

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:

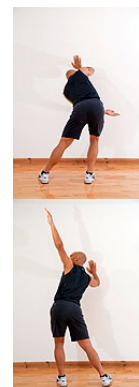
Duration:

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.



Hip Swings - Forward and Back

Reps: 15

Sets: 2

Intensity:

Tempo:

Rest:

Duration:

Preparation

- Begin by anchoring an arm to a wall or sturdy object for balance.
- Stand up tall and draw in the navel towards the spine at the same time squeezing the glutes.
- Retract scapulas to neutral position.

Movement:

- Controllably swing inside leg forward stretching the glutes, hamstrings, and gastrocnemius.
- Continue by swinging leg backwards with optimal core control dynamically stretching the rectus femoris and iliopsoas.
- TAKE THE BODY/JOINT THROUGH A FULL AVAILABLE RANGE OF MOTION USING CONTROLLED MOMENTUM/MOVEMENT FOR 1 set of 5-10 reps.



Jumping Jacks – Transverse Plane

Reps:

Sets:

Intensity:

Tempo:

Rest:

Duration: 45 sec

Preparation

- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.
- Ensure the individual is very proficient at multi-directional hops and has good strength in the transverse plane before prescribing this exercise.

Movement:

- Start with one foot behind the other, knees bent, and arms out to the side of body as shown.
- Hop feet wide while simultaneously swinging arms overhead.
- Hop the feet back to starting position with the other foot forward and arms swinging back to starting position.
- Take care to observe the relative timing of this exercise.
- TRAINERS: If there is pain, loss of balance or altered neuromuscular control -- REDUCE the range of motion of the hops and arm drives.



Squat - Prisoner

Reps: 15

Sets: 2

Intensity:

Tempo:

Rest:

Duration:

Preparation

- Stand in proper alignment, at shoulder width, with hands behind the head, fingers interlocked (DO NOT PRESS INTO THE HEAD/NECK).

Movement:

- Draw your belly button inward toward your spine.
- Allow yourself to lower to a squat position under control without compensation.
- Extend your hips, knees and ankles to a standing position.



Multiplanar Lunge

Reps: 10
Tempo:

Sets: 2
Rest:

Intensity:
Duration:

Preparation

- Stand in proper alignment with hands on hips and feet straight ahead.

Movement:

- Draw your belly button inward toward your spine.
- While maintaining total body alignment, step forward in the sagittal plane descending slowly by bending at the hips, knees and ankles.
- Use your hip and thigh muscles to push yourself up and back to the start position.
- Follow the same instructions for a lunge in the frontal plane and transverse plane flowing from one to the other for desired number of repetitions as shown.
- Repeat directions on opposite leg.



Ice Skaters

Reps:
Tempo:

Sets: 2
Rest:

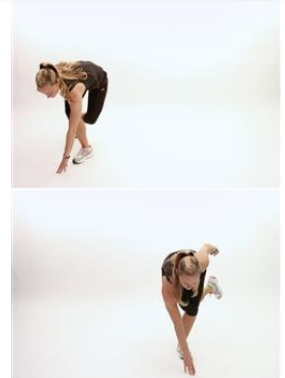
Intensity:
Duration: 45 sec

Preparation

- Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.

Movement:

- Begin in runner's stance, knees and elbows bent.
- The beginner version of this exercises is done moving side to side.
- Perform a lateral hop, accelerating through the outside leg and keep the body in good alignment.
- Land on a flat foot (the heel and toes at the same time) and decelerate through knee and hip flexion.
- Jump back to starting position with same technique.
- Make sure to control hips in a frontal plane and keep your centre of gravity inside the planted leg.
- Progression: frontal and transverse ice skater.



Centipede

Reps: 12
Tempo:

Sets: 2
Rest:

Intensity:
Duration:

Preparation

- This exercise involves dynamic Lumbo Pelvic Hip Stabilization, therefore it is essential that the client exhibits EXCELLENT technique during the movement and has a high level of core stability.
- Maintain drawing in and pelvic floor contraction during the entire exercise for spinal support.

Movement:

- Start by leaning over at the waist, and place the palms of the hands on the floor (as shown).
- Ensure that there is a soft bend in the knees for proper load transfer through the pelvis.
- Maintain stiffness in the core (with drawing in) and walk your hands away from the feet one at a time.
- Continue hand movement until the shoulders are in full flexion (arms are over the head) or until the point before compensation will occur.
- Hold the hands over the head, palms on the floor and slowly start walking the feet towards the hands one at a time (like a CENTIPEDE!).

Notes

You can do this with feet stationary. Walk out and back in on hands.



Push-Up - Staggered Arms

Reps: 15
Tempo:

Sets: 3
Rest:

Intensity:
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
Tempo:

Sets: 2
Rest:

Intensity:
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
Tempo:

Sets: 2
Rest:

Intensity:
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

Sets: 2

Intensity:

Tempo:

Rest:

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

Sets: 2

Intensity:

Tempo:

Rest:

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.

