

Daily Dozen
Program for
Trainer: Rick Coe



Introduction

Full body wake-up routine. Purpose is to get blood flow and elevated heart rate.

Warm Up

Cardio Program

Activity	Intensity	Duration	Comments
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Summary of the program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Side to Side Hip Swing (Scapula)	Exercise	2	15				
Hip Swings - Forward and Back	Exercise	2	15				
Jumping Jacks – Transverse Plane	Exercise			45 sec			
Squat - Prisoner	Exercise	2	15				
Multiplanar Lunge	Exercise	2	10				
Ice Skaters	Exercise	2		45 sec			
Centipede	Exercise	2	12				
Push-Up - Staggered Arms	Exercise	3	15				
Crawl Patterns – Out of Sync Forward	Exercise	2	10-15				
Quadruped Butt Blaster	Exercise	2	15				
Crunch – supine jackknife	Exercise	2	20				
Supine Side to Side Rolls	Exercise	2	15				

Cool Down

Side to Side Hip Swing (Scapula)

Reps: 15

Sets: 2

Intensity:

Tempo:

Rest:

Duration:

Preparation

- Face wall, place one hand shoulder height against the wall.
- Soften knees.

Movement:

- Reach hand down across the opposite knee.
- Perform a gentle 'backhand swing' with your arm, rotating trunk.
- Allow feet to pivot with rotation of trunk.
- Keep the movement very subtle.
- Don't force the movement.



Push-Up - Staggered Arms

Reps: 15 Sets: 3 Intensity:
Tempo: Rest: Duration:

Preparation

- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.
- Prepare for this motion by keeping a lengthened position in the body.

Movement:

- This movement involves a push-up in a staggered arm position.
- Start in a push-up position, hands about shoulder-width apart – with one hand forward (towards the head) and the other hand lower (towards the stomach) – as shown.
- Perform a push-up (see – ‘push-up’ in the Exercise Library for description).
- Perform desired number of repetitions and switch hand positions.
- TRAINERS: Watch for hiking at the hip or a sway in the lumbar spine – these may be indications of fatigue.

Notes

Start with hands in line.



Crawl Patterns – Out of Sync Forward

Reps: 10-15 Sets: 2 Intensity:
Tempo: Rest: Duration:

Preparation

- Maintain good posture with shoulder blades retracted and depressed and good stability through the abdominal complex.
- The feet should be set approximately shoulder-width apart with a slight ‘toed out’ position as well as adequate hip external rotation (as shown).

Movement:

- Begin in a plank position with your visual gaze towards the horizon.
- Simultaneously take the left hand and right foot forward in a horizontal walking motion (as shown).
- Transfer the weight onto these two extremities and switch sides (right hand and left foot walk forward).
- Repeat walking motion for a given distance.
- Ensure that the shoulder complex and hip complex stay at the same horizontal level.
- TRAINERS: Pushing up the hip will only serve to over-stress the cervical spine and shoulder complex.

Notes

This can also be done stationary if space is limited.



Quadruped Butt Blaster

Reps: 15 Sets: 2 Intensity:
Tempo: Rest: Duration:

Preparation

- Assume neutral spine on hands and knees.

Movement:

- Take a deep diaphragmatic breathe.
- As you exhale, make an “S” sound, and draw your abdomen in as if to pull your belly button closer to your spine
- Maintaining optimum spinal alignment, squeeze glutes and SLOWLY raise bent leg to ceiling. The movement should be controlled by core stability and glute activity.
- Only move as far as you can control spinal stability and return to the start position.
- Do not allow head to “jet” forward.
- Maintain abdominal draw-in maneuver.

Notes

Make sure to draw your knee inward to a full hip flexion.



Crunch – supine jackknife

Reps: 20
Tempo:

Sets: 2
Rest:

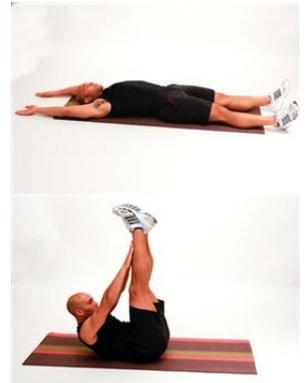
Intensity:
Duration:

Preparation

- Position client supine as pictured with arms over head in neutral spine.

Movement:

- Perform a crunch with hip flexion reaching toward the toes (as shown).
- Timing and Coordination are essential to stay balanced and controlled during this exercise.
- TRAINERS: If any low back pain occurs, modify exercise with shorter lever arms and legs.



Supine Side to Side Rolls

Reps: 15
Tempo:

Sets: 2
Rest:

Intensity:
Duration:

Preparation

- Ensure the individual is very proficient at a Straight Leg Raise and has very good core stability before prescribing this exercise.

Movement:

- Lie flat on the floor with the arms to the side of the body for support.
- Lift the legs off the floor and maintain triple flexion (at the hips, knees and ankles).
- Flatten out the back by initiating a posterior pelvic rotation (push the small of the back into the floor).
- With slow and controlled movement, rotate the hips side to side with a SMALL range of motion (as shown).
- TRAINERS: Ensure the client starts with slow and controlled movement.

