

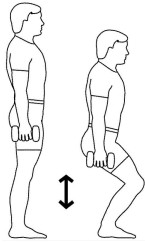
**Comment:**

Follows Columns of "Creative Exercise - No equipment required"

Column1: 20 Squats, 20 "jump rope" Jumps (use arms), 10 punches, 20 Bird Dog Extensions, 15 Side Leg Raises (each leg), 10 Toe Taps (each Leg), 20 Shoulder Squeezes, 15 Hip bridges.

Column2: 20 Jumping Jacks, 20 Arm Raises (10 to front and 10 to side), 20 Side Lunges total, 15 crunches, 25 high knees (jog in place), 30 biceps curls, 20 heel raises, 10 abdominal bicycles (legs only)

Column3: 10 push ups (wall or floor), 10 straight leg raises, 30 marches or jog in place, 20 bicycle crunches (arms and legs), 30 shoulder press overhead, 20 punches, 20 hip extensions, 10 abdominal v twists.

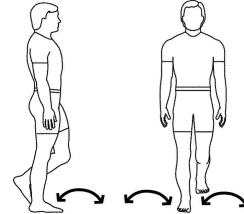


- Stand on both legs.
- Hold weights in both hands.
- Bend knees to 90 degrees.
- Straighten knees.
- Repeat.

**Perform 1 set of 20 Repetitions, once every other day.**

Use 0 Person.

Perform 1 repetition every 3 Seconds.

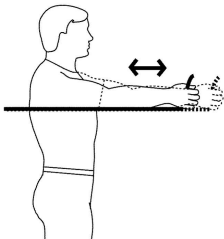


- Stand on right leg.
- Hop forward and then backward.
- Hop to the left and back to the right.
- Hop to right and then back to left.
- Repeat while standing on left leg.

**Perform 1 set of 20 Minute, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.

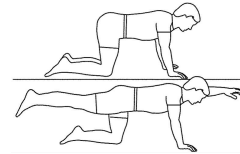


- Attach elastic to secure object at shoulder height.
- Face away, grasp elastic in hand with elbow straight, arm in front, as shown.
- Push arm forward.
- Slowly return to start position.

**Perform 1 set of 10 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.



- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

**Special Instructions:**

Maintain neutral spine, do not twist.

Progress by placing weights on ankles and wrists.

**Perform 1 set of 20 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.

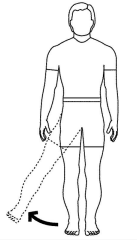
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- Stand.
- Place weight on uninvolved leg.
- Keep knee straight, moving involved leg outward.
- Return to start position.

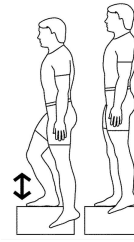
**Special Instructions:**

Keep trunk upright.

**Perform 1 set of 15 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.

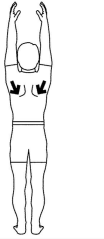


- Place involved leg on edge of step.
- Step up, lifting uninvolved leg off floor.
- Lower uninvolved foot toward floor but do not touch floor.
- Step up again and continue.

**Perform 1 set of 10 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.



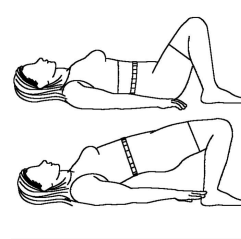
- Stand facing wall with arms overhead and slightly out to side.
- Palms should face inward.
- Pull shoulder blades together and downward.
- Return to start position and repeat.

**Perform 1 set of 20 Repetitions, once every other day.**

Use Person.

Hold exercise for 10 Seconds.

Perform 1 repetition every 3 Seconds.



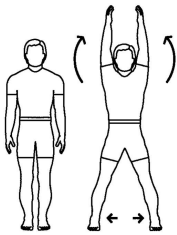
- Lie on back with arms at sides, palms down.
- Bend knees and place feet flat on floor.
- Lift up buttocks and back as far as possible, keeping back straight.
- Reach fingers to heels.
- Hold, lower and repeat.

**Perform 1 set of 15 Repetitions, once every other day.**

Use Person.

Hold exercise for 30 Seconds.

Perform 1 repetition every 3 Seconds.

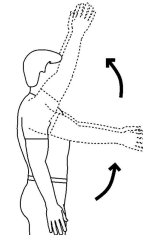


- Stand with arms at sides and legs together.
- Jump up and move legs to side while raising arms out to sides and overhead.
- Jump again and return to start position.

**Perform 1 set of 20 Minutes, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.



- Begin with arms at side, palms facing in, sitting or standing.
- Raise arms together, upward in front, overhead, as shown.
- Return to start position.

**Perform 1 set of 10 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.

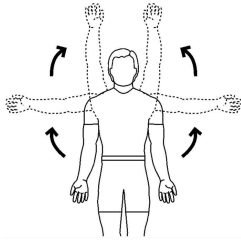
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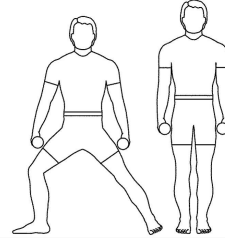
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- Sit or stand with arms at side, palms forward.
- Lift arms out and upward above head as shown.
- Return to start position.

**Perform 1 set of 10 Repetitions, once every other day.**

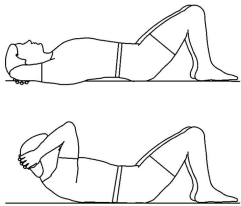
Use Person.  
Perform 1 repetition every 3 Seconds.



- Stand with weight in hands.
- Step sideways to left as shown, keeping trunk vertical.
- Push back up to starting position.
- Repeat sets to right side.

**Perform 1 set of 20 Repetitions, once every other day.**

Use 0 Person.  
Perform 1 repetition every 3 Seconds.



- Lie on back with knees bent, and hands clasped behind neck.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets,
- Raise left shoulder toward right knee, return to floor.
- Lift right shoulder toward left knee, return to floor.

**Perform 1 set of 15 Repetitions, once every other day.**

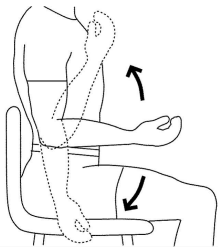
Use Person.  
Perform 1 repetition every 3 Seconds.



- Stand with feet at shoulder distance apart.
- Raise one knee up as high as possible and lower.
- Raise other knee and lower.
- Continue in a marching fashion, staying in place.

**Perform 1 set of 25 Repetitions, once every other day.**

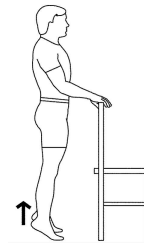
Use Person.  
Perform 1 repetition every 3 Seconds.



- Sit or stand.
- Begin with arm at side, elbow straight, palm up.
- Bend elbow upward.
- Return to starting position.

**Perform 1 set of 30 Repetition, once every other day.**

Use Person.  
Perform 1 repetition every 3 Seconds.



- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

**Perform 1 set of 20 Repetitions, once every other day.**

Use Person.  
Perform 1 repetition every 3 Seconds.

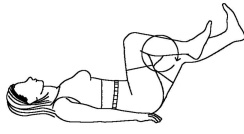
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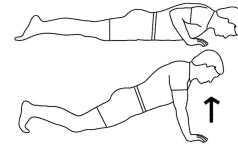


- Lie on back.
- Tighten abdominal muscles to keep lower back flat against floor.
- Bend knees and lift legs and pedal with legs in a cycling motion.
- Keep feet and toes pointed toward shins.
- Inhale and exhale steadily during exercise.
- Repeat cycling in opposite direction as well.

**Perform 1 set of 10 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.

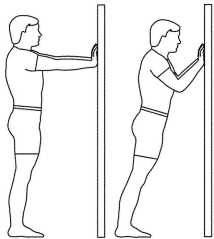


- Begin by lying on floor face down.
- Push up, keeping knees on floor, extending to straight elbows.
- Maintain a straight back.
- Lower to floor and repeat.

**Perform 1 set of 10 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.

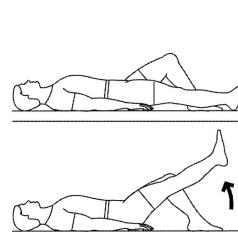


- Stand facing wall, about 12-18 inches away.
- Place hands on wall at shoulder height.
- Slowly bend elbows, bringing face to wall.
- Push back up to start position and repeat.

**Perform 1 set of 10 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.



- Lie on back with uninjured knee bent as shown.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.

**Perform 1 set of 10 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.

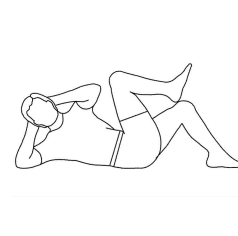


- Begin with a slow jog.
- After a few minutes, increase the pace to a run.
- After running, walk for about 5 minutes to cool down.

**Perform 1 set of 30 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.



- Lie on back with knees bent, and hands clasped behind neck.
- Raise left shoulder up and raise right knee up, twist until they touch.
- Lower and repeat with right shoulder and left knee.

**Perform 1 set of 20 Repetitions, once every other day.**

Use Person.

Perform 1 repetition every 3 Seconds.

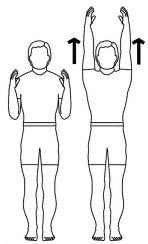
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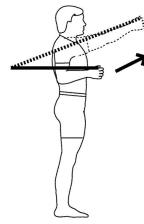
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- Sit or stand.
- Hold arms at side, elbows bent, as shown.
- Lift arms up and overhead.
- Return to start position and repeat.

**Perform 1 set of 30 Repetitions, once every other day.**

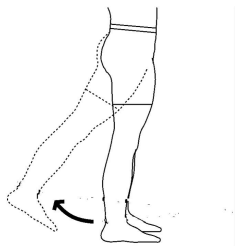
Use Person.  
Perform 1 repetition every 3 Seconds.



- Attach elastic to secure object.
- Grasp elastic in hand and face away as shown.
- Lift arm forward and up in a punching motion.
- Return to start position and repeat.

**Perform 1 set of 20 Repetitions, once every other day.**

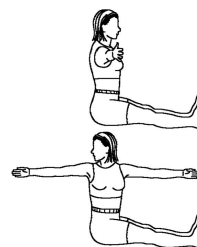
Use Person.  
Perform 1 repetition every 3 Seconds.



- Stand, hold onto table or wall for balance.
- Extend leg backward, keeping knee straight.
- Return to start position.

**Perform 1 set of 20 Repetitions, once every other day.**

Use Person.  
Perform 1 repetition every 3 Seconds.



- Sit with back straight, legs in front, slightly spread with knees straight. Keep toes pointed upward.
- Lift arms out to sides with palms forward. Inhale and twist to right, exhaling at end to increase stretch.
- Inhale and return to start position and continue stretch to left, exhaling at end.
- Repeat.

**Perform 1 set of 4 Repetitions, once every other day.**

Use Person.  
Hold exercise for 20 Seconds.  
Perform 1 repetition every 3 Seconds.

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