

Don's Exercise Routine

Time Waits for No One!

Total Time (w/o Extra Exercises): 2 hr. (appx.)

Target Sustained & Maximum Heart Rates: 98-146 and 163mhr

Warm-up/stretches should be done every day to increase flexibility & muscle.

- Warm-up:** Loosen shoulder joints; Neck stretch; Atlas rotation; Toe touches; Doorway bracing: calves, hamstrings, & leg swings. X-body toe touch. Balanced leg dip & hamstring stretch. Qi Gong knee bends & stretches; Toe touches (Again). Sun Salutation.
- _ Lie on back; Breathe deep-expand stomach (inhale) & sink lower back to floor (exhale)
 - _ Lie on back; Hold knees close-in to stomach and rock side-to-side to massage lower back
 - _ Lie on back; Knees together bent 90°; twist to 1 side; hold w/ deep stomach breathing. Alternate.
 - _ Pushups – Loosen joints. Pull scapulas in/Lock upper arms into shoulder joints. Board straight.
 - _ Lie on back; Hold knees above chest; Lift knees up. Hold head up. Reduce kneecap & shoulder strain.
 - _ Lie on back; Put knees up at 90°; Press knees against hands (Hold head up from floor) **Avoid hernia!**
 - _ Yoga leg stretches: Seated bent leg toe touches; then sit straight & butterfly legs w/ heels to groin.
 - _ Sun Salutation
 - _ Lie on back w/ elbow up; Loose grip 10# weight; lift w/ arm braced. **90° backward twist going up.**
 - _ Lie on back with hands locked behind head; Cross knee to elbow bicycle scissors (Hold head up)
 - _ Lie on back; Knees together bent 90°; twist to 1 side; hold w/ deep stomach breathing. Alternate.
 - _ Fish flops: Lay on stomach and lift one straight leg and opposite side straight arm (Alternate)
 - _ Child's Pose, Sun Salutation, and back to Child's Pose.
 - _ Plank (Use straight pole on back to self-monitor for correct posture)
 - _ Dumbbell bench press: On back; extend elbows out shoulder sides. Loose grip 10# weights. Face palms to each other going up; Dumbbell ends mirror each other at top. Triceps off floor & inline w/ shoulders.
 - _ **Spinal Flexion (i.e. Modified Crunch:** See image below & "Planks-Are_Not_Enough.rtf")
 - _ Lateral leg scissors : Begin with right leg. Keep inactive leg muscles loose.
 - _ **Side Lateral Raises** with dumbbells **Pinch shoulder blades!** ("Side Lateral Raise" video files below)
 - _ Knee bends: Semi-deep up to tip-toes. 10# wght held out w/ hands extended at eye-level. Knees behind toes!
 - _ Bird Dog Core Exercise (See images below and "Bird Dog Core Exercise.MP4" video):
 - _ Side pulls both strong and weak side pulls. (Green band) (Rotator Cuff Physical Therapy)
 - _ Double/parallel straight-arm low pull to the rear (Purple band) (Rotator Cuff Physical Therapy)
 - _ Round-trip 19 stairs with 10# weight belt and a 10# weight in each hand (elbows at 90° angle).

Extra Exercises

SAND DOESN'T RUN UPHILL AND RUST NEVER SLEEPS.

- _ Doorway expanders – Stand on toes: Push doorway arch up and floor down
- _ Running pushup: Alternate bringing each knee up to chest and then back to straight leg.
- _ Wall-leaning squat simultaneously combined with varied arm weight lift patterns
- _ Stationary bike with hand weights and handball squeezing
- _ Treadmill (3.5 mph with a 1% grade) with handball squeezing

Listen to Your Body!

- _ Use proper form or stop the repetition. _ Right angles aren't always the best form!
- _ Symmetrical form and exertion _ If you "break" something, take time off to fix it.
- _ Synchronize breathing to your position _ Dynamically tweak pose to ↑ stretching.
- _ Pain requires form adjustment or stop it. _ Slow movements down to ↓ joint cracks.

Sustainable Exercise Routine Requirements

_ Planned *_ Accessible* *_ Efficient (Time-wise)*
_ Results Assured *_ Fun*

Of the 5 requirements, “fun” is the most difficult to achieve. Why? I believe it is important to pay attention to your exercise form and performance to increase your benefits; but, even more importantly, to reduce the possibility of exercise-induced injury. Doing exercises in a haphazard manner, may easily lead to poor form which can result in more physical harm than benefits. I think it would be quite easy to make my exercise routine more fun by listening to stand-up comedians throughout each session. The problem is that my focus goes to the fun comedy which will definitely decrease my concentrating on my form, performance, and body feedback.

So, the challenge here is to develop a fun method of concentrating on my form, performance, and body feedback. At first blush, one might easily outright dismiss the goal since it’s impossible to have fun while you’re exercising and only thinking about performing your exercise in the best manner possible. That dismissal may be a “grave” mistake.

Let’s break this big problem down into a more manageable chunks. There are some exercises that don’t require a significant amount of concentration – like walking up and down stairs holding weights. With stairs and other “simple” exercises, it is important to get the basics correct! No “body” is going to consider their exercise program a success if you end up in the hospital with broken bones sustained from a fall down the stairs. You need to get the form correct and habituated. Once you’re comfortable with mastering it at a subconscious level, you can use some of your unused available brain power to think pleasurable, fun thoughts. This too may take some time to develop, but your reward for it is pleasurable and fun.

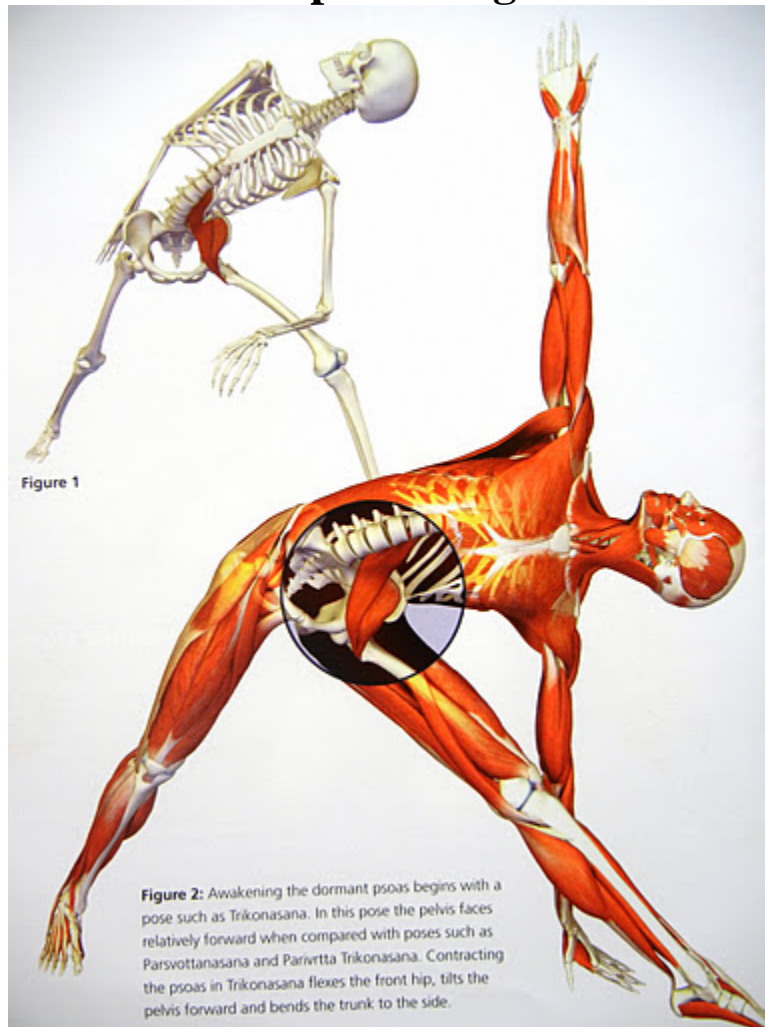
The above strategy may be applied to the simple exercises. The more complex exercises may be a more rigorous and time-consuming implementation of the same strategy. For the more complex exercises, it will take longer to develop a subconscious mastery of them. But once it’s achieved, you get the benefit of having some extra mental cycles that you may use for your own entertainment.

So how does one bridge the gap between unmastered exercise routines and subconsciously mastered routines when you’re not having any fun...??? For now, I’m going to have to leave it as a simple “exercise” in self-discipline. You just have to work through it without the fun.

At this point, I’m not conceding that there is no way to bridge this gap. I just don’t have the time right now to try to figure it out. – I gotta go shovel some snow! I should note that it is fun to think that at least I get some exercise when I’m shoveling snow. It makes the chore more enjoyable. Maybe – just maybe, there may be a clue to the solution I’m looking for here...

Read “The Happiness Equation: Want Nothing + Do Anything = Have Everything” book by Neil Pasricha or watch his video I downloaded (“Developing_Happiness-Neil_Pasricha.mp4”) for some clues to develop happiness *in the process* of reaching goals.

Graphic Images



Qi Gong Extended AM Routine



Virabhadrasana I: Warrior I

This fundamental standing pose is a type of lunge with the torso extending and the chest opening upward. Though still, it suggests disciplined muscle energy, waiting to be unleashed.

Synergizing/Activating

Pelvis and Legs

1. The buttock muscle of the back leg extends and turns the hip outward.
2. The tensor fascia lata works with the gluteus medius to move the femur away from the center line (abduction). At the same time, they offset the action of the buttock muscle in turning the hip, in its socket, outward by rotating the thigh bone inward.
3. The large muscle along the inside of the thigh, the adductor magnus, extends and moves the thigh bone toward the center line.
4. The quadriceps straightens the knee.
5. The muscle along the front of the shin, the tibialis anterior, shortens to allow the ankle to bend and stretches the back leg calf muscles, as well as those along the outside of the shin, the peroneus longus and brevis.
6. At the same time, the front leg bends at the hip, aided by the shortening of the psoas and the pectineus. Balance is assisted by the sartorius bending the hip and turning the thigh outward.
7. The front leg quadriceps muscles contract to support the body weight.
8. Muscles along the outer aspect of the shin, the peroneus longus and brevis, turn the ankle and the front foot slightly outward, pressing the ball of the foot into the floor.
9. The calf muscle presses the sole of the foot into the floor.



Spinal Flexion (i.e. Modified Crunch)



End range of motion abdominal isometric contraction (image: Dr John Rusin)

(See T-Nation article: www.t-nation.com/training/core-training-reality-check)

The Fine Points of My Custom Exercise Routine

Pushups –

- _ **Lock upper arms into joints!**
- _ Video : Push-Up-Proper_Form-Technique.mp4
- _ Video : Master_Push-Up_Form-3_Best_Tips.mp4

Dumbbell “Bench Press”

- _ Lie on back; Hand weights raised/lowered above sides to full extension.
- _ Extend elbows out from shoulder sides. Do not allow your triceps to “hit” the floor.
- _ Gently reach the bottom and then begin next upward movement.
- _ Video : DumbBell_Bench_Press-Ask_the_Trainer.mp4

Knee Bends with Outstretched Arms Holding Weights

- _ Get proper positioning by beginning with squatting down with weight held vertical on the floor.
- _ Medium-deep squat coming up onto tip-toes w/ 10 lb weight held out by both extended arms at eye-level. Grip from both hands should be squeezing the weight to hold it.

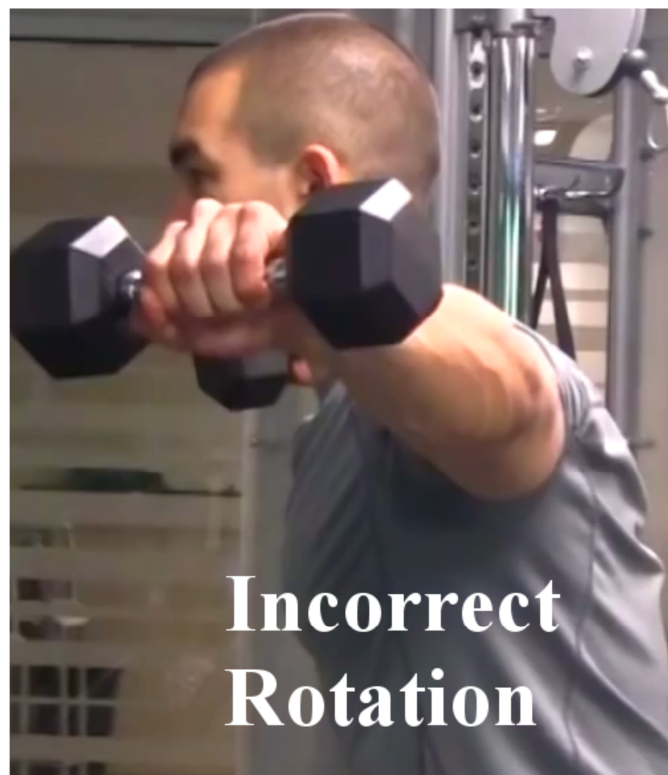
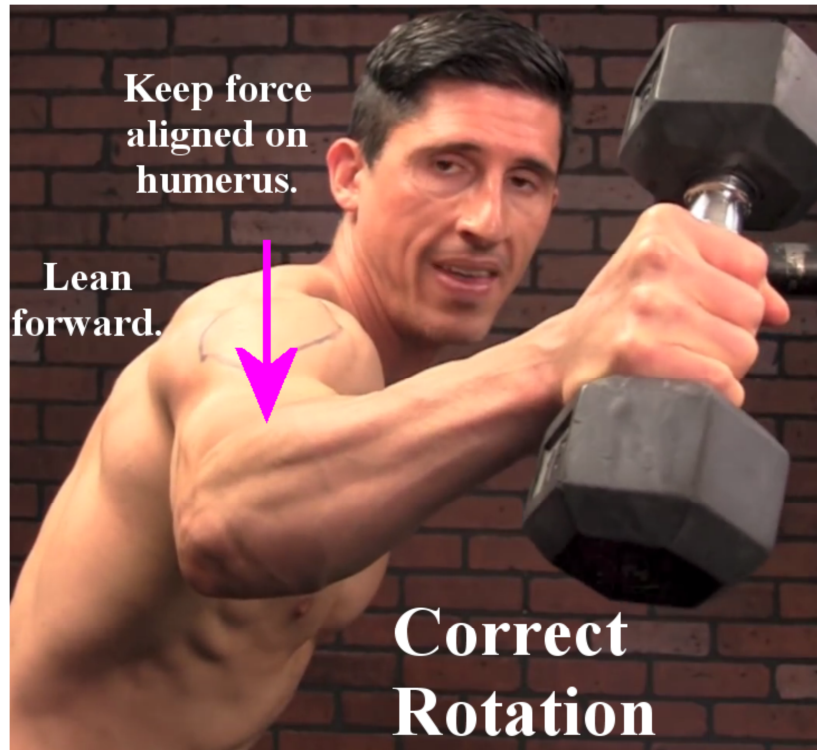
Side Lateral Raises

Videos in \D\Documents\RTF\Domestic\Health\Physical_Fitness:

Side_Lateral_Raises-7_Mistakes_to_Avoid.mp4 (NOTE: BAD Rotation form recommended.)

Side_Lateral_Raises-Dont_Hurt_Your_Rotator_Cuff.mp4 (Proper rotation form recommended.)

Side_Lateral_Raises-How_To_with_Dumb_Bell.mp4

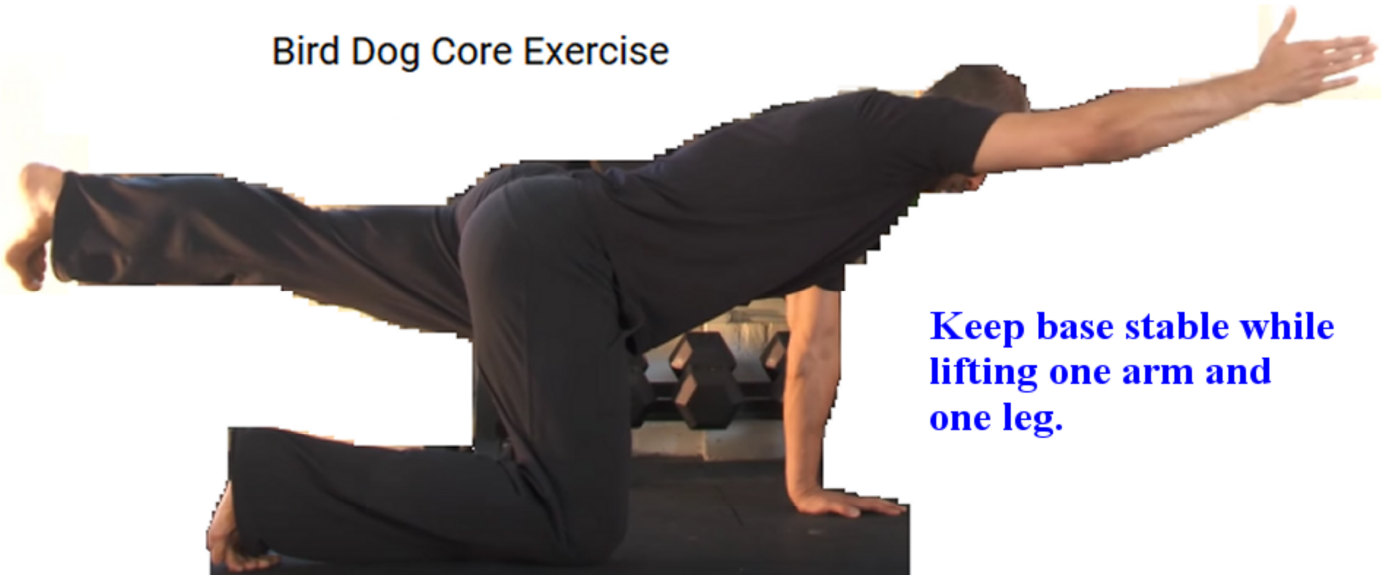


Bird Dog Core Exercise

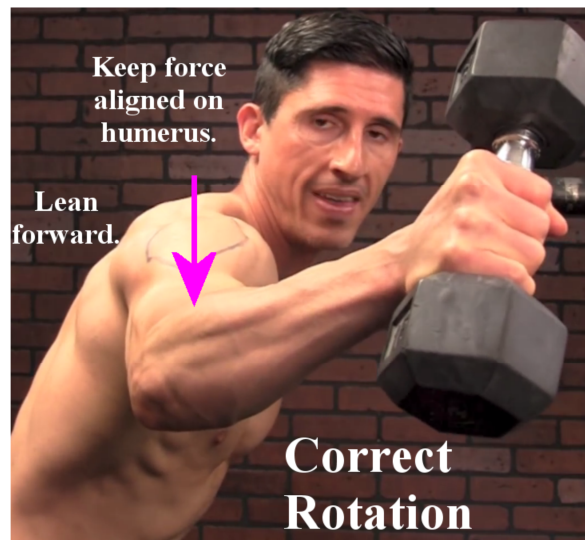
Bird Dog Core Exercise



Bird Dog Core Exercise



Keep base stable while lifting one arm and one leg.



Spinal Flexion (i.e. Modified Crunch)



Bird Dog Core Exercise



Bird Dog Core Exercise

