

## Exercise Explanation Guide

### Warm-Up

- Arm Circles: Stand tall, make controlled circles with arms extended sideways.
- Shoulder Rolls: Roll shoulders forward and backward slowly.
- Band Pull-Aparts: Hold a resistance band with straight arms, pull apart to squeeze shoulder blades.
- Glute Bridges: Lie on your back, knees bent, lift hips by squeezing glutes.
- Bird Dogs: On hands and knees, extend opposite arm and leg, hold briefly, return.

### Upper Body & Core

- Dumbbell Bench Press: Lie on a bench, press dumbbells upward from chest.
- Chest Press Machine: Seated press pushing handles away from your body.
- Seated Row: Pull handle toward your abdomen while seated, squeezing shoulder blades.
- TRX Row: Pull body towards handles while suspended, keeping body straight.
- Band Face Pulls: Pull resistance band toward face, elbows high, externally rotating shoulders.
- Dumbbell Shoulder Press: Press dumbbells overhead while seated, avoid arching back.
- Lat Pulldown: Pull bar to upper chest, elbows pointing down and back.
- Farmer's Carry: Hold dumbbells and walk slowly, keeping core tight.
- Plank Hold: Maintain a straight line from head to heels while on forearms and toes.
- Deadbugs: Lie on back, alternate lowering opposite arm and leg slowly with control.
- Russian Twists: Sit back slightly, rotate torso side-to-side, tapping floor each side.

### Mobility

- Hip 90/90 Rotations: Sit with one leg in front, one behind, rotate knees side to side.
- World's Greatest Stretch: Lunge forward, rotate torso, reach hand toward ceiling.

- Foam Rolling: Apply pressure to target muscle using a foam roller with slow movements.
- Cat-Cow: Alternate arching and rounding the spine from hands and knees.
- Thoracic Twists: Lying on your side, rotate upper arm across body toward floor behind you.
- Banded Hamstring Stretch: Loop band around foot, straighten leg while lying flat.
- Child's Pose: Kneel and extend arms forward on the floor, relaxing the back.

## Hydrotherapy

- Water Walk: Waist-deep, walk forwards/backwards swinging arms.
- Deep Water Jogging: Tread water or use vest to simulate running.
- Flutter Kicks: Hold pool edge, kick legs in a flutter motion gently.
- Float/Stretch: Gentle movement or passive floating to relax muscles.

## Recovery

- Normatec Boots: Wear compression sleeves to improve circulation.
- Massage Gun: Use short bursts on sore muscles, avoid injured area.
- Sauna/Steam Room: Sit 10-15 mins to relax muscles and increase blood flow.
- Cold Plunge/Shower: Brief immersion in cold water to reduce inflammation.