

Work Readiness Program by Sherry Trumbull, Certified Personal Trainer



Cardio (variety): Frequency: Intensity: Time: Weight training guidelines: Order of increased progression:	Walking, Hiking, Bike riding, Swimming, Running, Fitness Classes etc. 3 - 5 days/week Moderate intensity, 65% - 85% of Max Heart Rate Warm up: 5-10 min, Workout: 20 to 30 minutes & Warm down/stretch 5-10 min All exercises can be modified or advanced by slightly adjusting any one of the following variables. #1 - complete min of 15 reps #2 - vary the speed #3 - add slight instability #4 - increase the load & drop # of reps to 8-10					
Balance, Core & Strengthening: 2-3x/wk	Equipment L1 & L2		No equipment	Repetitions to fatigue		
Wall Squats: ball in low back, feet hip distance apart. At depth of squat knee stacked over ankles. Vary speed of drop & raise, add hand wts or move to single leg. L2: standing on Bosu more instability. 2-3 sets - 20 reps	 			Single leg squat to touch the floor, keep chest & eyes up. Add jump after ea one or a faster drop to increase level.		
"Jackknife" for core, shoulder and hip strength. Arms straight then tuck knees underneath. Increase to a pike or to single leg jackknife. 2 x 15 reps L2: Combine movement with a pushup	 			Plank - progress from kneeling, to straight legs to single leg. Hold for 30 - 60 sec. Shoulders square and neutral spine. Do not continue if pain in back.		
Lunge on & off Bosu (wts optional). Same leg steps on then behind for a reverse lunge the entire set. Or, lunge on Bosu only with rotation ea rep as in L2. Walking lunges with med ball rotations (straight arms).	 			Stationary or Walking lunges - increase level by holding each lunge down 10 seconds. Can also add in rotation as you lunge down.		
DB Chest Press. Abdominals tight to support back, breathe out on exertion. Lower with control to 90 degrees 2-3 sets of 12-15 reps. L2: move to swiss ball and/or alternate arms.	 			Pushups - progress from kneeling, to straight leg to single leg. Can change tempo, travel the floor or push up off the floor.		
Single arm row. Flat back & pause at the top for 12-15 reps. More advanced alternate single arm row from a plank position on the floor. Can also add pushup after each rep. Do not let shoulders come up to ears!	 			"Superman" breathe regularly, contract back side of body. Modify with opposite arm & leg raise. Hold for 3 sec pause then lower.		
Hamstring Curl with hip extension. Support body wt on shoulders, keep hips high in the air & roll ball underneath. High reps of 15 - 20. More advanced can move to single leg curls when able to complete 20.	 			Feet hip width apart, walk shoulders under body. Raise hips up with slight pause & down. Contract glutes to raise. Single leg option when ready.		
Standing rotation with tubing or cable. Knees bent, shoulders back & down, breathe out rotate at the waist. More advanced move to full "wood chopper" with tubing or cable, maintaining good squat position & posture with upper back and shoulders.	 			Proper squat technique, strong back & posture in shoulders! Come up from squat, str arms raise & rotate wt over head. Eyes up, do not raise shoulders or arch back out of neutral.		
Standing single leg shoulder press. Maintain good posture throughout the body. Stay standing on same leg for entire set. More advanced same exercise with eyes closed or kneeling on a ball.	 			Progress from knees, straight leg to instability under the arm (Bosu) 30sec. Both shoulders stack over top of elbow. Option: raise & lower hips		
Stretches:	Lower Extremities		Upper Extremities	Low Back & Glute	Spinal Rotation	Calves L1/L2 (heel drops)
Pre-stretch (dynamic):	  		 	 		
Post stretch (Static):	  		 	 		