

Sample Corrective Exercise Program



SB = Swiss Ball

Mobs = Mobilizations

Pre-exercise Stretches and Mobilizations

Do these before each exercise session and at least three other times throughout each week.

Stretch	Reps	Duration
Anterior Scalenes	1-3/side	5 sec hold
Posterior Scalenes	1-3/side	5 sec hold
Suboccipitals	1-3	5 sec hold
Thoracic Mobs Circuit		
On foam roller	1-3	3-5 sec hold each segment
On wall	1-3	15-20 sec x 3 positions
With DB on SB	1-3	5 sec contract relax x 3
SB Pec Minor	1-3/side	15-20 sec hold/side
SB Side Flexion	1-3/side	15-20 sec hold/side
Supine knee extension, hip at 90 degrees	1-3/side	30-45 sec hold/side
Rocking groin	3-5	5sec / 5 sec
90/90	3-5 - see notes	5 sec contract relax x 3
MacKenzie Press Ups	15-20	5 sec holds

Notes:

90/90 stretch - do 5 sec contract relax for 3 different positions per side, x 3-5 total sets

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Day 1 Exercises

	EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS
A	Barbell Sumo Dead Lift	90 sec	-2 reps	8-10	303	1-3
B	SA High Cable Row in deep lunge	60 sec	-1 reps	10-12	202	1-3
C	Thick Bar bent over row	60 sec	-1 reps	10-12	202	1-3
D	Prone Cobra	$\frac{1}{2}$ hold	Body weight	5-6	30/15	1-3
E	Calf Raise w/ inversion	60 sec	-1 reps	15-20	202	1-3

Notes:

A - use rack to lift from if spinal ROM restricts depth - keep thoracic extension

B - reach and row - split stance and deep, pronated grip and alternating arm movements

D - work your holds from 30 sec to 45 sec etc up to 90 sec (break always $\frac{1}{2}$ hold time)

Day 2 Exercises

	EXERCISE	REST	INTENSITY	REPS	TEMPO	SETS
A1	Front squat	0 sec	-2 reps	8-10	303	2-4
A2	Supine Lateral Ball Roll	0 sec	-1 reps	3-4/side	2-3 sec hold	2-4
A3	Wood Chop - hi-low and fully integrated	0 sec	-1 reps	10-12/side	202	2-4
A4	Lat Pulldown	120 sec	-1 reps	10-12	302	2-4
B	Wall Lean	60 sec	Body Weights	1-2	30 sec hold	1-2
C	Forward Ball Roll	60 sec	-2 reps	12-15	222	1-3

Notes:

A1 - elbows up - keep thoracic extension

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Post-exercise cool down and relaxation exercises

Exercise	Reps	Sets	Pace
SB Figure 8s	25	1-3	Breathing
Swiss Ball Crunches	10-12	1-3	Breathing
MacKenzie Press Ups	15-20	1-3	Breathing
Qi Gong Toe Touches	15-20	1-3	Breathing
Breathing Squats	25	1-3	Breathing
NRG Push	25	1-3	Breathing

Notes:

Be sure to do all these exercise in a relaxed and slow manner - breathing is the only thing on your mind, eyes closed, and calm your way through them. Do them at home if the gym environment doesn't relax you enough.

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