

Posture Pictures:

Walking 10: #completed _____

Runner's Stretch:

Downward Dog

Spiderman

Inchworms Elbow Twist Sky Side

Test 1-Leg Balance

Test 2-Foot Squat (Hands above Head)

3-min Step Test (90 Metronome) 12 in / 18 in.

Squat Hands on Ground, now straighten legs

Rotation with Pole: Standing / Bent-Over

Cross Crawl 3 x 20 @ 30 seconds rest between sets

Counter Stretch

Wall Quad

Assisted Hip Lift: _____

Sitting Wall – quads tight, feet pulled back (3 min.)

Bear Crawl / Sideways Bear Crawl / Crab walk

Splits – Forward / Sideways

Hand Stand

Scratch

Measurements:

Blood Pressure: _____

Resting Heart Rate: _____

Rockport Walk: (1 mile) Time to Complete: _____ Pulse: _____

Davies: Push-Up touch hands (1 min.) x 3