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**BRIDGE - ON SB**

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**Reps :**    **Sets :** 3                    **Intensity :**  
**Tempo :**   **Rest :** 30 seconds max

**Preparation :**

- Sitting on Swiss ball, activate the core by drawing in the navel towards the spine and squeezing your glutes.
- Gently walk your feet out and lay back on the Swiss ball.
- Keep your head and shoulders on the Swiss ball with your head slightly tilted back and your tongue on the roof of your mouth.

**Movement :**

- Lift your hips towards the ceiling until you're in the position of a "plank" with shoulders, hips & knees all at the same height. Hold this position for 10-15 seconds then lower keeping your core locked on.
- Keep the knees stacked over the ankles.
- The ball should not move.
- Imagine gripping a small ball between the knees.
- Think of pushing the hips toward the ceiling.
- Think of directing the tailbone towards the

- scapulae (emphasizing erector spinae).
- Repeat desired repetitions.

**Notes :** Focus on your Glutes (Butt)

### **ABDOMINAL - 4-POINT DRAWING-IN MANEUVER**

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**Reps :**    **Sets :** 3                      **Intensity :**

**Tempo :**   **Rest :** 30 seconds max

**Preparation :**

- Assume a 4-point stance on hands and knees in a neutral spine from head to sacrum.

**Movement :**

- Draw the lower abdomen up and in while breathing naturally.
- When performed correctly, the lower abdomen to elevate before upper.
- The client must maintain neutral spinal posture. There should be no movement from the spine while drawing inward.
- Maintain engagement for designated time, repeat.



**Notes :** Master this exercise 1st, and do it 1st for each exercise.

## 1 LEG 1 ARM OPPOSITE LEG REACH

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**Reps :**    **Sets :** 3                    **Intensity :**  
**Tempo :**   **Rest :** 30 seconds max

### Preparation :

- With one hand on hip, balance on opposite leg with knee flexed slightly and aligned over 2nd & 3rd toe.

### Movement :

- Maintaining a drawn in position, extend opposite leg into triple extension (hip, knee, ankle fully extended) and at the same time flex the shoulder of the free hand, straight out in front of the body.
- Hold and then return both extremities to starting position, maintaining optimal posture.



## QUADRUPED ARM OPPOSITE LEG RAISE

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**Reps :**    **Sets :** 3                    **Intensity :**  
**Tempo :**   **Rest :** 30 seconds max

### Preparation :

- Begin on all fours, in neutral spine, with abdomen drawn in and chin tucked.

### Movement :

- Slowly raise one arm (thumb up) and the opposite leg, toe pointed away (triple extension).
- Keep both arm and leg straight while lifting to body height.
- Hold and return both arm and leg slowly to the ground, maintaining optimal alignment and repeat alternating sides.



**Notes** Focus on Glutes (Butt) and maintaining a very stable position. Hint: Tight Abs,

: Obliques, Lower Back = "CORE" - keep all of those muscles engaged - focus.  
Quality over quantity!



### Preparation :

- Comfortably place tubing around your upper thigh as depicted.
- Lie flat on your back with your knees bent, feet straight ahead and arms to your side.



### Movement :

- Brace the spine by drawing your abdomen inward.
- Squeeze glutes and raise pelvis vertically from floor.
- Maintain glute activity throughout the entire exercise.
- It is important not to let your back arch at any time during the movement.
- Use a slow tempo (4 second eccentric / 2 second isometric / 2 second concentric).
- Do not allow knees to “jut” forward. The pelvis should move straight up and down.
- To increase glute activity, lift toes up.
- Maintain a level pelvis throughout the entire exercise.



### Progression Considerations :

- Brace the spine by drawing your abdomen inward.
- Squeeze glutes and raise pelvis vertically from floor.
- Maintain glute activity throughout the entire exercise.
- It is important not to let your back arch at any time during the movement.
- Use a slow tempo (4 second eccentric / 2 second isometric / 2 second concentric).
- Do not allow knees to “jut” forward. The pelvis should move straight up and down.
- To increase glute activity, lift toes up.
- Maintain a level pelvis throughout the entire exercise.

### Notes :

Do this with the Tubing.

## **ROTATION - WITH RESIST BAND ON SB**

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**Reps :**    **Sets :** 3                    **Intensity :**  
**Tempo :**   **Rest :** 30 seconds max

### **Preparation :**

- Door Attachment: Lower Chest Level.
- Stand in a wide stance with the feet parallel to the door.
- Shift body weight to foot closest to the door with knee bent, trunk hinged slightly forward, and hips back, while keeping the opposite leg straight.
- Hold one strap in each hand and clasp hands together.
- Straighten arm furthest from door across chest and reach with both hands toward attachment site.
- Rotate body toward door until knuckles face door with eyes and hips facing forward.
- Keep wrists firm and unbent.



### **Movement :**

- Slowly rotate torso as far as the active ROM assessment showed and NO MORE, while moving arms across and out in front of chest to the opposite side.
- Simultaneously shift body weight to the opposite foot while reversing the hip, thigh, and leg position.
- End with arm closest to the door straight and across chest with same side leg straight and feet flat on the floor.
- Hold and slowly return to start position.

**Notes :**    You can get a Resist-a-Band at [www.FeelBetterBody.com](http://www.FeelBetterBody.com). I recommend an Intermediate or Red one, or get a couple of different levels.

## **SQUAT - AGAINST WALL WITH SB**

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**Reps :**    **Sets :** 3                    **Intensity :**  
**Tempo :**   **Rest :** 30 seconds max

**Preparation :**

- Position ball in the small of the back.
- Spread feet shoulder width apart and forward of knees.

**Movement :**

- Lower hips towards floor until they reach knee height at that point stop and return to starting position then repeat.



**Notes :**    Keep your Knees behind your Toes, and your upper body upright the whole time.

## ROTATION - SEATED ON SB WITH DOWEL

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**Reps :**    **Sets :** 3                      **Intensity :**

**Tempo :**   **Rest :** 30 seconds max

### Preparation :

- Sit on top of ball with feet together, place dowel along top of scapulas and then extend arms out so as they are positioned along full length of dowel.
- Activate core by drawing in navel towards spine and squeezing glutes.
- Keep scapulas (shoulder blades) in neutral position.



### Movement :

- Slowly rotate the upper body to the right, as you do the body will feel possible muscle restriction or tightness.
- At this stage pause and rotate to the opposite side where the body will feel the same. Continue to repeat these steps until you find the upper body starts to loosen up quite considerably, this exercise works total core stability and flexibility.
- Never try to stretch further than the body wants.
- At the end of each rotation pause and hold momentarily this allows the muscles a greater stretch & also allows you to control the next rotation.

### Notes :

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## **PUSH UP - KNEELING ON SB AGAINST WALL**

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**Reps :**    **Sets :** 3                    **Intensity :**

**Tempo :**   **Rest :** 30 seconds max

### **Preparation :**

- Position the ball against the wall for added stability.
- In optimal posture assume kneeling push up position with hands on the ball.
- Make sure you keep your chin tucked in, glutes contracted and belly button drawn in.



### **Movement :**

- Maintaining optimal posture slowly lower your body down towards the ball.
- Press against the ball to return to the starting position.
- Do not allow your back to arch, head to jut forward and/or shoulders to shrug up.



## CHEST PRESS - ON SB 2 ARM DB

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**Reps :**    **Sets :** 3                    **Intensity :**  
**Tempo :**   **Rest :** 30 seconds max

### Preparation :

- Place head & shoulders on ball, keep chin up so neck is in neutral position.
- Position feet apart to form good base of stability.
- Activate transverse (pull belly button towards spine & hold).



### Movement :

- Start with weights on chest.
- Push both weights towards the ceiling whilst exhaling.
- Upon reaching peak of repetition lower weights back to chest whilst inhaling and repeat.
- Keep body in “plank” position.
- Maintain even speed when performing the exercise.
- Push weights above the chest not over your head.

## ROW - REAR DELT (PRONE ON SB)

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**Reps :**    **Sets :** 3                    **Intensity :**  
**Tempo :**   **Rest :** 30 seconds max

### Preparation :

- Place appropriate dumbbells in front of stability ball.
- Slowly roll onto the ball and position your body in optimal alignment (legs straight, head over shoulders and shoulders in line with hips).



### Movement :

- From the start position, draw your belly button inward toward your spine.
- While maintaining whole body alignment, lift the dumbbells toward the ceiling by squeezing your shoulders back (retraction) and down (depression).
- Slowly return dumbbells concentrating on SLOW deceleration and optimal balance.
- Do not hyperextend the cervical spine.
- Keep chin tucked and head parallel to floor.
- Keep toes under heels.



**Notes :** You can also do this on the rowing machine at the gym.

## ELBOW EXTENSION - ON SB

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**Reps :**    **Sets :** 3                    **Intensity :**

**Tempo :**   **Rest :** 30 seconds max

### Preparation :

- Ensure that the client is used to the stability ball.
- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- Activate core with proper drawing in and pelvic floor contraction.

### Movement :

- Grab light dumbbells and sit on the ball.
- Slowly roll down the ball while comfortably placing your shoulder blades, head, and neck on the ball with both feet straight ahead.
- Lift your hips up until they are in line with your knees and shoulders.
- Position the arms perpendicular to the ceiling (straight up).
- Hold the upper arm perpendicular to the ceiling and perform elbow flexion, allow the hands to pass on either side of your head, return to the starting position with elbow extension.
- TRAINERS: watch to see if proper spine angles are maintained, and that the shoulder blades do not elevate during the movement.



## TRICEP CURL - INTEGRATED W/ TUBING

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**Reps :**    **Sets :** 3                      **Intensity :**

**Tempo :**    **Rest :** 30 seconds max

### Preparation :

- Stand tall, in neutral spine as pictured.

### Movement :

- Flex and extend the elbow to desired reps.



## LATERAL RAISE - SEATED ON SB

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**Reps :**    **Sets :** 3                    **Intensity :**  
**Tempo :**   **Rest :** 30 seconds max

### Preparation :

- Activate core by drawing navel towards spine and squeezing glutes.
- Sitting on SB in an upright position with optimal posture.
- Arms hanging straight down beside SB.



### Movement :

- With core activated, lift the arms laterally until they reach shoulder height.
- Stop and return to starting position maintaining good posture and an upright position.
- Focus on the posterior musculature to maintain correct posture.



**Notes :** Keep the shoulders low even though you raise your arms. THEN try to raise 1 leg for 1/2 then other leg for other half of reps (so 5 w/ L leg raised - 5 w/ R leg raised).

## PUSH UP - KNEELING ON SB

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**Reps :**    **Sets :** 3                    **Intensity :**  
**Tempo :**   **Rest :** 30 seconds max

### Preparation :

- In optimal posture, safely assume a kneeling push-up position with hands on ball.

### Movement :

- From the start position, draw your belly button inward toward your spine.



- Maintaining optimal posture (the key), slowly lower body down toward ball.
- Return to the start position and repeat movement.
- Do not let abdominal region sag!
- Perform repetitions slowly!



## PRONE PLANK - ON KNEES, ELBOWS ON SB

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**Reps :**    **Sets :** 3                      **Intensity :**

**Tempo :**   **Rest :** 30 seconds max

### Preparation :

- Kneeling in front of the proper size SB, place elbows on the ball.
- Brace abdominals.



### Movement :

- Flex shoulders and roll out to a plank under a controllable speed.
- Contract shoulder extensors to regain starting position.
- The abdominals will be maximally braced while in the plank position.

## REVERSE TRUNK CURL - WITH SB

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**Reps :**    **Sets :** 3                      **Intensity :**

**Tempo :**   **Rest :** 30 seconds max

### Preparation :

- Lie supine on the floor.
- Press shoulder blades and arms into the floor.
- Hold ball between heels and buttocks.



### Movement :

- Press the shoulder blades and arms into the floor.
- Pull pelvis to ribs, lifting the seat off the floor.
- Lower hips with control.
- Keep knees stacked over the hips.
- **NOTE:** Hip flexion/extension should be minimized as the motion being trained here should be lumbar flexion/extension which is a relatively small ROM.



## **DROP AND CATCH - SUPINE ON FLOOR WITH SB**

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**Reps :**    **Sets :** 3                      **Intensity :**

**Tempo :**   **Rest :** 30 seconds max

### **Preparation :**

- Lying on floor in supine position, place hands under neck to support, making sure chin is pointing towards ceiling.
- Activate transverse abdominus by pulling in belly button towards spine and maintain there for entire exercise.
- Place ball between feet and slowly lift off the floor.



### **Movement :**

- With feet elevated above the floor, allow the ball to drop to the floor.
- Upon its return catch the ball with both feet hold for three seconds and repeat.
- Very important to keep transverse activated at all times.
- If you feel any back pain discontinue immediately.
- Technique is important, don't sacrifice quality over quantity.

## **KNEELING - ON SB**

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**Reps :**    **Sets :** 3                    **Intensity :**

**Tempo :**   **Rest :** 30 seconds max

### **Preparation :**

- Begin near an object to use as support while mounting, such as a wall or stretching bar.

### **Movement :**

- Mount the ball at hip width, with abs "braced" and glutes tight.
- Maintain for designated time.



## HAMSTRING - LOWER, LYING

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**Reps :** **Duration :** 1 minute

### Preparation :

- Lie down on back and flex hip and knee to 90°. Your lumbar spine should NOT move!



### Movement :

- Pull your toes back toward your shin as far as you can control.
- Slowly extend knee to ceiling until a slight stretch is felt. The thigh must remain vertical without allowing the spine to move.
- Hold for 20-30 seconds, repeat for 2-3 reps.
- Alternative technique: Following movement instructions, wrap towel around foot and slowly extend knee to ceiling until a slight stretch is felt.
- Lumbar spine must remain neutral.



## HIP FLEXOR - LYING

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**Reps :** **Duration :** 1 minute

### Preparation :

- Lie in your side.
- Grasp the ankle of top leg as depicted.

### Movement :

- Draw your belly button inward (activating the deep abdominal stabilizing mechanism).
- Tighten glutes and perform a posterior pelvic tilt.
- Hold for 20-30 seconds, repeat for 2-3 reps.
- Explore different hip positions to find specific "tight spots".



**Notes :** You are trying to feel a stretch in the front of your pelvis - 1 side at a time. The

muscle that is used to raise your foot while you are standing.

## **GASTROCNEMIUS - STANDING**

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**Reps : Duration :** 1 minute

### **Preparation :**

- Stand in a staggered-stance near a wall, doorway or large stationary object.
- Bring one leg forward for support; use your upper body to lean against wall.
- Your neck, spine, pelvis and outstretched leg (back leg) should form one straight line.



### **Movement :**

- Draw your lower abdomen inward toward your spine.
- Keep rear foot flat, with foot pointed straight ahead. **DO NOT ALLOW THE REAR FOOT TO CAVE INWARD OR ROLL OUTWARD.**
- Next, bend arms, move chest toward the wall, and shift pelvis forward.
- Avoid rounding forward.
- Stop movement when slight tension is felt and hold for 20-30 seconds, repeat for 2-3 reps.

## **QUADRICEPS - STANDING**

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**Reps : Duration :** 1 minute

### **Preparation :**

- Stand as pictured, with "tall" posture in optimal alignment, grasping one ankle.

### **Movement :**

- Perform a posterior pelvic tilt while squeezing the glute of the stretching leg.
- Hold for 20-30 seconds, repeat for 2-3 reps.



## **STERNOCLEIDOMASTOID**

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**Reps : Duration :** 1 minute

### **Preparation :**

- Start in optimal posture and place right arm behind body while depressing shoulder.



### **Movement :**

- Draw your belly button inward .
- Tuck your chin inward and slowly draw your left ear to your left shoulder.
- Progress by rotating upward toward the ceiling until a slight stretch is felt on the right side
- Note: Your left hand can be used to apply slight pressure to assist lateral flexion/ rotation.
- Hold for 20-30 seconds, repeat for 2-3 reps.



## **PECTORAL - AGAINST WALL**

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**Reps : Duration :** 1 minute

### **Preparation :**

- Stand against an object and form a 90/90-degree angle with your arms as depicted.

### **Movement :**

- Draw your belly button inward.
- Slowly rotate your trunk forward around stationary arm until a slight stretch is felt in the anterior shoulder region.
- Hold for 20-30 seconds, repeat for 2-3 reps.



## **ADDUCTOR - ON SB**

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**Reps : Duration :** 1 minute

### **Preparation :**

- Seated on ball, assume a side lunge position.
- Keep stretch leg straight with your weight on bent leg.



### **Movement :**

- Draw your belly button inward (activating the deep abdominal stabilizing mechanism) and then perform a posterior pelvic tilt.
- Next, shift your weight toward the front foot until a slight resistance barrier (stretch) is felt on the straight leg.
- Hold for 20-30 seconds, repeat for 2-3 reps.
- Switch sides and repeat directions.
- Explore different hip positions to find specific "tight spots".

## **LAT - W/ SB, KNEELING**

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**Reps : Duration :** 1 minute

### **Preparation :**

- Position client in kneeling position as pictured.

### **Movement :**

- With one arm at a time on SB, reach out, turn palm up (externally rotate the shoulder), push the low back up (lumbar flexion).
- When first resistance barrier is felt, hold for 20-30 seconds.
- Repeat for 2-3 reps.



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