNK STABILITY - 33 Forward Lean to Half-Kneeling (Sitting)

On front edge of chair, left leg back under chair, bend slightly forward at hip and slowly lower to half-kneeling position. Keep stomach tight.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

BACK - 58 Pelvic Tilt: Posterior (Standing)

With knees slightly bent, tighten stomach and flatten back by rolling pelvis down. Hold \_\_\_\_ seconds. Relax.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

BACK - 83 Flexion Stretch: Chair (Standing)

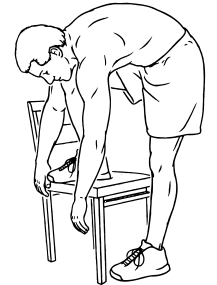
With left foot on chair, bend forward from waist. Hold \_\_\_\_ seconds. Relax.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

BACK - 83 Flexion Stretch: Chair (Standing)

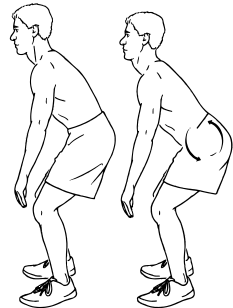
With right foot on chair, bend forward from waist. Hold \_\_\_\_ seconds. Relax.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

BACK - 64 Pelvic Tilt: Anterior - Stoop

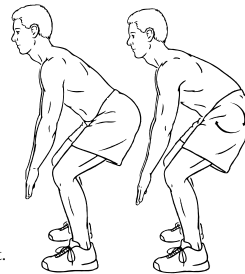
With knees bent and upper body leaning forward, low back in neutral, rotate pelvis up and arch back. Hold \_\_\_\_ seconds. Relax.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

BACK - 59 Pelvic Tilt: Posterior - Stoop

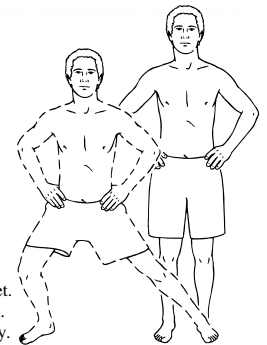
With knees and upper body bent forward and low back in neutral, tighten stomach and flatten back by rolling pelvis down. Hold \_\_\_\_ seconds. Relax.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

TRUNK STABILITY - 35 Side Lunge

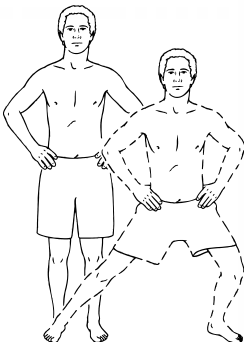
Stand with knees slightly bent, stomach tight. Step to side with right leg.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

TRUNK STABILITY - 35 Side Lunge

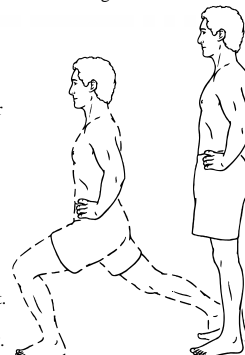
Stand with knees slightly bent, stomach tight. Step to side with left leg.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

TRUNK STABILITY - 34 Forward Lunge

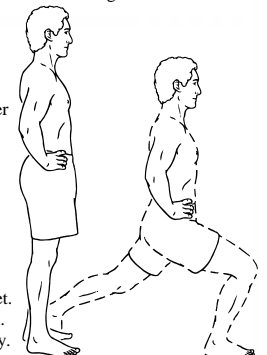
Standing with feet shoulder width apart and stomach tight, step forward with left leg.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

TRUNK STABILITY - 34 Forward Lunge

Standing with feet shoulder width apart and stomach tight, step forward with right leg.



Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per day.

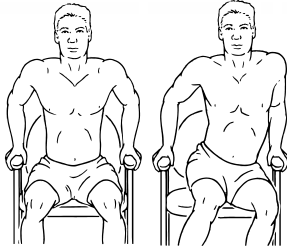
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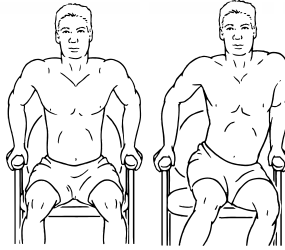
BACK - 76 Lumbar Side-Bend (Sitting)



With hands on armrests to support upper torso, raise right hip.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

BACK - 76 Lumbar Side-Bend (Sitting)



With hands on armrests to support upper torso, raise right hip.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

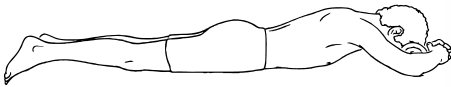
TRUNK STABILITY - 1 Heel Squeeze (Prone)



Abdomen supported, bend knees and gently squeeze heels together. Hold 3-15 seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

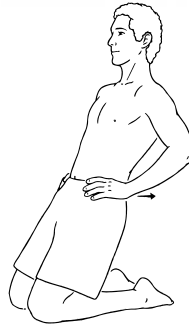
TRUNK STABILITY - 25 Neck / Back Isometric (Prone)



With pelvis slightly tilted, tense the muscles of back and neck without moving or lifting trunk.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

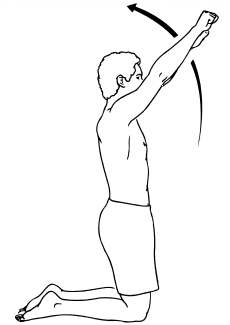
TRUNK STABILITY - 23 Backward Lean (Kneeling)



Slowly lean back, keeping stomach tight, trunk rigid.

Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

TRUNK STABILITY - 27 Bilateral Arm Raise (Kneeling)



Tilt pelvis to neutral position. Slowly bring arms straight over head, keeping stomach tight.

Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.