

Sets	Target	Pos.	Wt.	Reps	Exercise	Description -- All exercises slow and smooth in both directions.	
13	A. General Back, Shoulder & Neck Exercises for Many Occasions -- One Time Around						
1	Back/Abs	Supine	0	40	Bicycle⁰	★ Hands on or near floor, just over head, bring one knee up, other leg straight and off the floor; BF. Switch. Each leg is one rep.	
1	Back/Abs	Supine	0	30 s.	Back Flat⁰	★ Knees up, press lower back to floor and hold, RD.	
1	Back/Abs	Supine	0	30 s.	Back Stretch⁰	★ Clasp knees to chest with hands, relax otherwise, hold.	
1	Back/Abs	Supine	0	30	Anemone¹	Both arms & legs up; (a) One side down & up (one rep), then other; (b) opposite arm & leg, then other; RD.	
1	Back/Abs	Supine	0	30	Bridge - Marching¹	Feet flat, RD, tighten lower abs, squeeze buttocks, then raise butt off mat & hold straight. Lift one knee, then other, slow! Each leg is one rep.	
1	Neck	Supine	0	15	Chin Tuck¹	Tuck chin down, roll head up slightly & return. (Supersedes Head Raise.)	
1	Neck/Shoulder	Prone	2 x (0-3)	15	Shoulder Extension¹	Support forehead, arms straight at sides, palms facing body, relax legs & abs. Squeeze shoulder blades together & down; lift hands & hold 3-5 sec.	
1	Neck/Shoulder	Prone	2 x (0-3)	15	Horizontal Abduction¹	Support forehead, relax legs & abs. In T position, raw shoulders toward back and feet; lift hands, thumbs up & hold 3-5 sec.	
1	Neck/Shoulder	Stand	2x3+	3x10	Shoulder Flex/Scaption¹	Hands down, palms toward sides. Slowly lift both arms forward, hold, lower slowly; repeat straight to side (T position); and forward 45 degrees.	
1	Back/Abs /Balance	Stand	0	2 x 30 s.	Back Stability¹	Tighten buttocks and abs to hold spine stable, RD. Lift one knee & hold, without allowing spine to move or weight to shift excessively; other leg.	
1	Balance	Stand	0	2x20	Heel & Toe	Place heel in front of and touching toe. Tip: focus eyes ahead, above waist.	
0	Shoulder	Stand	0	30 s.	DoorStretch	Elbows on door, arms up in L, step & lean in; hold.	
0	Mid-back	Stand	0	3	Twister³	Arms out straght to side, feet apart, rotate each way. In pain: Open Book.	
1	Neck/Shoulder	Stand at wall	band & roller	15	Serratus Slide with Roller¹	Small band with tension on wrists, supporting horizontal foam roller on wall. Round shoulders forward & extend arms to roll up the wall; return.	
1	Neck/Shoulder	Stand at wall	0	15	Y-Lift¹	Facing wall, slide arms up, thumbs up. Lift arms up & hold 3 sec. Keep arms straight; do not arch back; keep neck neutral.	
16	B. General Exercises -- One (Half Boat) or Two (Full Boat) Times Around						
0	Shoulder	Kneel	0	2x10	Trunk Stability	Omitted since 2022.	
2	Abs+	Prone	0	15	Modified/Full Plank Plus^{1,7}	★ Forearms parallel to body; knees or toes on floor; peak OK, but no sag; RHU & HST. Lower & raise torso from shoulders, hold 3 sec at top.	
4	Abs+	Side	0	2x30s.	Side Plank⁷	Feet apart, on floor, for stability. Both sides.	
2	Neck/Lat Shoulder	Stand	dble band	15	Shoulder Front Adduct¹	★ Band on overhead bar; both arms up to front. Keep elbows ~straight, pull hand down to side; return. (Supersedes straight arm rows.)	
4	Neck/Lat Shoulder	Stand	travel band	2x15	Shoulder Side Adduction¹	★ Band on overhead bar, one grip at chest; arm up to side & band under tension. Relax upper trap, elbow ~straight, pull hand down to side; return.	
4	Tricep	Stand	travel band	2x15	Elbow Extension¹	★ Band on overhead bar, elbows at sides, forearms 90 degrees front, palms down; pull both hands down slowly & return slowly.	
20	C. Exercises with Tubing around Pole -- One (Half) or Two (Full) Times Around						
2	Neck	Stand	dble band	15	Bent Arm Row¹	★ High attach; pull elbows and shoulder blades back, keep elbows 90 degrees, hold 3 sec, return slowly.	
4	Core	Stand	dble band	2x15	Torso Rotation	High attach, 90° to pole, handles high on chest. Stand wide, angle toes, lean away from pole. Rotate away from pole & return. Both sides.	
4	Shoulder	Stand	dble band	2x15	Arm Across¹	★ 90° from pole, both handles in hand nearer pole, towel under arm, keep 90° elbow, move arm across body, torso stable, SD.	Both, then switch arm.
4	Shoulder	Stand	band	2x15	Arm Away¹	★ One grip each hand, rotate body 180°. Near grip steady. Far grip, elbow 90°, rotate forearm out, torso stable, SD/SB.	
2	Strength	Stand	dble band	10	Fly	Back to pole, side-extended arms under tension. SD, RHU, arms nearly straight, bring handles together in front of chest and return.	
2	Strength	Stand	dble band	10	Deltoid	Rotate 180° from fly to face pole. SD, RHU, palms facing or down, arms forward and nearly straight, pull both handles to outside.	
2	Neck: stand/sup.	band	15	Chest Pull¹	★ SD, RD & RHU first; stretch band across chest; hold 3 sec, release slowly.		

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20	D. Exercises with Flat Bands -- One (Half) or Two (Full) Times Each (comfortable order)						
2	Ankle	Sit	short band	15	Ankle Eversion¹	★Band around balls of feet, block betw heels, knees 90°; hands hold knees over feet. Turn feet out, preferably hold 3 sec before return.	
2	Hip	Sit	short band	15	Hip Abduction	Band around both legs, just below knees, knees 90°. Feet just off floor, move knees apart and return.	
2	Hip	Sit	band pair	15	Hip Adduction	Place chair at hip adduction bars and sit. Place 13-inch band(s) around each leg, just below knee, with pad. Loop outside of each band around a bar. Use hands to hold steady. Pull knees slowly together and return.	
Set up for next two exercises: hang black band over overhead bar & attach a handle to both loops; repeat.							
4	Strength	Sit	pair dble bands	2x10	Lat Pulldown	Sit on step stool or floor, keep body still, lean back some, pull to collar bone, ribs down; release slowly. Grip a-b-c-a by sets: (a) palms away, (b) facing & (c) in.	Mix across D
2	Strength	Stand	dble bands	15	Assisted Dip	Stand on step stool or floor, press handles down to full extension, HST; release slowly.	
Set up for next two exercises: loop-attach band utility strap to pole below knee height; loop-attach purple band to strap.							
4	Glutes+	Sit	band	2x10	Leg Curl	Sit on chair facing pole. Loop free end of purple band around a heel under light tension. Bend knee to 90° against the tension of the band, toes up to avoid band sliding; release slowly. 10 each leg.	
4	Glutes+	Stand	band	2x10	Kick (Rev Leg Curl)	Back to pole; grip chair/bar for stability. Step into band, pad between band & shin, knee bent. Keep upper leg vertical, bring foot down & return slowly. 10 each leg.	
24	E. Exercises with Dumbbells: slow, smooth, stop between reps -- One or Two Times						
2	Strength	Sit	2x22 ²	10	Shoulder Press	Elevate bench to 45° or occasionally 60°. Start with heavier weights at shoulders. Slowly press up and return.	
2	Elbow	Sit	2x15 ²	15	Wrist Curl¹	★Forearms along thighs, palms forward & up, lower & raise weights.	
2	Elbow	Sit	2x15 ²	10	Rev W Curl¹	★Slide pinky to end of handle; repeat with palms down.	
4	Abs+	Side	15	2x10	Squat^{1,7}	Feet shoulder width, weight vertical on chest, body on heels, down to 90° bend, HST. Rise up & put shoulders back.	10 squats, 15 TRs,
0	Calf	Stand	2x15 ²	15	Toe Raise	(as needed)	15 shrugs,
2	Neck	Stand	2x15 ²	15	Shrug¹	Hands by sides, shrug shoulders slowly & return.	10 squats
6	Elbow	Stand	2x15 ²	3x10	Curl¹	★Stagger stance. By sets: palms up, facing, and down. To avoid elbow strain, stop before bottom, and stop before all the way up.	
2	Tricep	Kneel	15	2x15	Swim¹	★Knee in Z & opposite forearm on bench, back level. Upper arm parallel to side, slowly raise weight from elbow to horizontal & lower. Both sides.	
4	Hip	Stand	15	2x15	Roman Dead Lift (RDL)	Hold bar with one hand, swing other leg back while other hand with weight nearly replaces foot. Then forward, knee up, weight back to side.	
2	Strength	Prone	0	15	Push-Up⁷	★On handles (or dumbbells, floor risks wrist injury) or on counter.	
X	Exercises as Needed						
1	Mid-back	Side	0	2x6	Open Book¹	★Arms/hips/knees at 90°; slide top arm back & rotate over with knees stationary; hold 3 sec & return.	
1	Neck	Stand	0	5	Cervical x2.¹	Head left, front, right, front. Head down & up. Hold 2 sec hold each pos.	
1	Shoulder	Kneel	0	2x10	Trunk Stability¹	Hands and knees, extend one hand and opposite foot. Then hand back and knee forward, BF. Repeat, other side.	
2	Calf	Stand	2x15 ⁴	15	Toe Raise	(When unable to do swim workouts with pushoffs.)	
⁰ Best lower back exercises - they help when it hurts. ¹ Exercise from physical therapy or ³ chiropractor.							shaded: less important exercise
² Simultaneous with pair of dumb bells. ⁷ Exercise from 7-Minute Workout (NY Times). ★ Excellent.							
BF= Back Flat. HST= Head Straight on Torso. RD= Ribs Down. RHU= Rotate Hips Under. SD/SB= Shoulders Down/Back.							
93	Total Sets (Full Boat)			53	(Half Boat)		