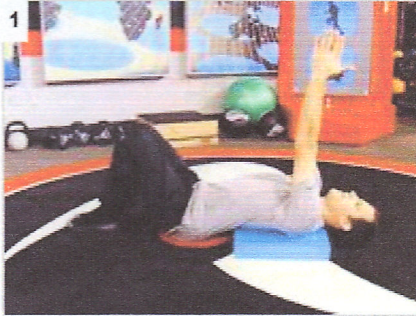


VIEW/PRINT WORKOUT TEMPLATE

Dr. Brenda's Body Prep

14 Exercises Duration: 42 mins, 39 seconds

Bridge With Arms Up 2 sets | 3 mins, 15 seconds



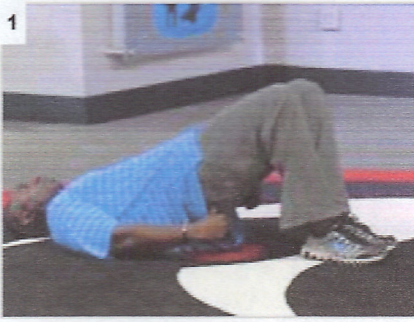
Description:

Lying flat on your back with a pillow under your back, your knees bent and your feet flat on the ground, extend your arms up in front of your chest with your palm together. From there push your heels into the ground and lift your pelvis up. Perform reps of this focusing on using your glutes to lift and minimizing your legs (hamstrings). To make this harder, you can cross your arms over your chest.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 5 | 15 | 15 |
| 2 | 5 | 15 | 30 |

Bridge with Leg Extension 2 sets | 7 mins

1



2

**Description:**

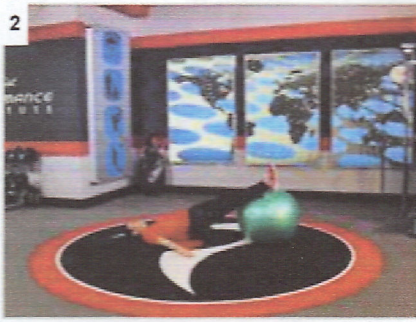
Lying flat on your back with your knees bent and your feet flat on the ground, extend your arms out to your side. From here, lift your hips up off the ground using your glutes. Once stable, extend your right leg out straight and try to maintain a stable pelvis. Hold for prescribed amount of time and repeat on the other side.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 5 | 15 | 30 |
| 2 | 5 | 15 | 30 |

Supine Bridge 2 sets |

1



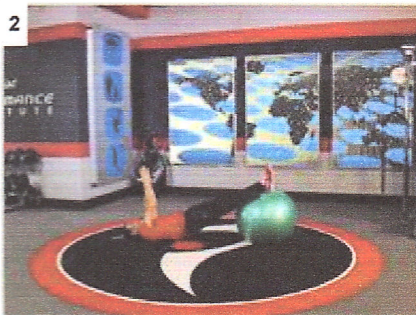


Description:

Lie down with a Swiss ball under your feet. Be sure to engage your abdominals and glutes for stability and then lift your pelvis off the ground. Try and hold for 3 to 5 breaths.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 6 | 0 | 0 |
| 2 | 6 | 0 | 0 |

Supine Bridge no Arms 2 sets | 2 mins

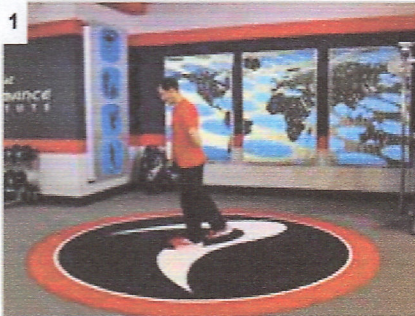


Description:

Lie down with a Swiss ball under your feet and your arms crossed over your chest. Be sure to engage your abdominals and glutes for stability and then lift your pelvis off the ground. Try and hold for 3 to 5 breaths.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 6 | 5 | 30 |
| 2 | 6 | 5 | 30 |

Deadlift Single Leg Single Arm Dumbbell Contralateral 2 sets | 7 mins



Description:

Assume a single leg stance on one leg holding onto a dumbbell with the opposite side arm. Use the other foot as a balance to assist at the top. Perform the single leg hip hinge by reaching back with the one leg and creating a straight line from the ankle to the ear and maintaining plantarflexion at the end range. Use the one leg to hinge the other hip, keeping the hips level and symmetrical.

Do not allow any twisting in the spine or the hips. The shoulders and hips should remain perfectly level and symmetrical. Return and repeat.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 6 | 10 | 30 |
| 2 | 6 | 10 | 60 |

Alternating Leg Extensions Seated on Stability Ball 2 sets | 2 mins, 5 seconds

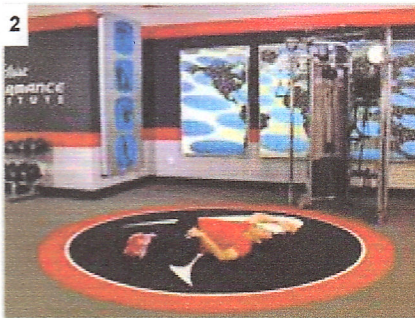
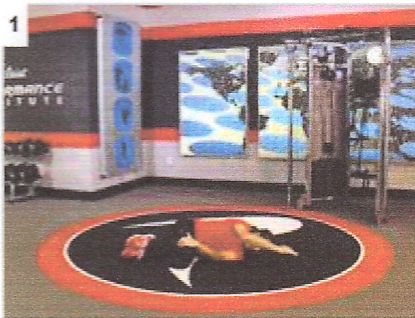
Description:

Sitting tall on a stability ball with your spine upright and core engaged, place your hands on your hips. Keeping your body stable, try to extend you right leg and hold for 1 second. Return your leg back and repeat with the left leg.

Instructions: One repetition equals extending the right leg and left leg one time each.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 8 | 5 | 15 |
| 2 | 8 | 5 | 30 |

Open Books Arm Bent 1 sets | 3 mins



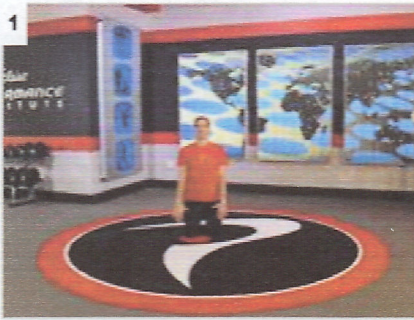
Description:

Lie on your side with your knees bent and your hands extended out in front of you. Take your top arm and bend the elbow to 90 degrees. Keeping your knees in contact with the ground, try to rotate your top arm all the way across your body. Try to touch your forearm to the ground, keeping your elbow bent and at eye level. Return and repeat on both sides.

Instructions: Repeat in opposite direction.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 8 | 10 | 10 |

Tall Kneeling Shoulder Flexion Extension 2 sets | 2 mins, 5 seconds



Description:

Get into a tall kneeling stance. While keeping both arms in an extended position, extend one arm up and the other arm down and squeeze your shoulder blades together. Maintain a tall spine keeping your trunk underneath with a straight line from head to knees. During the exercise, maintain a low shoulder position.

Instructions: Alternate arms with each rep.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 8 | 5 | 15 |
| 2 | 8 | 5 | 30 |

Tennis Ball Thoracic Spine Mobility 1 sets | 2 mins, 30 seconds



2

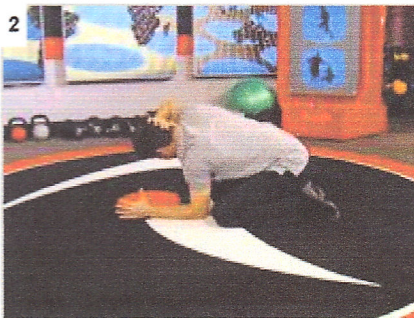


Description:

Start by taping two tennis balls together using athletic tape. Lie on your back with the balls centered under your mid-back just below the bottom of your shoulder blades. Place your hands behind your head and pull your elbows forward to get your shoulder blades out of the way. Perform 3 slow curl-ups, making sure you curl your chin to your chest and return all the way back trying to touch the back of your head to the ground. After three repetitions move the ball up about 2 inches and repeat 3 more curl-ups. Continue for the entire length of your upper back.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 1 | 120 | 30 |

Reachbacks - Lumbar Lock with External Rotation 2 sets | 3 mins, 36 seconds



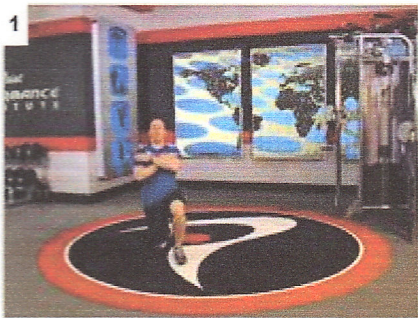


Description:

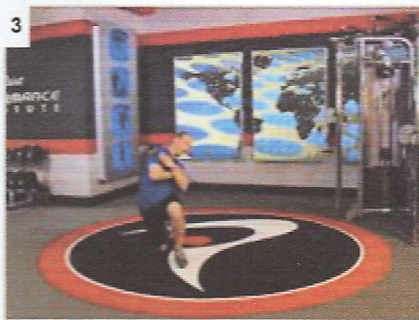
Starting on all fours, sit back until your butt touches your heels and place your right forearm on the ground between your knees. Place your left hand behind your head and even your weight out between your two knees and your right hand. Keeping a stable spine and without rocking back and forth, try to rotate your left shoulder and elbow up and point it to the sky. Return to the starting position. Stay stable throughout the exercise. Repeat with both arms.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 8 | 3 | 30 |
| 2 | 8 | 3 | 30 |

Half-Kneeling Torso Turns with Side Bends 1 sets | 4 mins, 20 seconds



3



Description:

Get in the half-kneeling position holding a golf club across your shoulders and keep your trunk upright. Slowly rotate your spine to the right until you can't go any farther. Then flex laterally to the right and return to straight. Now see if you if you can rotate farther. Repeat.

Instructions: Repeat in opposite direction

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 4 | 30 | 10 |

Helicopter 2 sets | 1 mins, 30 seconds

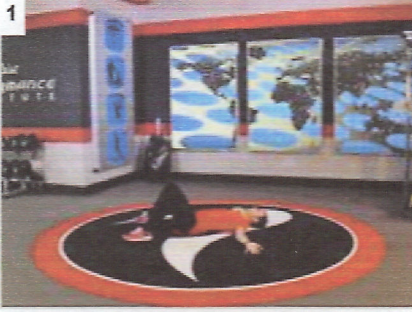
Description:

Start in standing posture with your arms out to your side, slowly move the arms backwards and forwards around your torso, then add the motion of your hips. Try and feel your hips resisting the upper body motion on the backswing and leading the downswing motion on the thru swing. This is a good body prep to help with disassociation and coordination.

Instructions: Focus on the feeling of the hips resisting on the backswing but leading on the downswing. Then try a hitting some golf balls with the same sensation.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 5 | 3 | 30 |
| 2 | 5 | 3 | 30 |

Hip Drops 2 sets | 1 mins, 8 seconds



Description:

Lie flat on your back with your knees bent and feet separated wider than shoulder width apart. Drop both knees to the right as far as possible, but maintain a stable core and try to keep your back as close to the ground as possible. Now drop knees to the left. Repeat back and forth.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 8 | 3 | 10 |
| 2 | 8 | 3 | 10 |

Standing Straight Leg Hip Turns 1 sets | 3 mins, 10 seconds



Description:

Stand in front of a bench or bed. Place your right foot onto the bench with your knee extended and stand tall on your left leg. Keeping your right toe point vertical, try to make slow right (clockwise) rotations with your pelvis. You should feel a good stretch into the hip and hamstring. For a bigger stretch, flex more from the hips before turning. Switch legs and repeat in opposite direction.

Instructions: One repetition equals one turn - hold each turn for 5 seconds. Repeat on opposite leg.

| Set | Reps | Sec. / Rep | Sec. / Rest |
|-----|------|------------|-------------|
| 1 | 10 | 8 | 15 |