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Exercise Handbook

HEALTHY HABITS
START HERE™

Level 1 Exercises

- Check with your healthcare provider before you start a new exercise program.
- Wear comfortable, supportive footwear.
- Use a firm, stable chair for support.
- Start with 5 repetitions of each exercise.
- Add 1 or 2 everyday until you reach 15 repetitions.
- Be aware that muscle soreness after exercise is normal.



Upper Back Slide:

- Stand with your back and arms flat against the wall with your elbows at 90 degrees so that your two arms form a U shape.
- Still touching the wall, slide both arm up so that they are straight over your head.
- Slide arms back to starting position.

1



Full Back Slide

- Stand with your back and arms against the wall and your arms by your side.
- Without leaving the wall or bending your arms, raise arms above your head
- Slide arms back down to starting position.

2



Lower Back Bend

- Start lying face down on a mat or the floor.
- With your arms under your chest, push your upper body up, lifting your chest away from the mat
- Think of lengthening from the crown of the head.
- Inhale and return back down to the mat

3



Quad Raises

- Sit on a chair with your back straight and both feet comfortably put on the floor.
- Without pushing against the back of the chair, try lifting both feet off the ground and holding for 3 seconds.
- Bring both feet back to the ground

4



Standing leg extensions

- Stand with feet hip-width apart and back against the wall.
- With your back against the wall shift your weight to one leg
- Raise one leg straight forward, hold for 2 seconds, then bring back down.
- Shift your weight to the other leg and repeat.

5



Trapezius Bend

- Stand up straight with both arms outstretched in front of you, palms facing each other.
- Bend elbows to a 45 degree angle as you bring your hands to your ears, making a W shape.
- Pretend you are pinching a grape with your shoulder blades.
- Hold for 2 seconds, then bring arms forward again.

6



Level 2 Range of Motion/ Limbering

Exercises

- Check with your healthcare provider before you start a new exercise program.
- Wear comfortable, supportive footwear.
- Use a firm, stable chair for support.
- Start with 5 repetitions of each exercise.
- Add 1 or 2 everyday until you reach 15 repetitions.
- Be aware that muscle soreness after exercise is normal.



Cat-Cow

- Start on all fours on a mat, on the floor
- Taking a deep breath in, arch your back like a cat does when they are scared
- Bring your back, back to neutral
- Extend your back, bringing your chest closer to the floor.
- Bring your back, back to neutral.



1



Dead Bug

- Lying on your back, bring your knees up to 90 degrees and bring both arms straight up in the air.
- Extend your right leg forward and your left arm back, then hold for a second and bring it back
- Extend your left leg forward and your right arm back, then hold for a second and bring it back



2



Arm-Pulses

- Stand with your back straight and your arm outreached beside you like the letter T.
- With your palms facing forward make 3-5 small pulsing movements back and forth.
- Repeat the same movement with your palms facing up, back, and down.



3



Donkey Kicks

- Starting with both arms and knees on the floor, shift weight equally between all touch points
- Slide one leg from under you and kick back to have a 90 degree angle with your knee
- Bring leg back under you, and repeat with other leg.



4



Hip Openers

- Starting with both feet on the ground, lift one knee in front of you.
- With your hands at your side, or at your hips, open your hip sideways, by sliding your leg at 90 degrees towards your side.
- If you feel like you are losing your balance, hang on to a chair for support.
- Bring leg back and repeat on the other side.



5



Standing Bird-Dogs

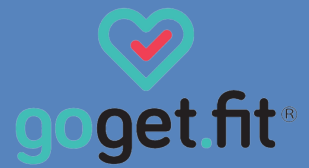
- Start standing up straight with a chair in front of you
- Reach forward with one hand and grab the chair, as you extend the opposite leg back.
- Return to standing position, and repeat with the opposite leg and opposite arm.



6

Level 3 Mobility Exercises

- Check with your healthcare provider before you start a new exercise program.
- Wear comfortable, supportive footwear.
- Use a firm, stable chair for support.
- Start with 5 repetitions of each exercise.
- Add 1 or 2 everyday until you reach 15 repetitions.
- Be aware that muscle soreness after exercise is normal.



Jumping Jacks

- Start standing straight with enough room to move.
- At the same time, and in one movement, bring both arms up, and legs apart as if making a snow angel standing up.
- In one swift movement, bring both legs together and arms down, to return to the starting position.

1



Hip Bridges

- Start lying down on your back on a comfortable surface.
- Bend your knees, so that your feet are flat on the ground
- Without your arms or feet leaving the ground, lift your hips towards the sky as if making a bridge.
- Return to starting position.

2



Tin Soldiers

- Starting standing straight on the ground, lift one leg forward in front of you, and extend the opposite arm towards the leg that is extended.
- Hold for a second then return to standing position.
- Repeat with opposite leg and arm
- Feel free to use a chair for support to stay balanced throughout the exercise

3



Shuffles

- Starting in an athletic stance, with feet hip-width apart
- Shuffle to one side, by bringing feet closer together, then leading with one leg to take another step to the side.
- Depending on how much space you have, take 5-10 steps to one side before switching directions.

4



Lateral Lunges

- Starting with feet together and hands on your hips.
- Slide one leg to the side of your body
- Make sure your back remains straight and your opposite knee has a slight bend in it.
- Slide leg back towards the standing position.
- Repeat with other leg.

5



Forward Lunges

- Standing straight with enough room in front of you.
- Bring one leg forward and bend your front knee so that your thigh is parallel to the ground.
- With your opposite leg, bend your knee as if you were to kneel but do not go all the way to the ground.
- Putting most of your weight on the back leg, push up back to standing, and repeat with opposite leg.

6