

# 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.**

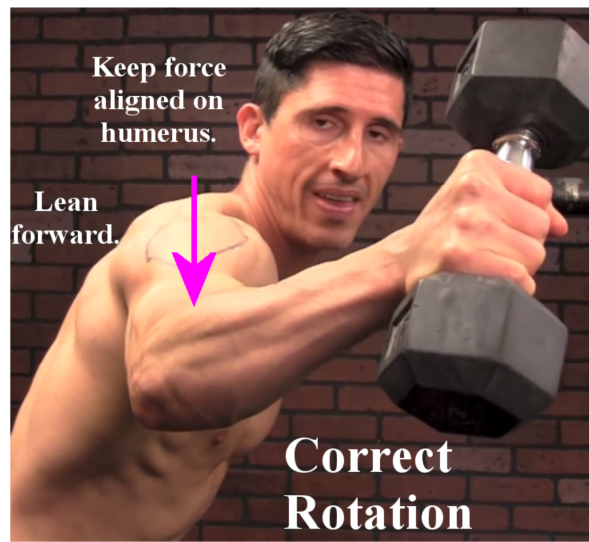
- Warm-up:** Loosen shoulder joints; Neck stretch; Atlas rotation; Toe touches; Doorway bracing: calves, hamstrings, & leg swings. X-body toe touch. Balanced leg dip & hamstring stretch. Qi Gong knee bends & stretches; Toe touches (Again). Sun Salutation.
- \_ Lie on back; Breathe deep-expand stomach (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.



### Spinal Flexion (i.e. Modified Crunch)



Bird Dog Core Exercise



Bird Dog Core Exercise

