

Full-Body Rehab

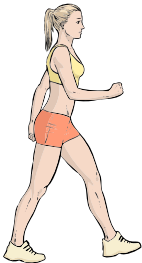
44 min · Abs, Back, Cardio, Chest, Legs, Shoulders

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What good would a workout plan be without rest and rehabilitation? After all, muscle growth and development happens when you're at rest. Let's allow today for some light movements that will push nutrient-rich blood into all those sore sites. Breathe and unwind.

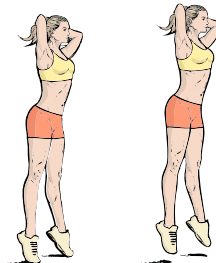
Cardio - Walking / Treadmill



5 min

Spend 5 minutes walking at a controlled, steady pace.

Jumping Calf Press

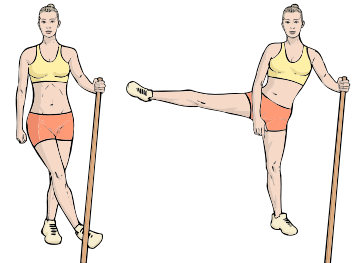


1:00
rest

2 sets 15 reps 45 sec rest

This shouldn't be strenuous at all. Simply push off lightly with your calves.

Side Lateral Leg Swings

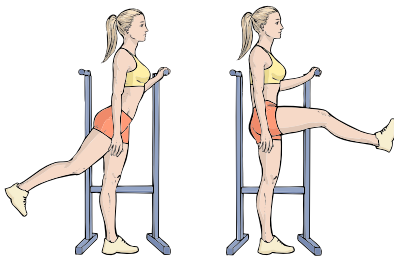


1:00
rest

4 sets 45 secs 30 sec rest

Swing each leg twice for 45 seconds. This is perfect for releasing tension that has built up in the hips.

Forward Leg Hip Swings

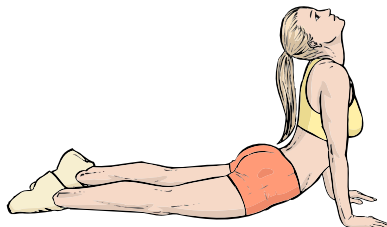


1:00
rest

4 sets 45 secs 30 sec rest

Again, go for 2 sets per leg and allow the momentum to do all the work.

Cobra Abdominal Stretch

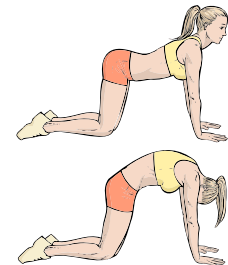


1:00
rest

2 sets 30 secs 20 sec rest

Time to breathe in and open up those abdominal muscles!

Backward Camel Stretch

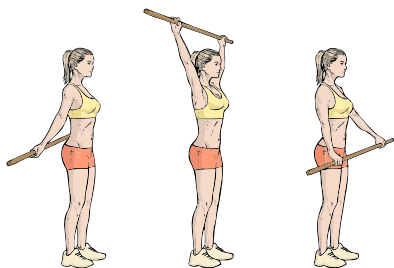


1:00
rest

3 sets 12 reps 30 sec rest

Try to push the lower back nice and high, and then nice and low. Stretching it with each repetition.

Broomstick Stretch

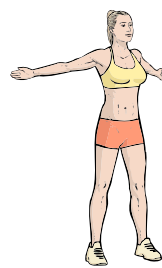


1:00
rest

3 sets 12 reps 30 sec rest

Slow and steady wins the race. No need to rush with this exercise.

Wide Arm Chest Stretch

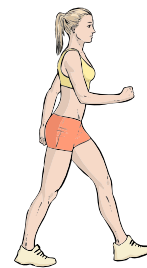


1:00
rest

2 sets 30 reps 30 sec rest

Open and close your arms at a steady rhythm for 30 seconds. Imagine you're hugging your future self.

Cardio - Walking / Treadmill



5 min

Finish up with your well-awaited victory walk. Tomorrow, we're back on the game.



Cardio - Walking / Treadmill

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

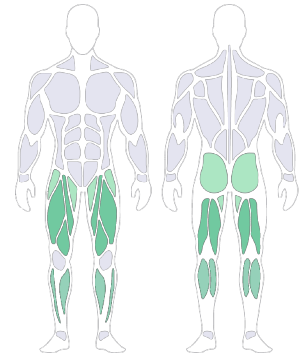
Secondary:

Glutes & Hip Flexors

After following a thorough warm-up session, stand tall on a walkway, treadmill, or other walkable area. Make sure that your chest is up, core is braced, shoulders are back, and gaze is straight ahead.

Begin by placing your left foot forward then shifting your hips to move the right leg forward. Continue this back and forth motion at a pace that is ideal for you.

You may also want to include small weights or a grip strengthener during your walks. Remember to maintain perfect form throughout the walk. Avoid slouching.



Jumping Calf Presses / Raises

Primary muscle group(s):

Calves

Stand up straight with your hands at your sides.

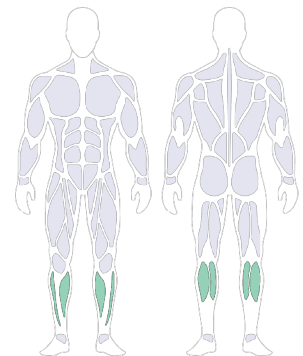
Keep your back straight and your core tight.

Forcefully press off the ground with the balls of both feet.

Launch into the air and land softly on the balls of your feet.

Focus the tension in the calf muscles, NOT the quadriceps.

Repeat.



Side Lateral Leg / Hip Swings

Primary muscle group(s):

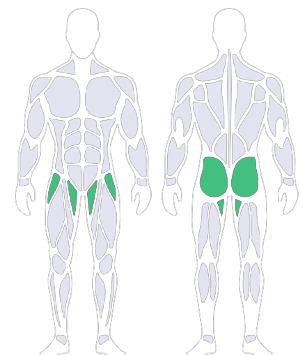
Glutes & Hip Flexors

Stand tall holding onto a pole, wall or stationary object for support.

Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.

Don't just let gravity pull the leg – actively use the muscles!

Switch sides once you have completed repetitions on the first leg.



Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

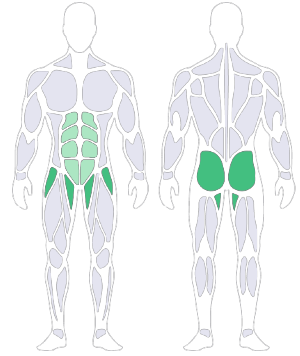
Secondary:

Abs

Stand tall holding onto a pole or stationary object for support.

Engage your abs as you swing your one leg as far out in front of you and then back behind you as you comfortably can.

Switch sides once you have completed repetitions on the first leg.



Cobra Abdominal Stretch / Old Horse Stretch

Primary muscle group(s):

Abs

Secondary:

Lower Back

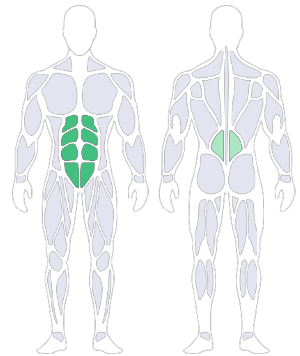
Lie face down with your hands under your shoulders.

Point your feet downwards to lengthen your spine.

Slowly push your torso up as far as you comfortably can – try to get your hips to rise off the floor slightly.

Hold the stretch and then lower down to starting position.

 Avoid this stretch if you have back problems.



Cat Back / Backward Camel Stretch

Primary muscle group(s):

Lower Back

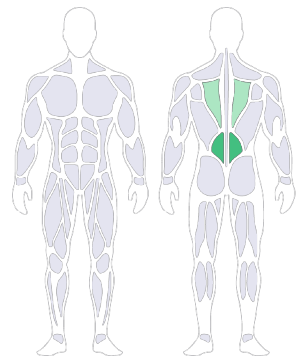
Secondary:

Upper Back & Lower Traps

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and extend your spine.

Hold the stretch and then release, push your abs back outwards to the starting position, flexing your spine as you do so.



Shoulder Pole / Broomstick Stretch

Primary muscle group(s):

Shoulders

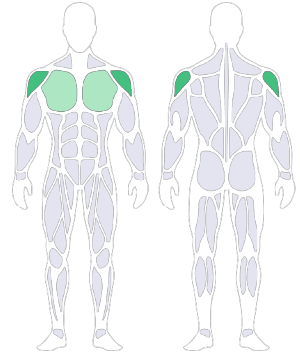
Secondary:

Chest

Standing with your feet at shoulder-width, toes pointing out, hold a pole/pvc pipe/broomstick in front of you. You can also do this stretch with a towel.

Make sure to brace your core before you lift the pole above your head in an arc motion. Keep the arms completely straight throughout.

Slowly move the pole behind you, focusing the stretch in the shoulders. Hold the stretch for the specified amount of time then slowly return to the starting position.



Wide Arm Chest Stretch / Reverse Butterfly Stretch

Primary muscle group(s):

Chest

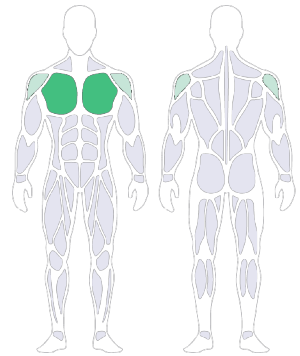
Secondary:

Shoulders

Stand tall and place your hands together with your arms extended straight out in front of you.

Keep your arms straight and then move them back as far as you comfortably can. Your palms should face front and you should feel the stretch along your chest.

Return the arms to the starting position, extended in front of you.



Cardio - Walking / Treadmill

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