

PRIMFIT

S O L U T I O N S

Improve the Way You Move

PrimFit Solutions Rehabilitation Instructions include 50 exercises. Rehab begins with Level 1 with progression to the next level only after successful completion of a level without ANY unacceptable deviations. Unacceptable deviations include any inability to properly perform exercise including loss of balance, muscle weakness, lack of flexibility, pelvic drop, knee valgus or any discomfort. The last successful completed level quantifies your rehab progress. Repeat sets at each level as necessary.

LEVEL 01



Scapular Retraction

Tandem stance with a wide base of support. Bring shoulder blades together. Use doorway for support if needed. Switch lead foot.

Repetitions: 20, 10 per side

LEVEL 02



Trunk Forward Flexion

Tandem stance with a wide base of support. Stand with one foot in front of the other, maintain upright posture and spine in neutral. Hands at the side, palms facing forward. Lean forward from the waist until body is parallel to the floor.

Repetitions: 20, 10 per side

LEVEL 03



Trunk Lateral Flexion

Tandem stance with a wide base of support. Reach overhead to the other side with the opposite arm of the lead foot.

Repetitions: 20, 10 per side

LEVEL 04



Ballerina Trunk Stretch

Tandem stance with a wide base of support. Reach hands overhead and slightly lean to one side, hold for 10 seconds, then lean to the other side and hold for 10 seconds.

Repetitions: 20, 10 per side

LEVEL 05



360 Hip Mobility

Tandem stance with a wide base of support and hands on waist. Rotate hips clockwise and counterclockwise with each foot forward.

Repetitions: 10, 5 per side

LEVEL 06



Soleus Stretch

Tandem stance with a wide base of support and palms out to the side facing forward. Bend at both knees pushing the back knee forward until you feel a stretch in the lower leg. Hold for 10 seconds, switch lead foot.

Repetitions: 10, 5 per side

LEVEL 07

Squat and Rotate



Stand in athletic, upright position. Bend knees and reach forward with your arms, then bring shoulder blades together. Return to athletic, upright position. Rotate your trunk from side to side while maintaining extended arms.

Repetitions: 10

LEVEL 08



T Arms

Walking position with a narrow base of support. Bend arms at 90° angle, reach to the side bringing the shoulder blades together and then reach overhead.

Repetitions: 10, 5 per side

LEVEL 09



Double Leg Diagonal Arm

Tandem stance. Cross arm with hand on the opposite hip, then raise arm up into the side.

Repetitions: 20, 10 per side

LEVEL 10



Tandem Stance Cross Arms

Stand in tandem stance. Raise arms then lower to opposite hips and return to raised position.

Repetitions: 20, 10 per side

LEVEL 11



Single Leg Diagonal Arm

Stand in athletic position. Raise knee to hip level and hold for 3 seconds. Cross arm with hand to opposite hip, and then raise arm up to the side. Follow the path of the ball with your head.

Repetitions: 20, 10 per side

LEVEL 12



Forward Step High Reach

Stand in athletic position in front of an 8"-12" box. Raise leg up and forward with knee bent and touch the top of the box with foot while bringing arms overhead.

Repetitions: 20, 10 per side

LEVEL 13



Reverse Hurdle

Stand in athletic position. Step straight backward and then bring the same leg forward while raising knee to hip level. Rotate hip outwards and immediately inwards. Return to athletic position.

Repetitions: 20, 10 per side

LEVEL 14



Tandem
Stance
Balance
PNF



Stand in tandem stance. Raise your leg up and forward with your knee bent and touch the top of a box with foot if needed. Raise arms then lower to opposite hips and return to raised position.

Repetitions: 20, 10 per side

LEVEL 15



Multi
Directional
Steps



Stand in athletic position. Reach straight to the side with leg and return to the center. The same leg reaches backwards at a 45° and returns to center. Reach the same leg straight back and bring knee toward chest and opposite elbow to knee.

Repetitions: 20, 10 per side

LEVEL 16



Step and Reach

Stand in athletic position. Step backward, bring back leg forward off the ground while reaching forward with arms. Return to backward step and repeat leg while reaching upward.

Repetitions: 20, 10 per side

LEVEL 17



Single Leg Trunk Rotation

Stand in athletic position. March in place with knee to hip level and opposite arm up.

Repetitions: 20, 10 per side

LEVEL 18



Pivot, Turn, Reach, and Return

Stand in athletic position. Pivot on the right foot bringing left foot in-line with right foot, finishing with feet shoulder width apart and rotate back to starting position.

Repetitions: 20, 10 per side

LEVEL 19



Single Leg Hamstring Curls with High Knee

Stand in athletic position. Bend knee behind so heel is behind the body. Bring the knee forward to hip level, then return to starting position.

Repetitions: 20, 10 pe side

LEVEL 20



Single Leg High Knee

Stand in athletic position. Raise knee to hip level and hold. Raise arms then lower to opposite hips and return to raised position.

Repetitions: 20, 10 per side

LEVEL 21



Truck to Trunk

Stand in athletic position. Step forward with one leg and raise other knee to hip level. Reach forward with both hands and rotate to one side then the other. Lower leg and step forward bringing other leg to hip level. Reach forward with both hands and rotate to one side then the other.

Repetitions: 20, 10 per side

LEVEL 22



Lateral High Knee Walk with Arms Overhead

Stand in athletic position with arms overhead. Lift leg to hip level and step to the side. Continue lateral step with other leg returning to athletic position. Perform in opposite direction.

Repetitions: 20, 10 per side

LEVEL 23



Hip Rotation High Knee Step Side to Side

Stand in athletic position raising knee to chest while rotating hip outward with step. Perform return step in opposite direction.

Repetitions: 20, 10 per side

LEVEL 24



Reach and Rotate

Stand in athletic position raising knee to hip level. Reach forward with arms. Rotate trunk to each side followed by a shoulder press.

Repetitions: 20, 10 per side

LEVEL 25



Forward/
Backward
Weight
Shift with
High Knee

Stand in athletic position. Step forward and bring opposite knee up to hip level. Take step backwards and bring opposite knee up to hip level.

Repetitions: 20, 10 per side

LEVEL 26



Hip
Rotation
with High
Knee

Stand in athletic position. Step backwards and to the side toward the stance leg then bring knee up to hip level and reach to the knee with the opposite elbow.

Repetitions: 20, 10 per side

LEVEL
27



Single Leg
Running
Man

Stand in athletic position. Step forward diagonally at 45° and bring your leg back to the center. Step backwards and bring knee up to your hip level then extend leg.

Repetitions: 20, 10 per side

LEVEL
28



Side Reach

Stand in athletic position. "Butt Kick" then bring knee forward to hip level followed by reaching straight to the side with the same leg.

Repetitions: 20, 10 per side

LEVEL
29



Forward
Lunge

Stand in athletic position. Step forward with one foot and progress to forward lunge.

Repetitions: 20, 10 per side

LEVEL
30



Single
Leg Cross
Balance

Raise knee to hip level and hold. Reach leg to front, side, back corner, back straight, back other corner, returning to original position between each move.

Repetitions: 2, 1 per side

LEVEL 31



Y Cone Balance

Stand in athletic position. Look forward, move foot to touch cone to the side and return. Move foot to touch cone to back.

Repetitions: 20, 10 per side

LEVEL 32



High Forward Lunge

Stand in athletic position. Step forward onto box with one foot and progress to forward lunge. Continue step bringing knee to hip level.

Repetitions: 20, 10 per side

LEVEL 33



Bulgarian Splits

Start standing with one foot bent behind you resting on a stable surface with the heel pointed towards the ceiling. Slowly lower yourself by bending both knees. Return to original position.

Repetitions: 20, 10 per side

LEVEL 34



Side step Ups

Stand in athletic position. Laterally side step up onto an 8" box with the foot closest to the box, follow with the other foot. Step down off box one foot at a time.

Repetitions: 20, 10 per side

LEVEL 35



Sprinter's Step

Place resistance band above your knees. Stand in athletic, single leg position. Pull knee upward fast and bring it back down.

Repetitions: 30, 15 per side

LEVEL 36



Static Fire Hydrant

Place resistance band above knees. Stand with feet shoulder width apart. Bend your knee to approximately 90° balancing on single leg. Lift leg to the side as far as possible while maintaining body position and hold for 15 seconds.

Repetitions: 10, 5 per side

LEVEL
37



Single Leg
Half Moon

Stand in athletic position. Step forward diagonally at 45°, step side, step back, bringing knee to hip level between each step.

Repetitions: 20, 10 per side

LEVEL
38



RDL
Overhead
Press

Stand in athletic position. Reach leg straight backwards. Raise knee to hip level while lifting same arm overhead for a shoulder press.

Repetitions: 20, 10 per side

LEVEL
39

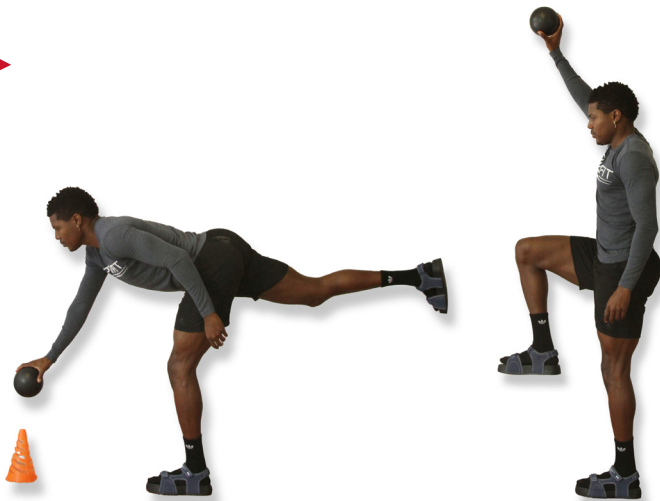


Band Squats

Place resistance band above knees. Stand in athletic position with wide base of support. Lower to squat.

Repetitions: 20

LEVEL
40



Single Leg Deadlift

Raise knee to hip level. Hinge at the hip to reach towards the ground with the opposite arm. Return to knee raised position and then athletic position with both legs on ground.

Repetitions: 20, 10 per side

LEVEL
41



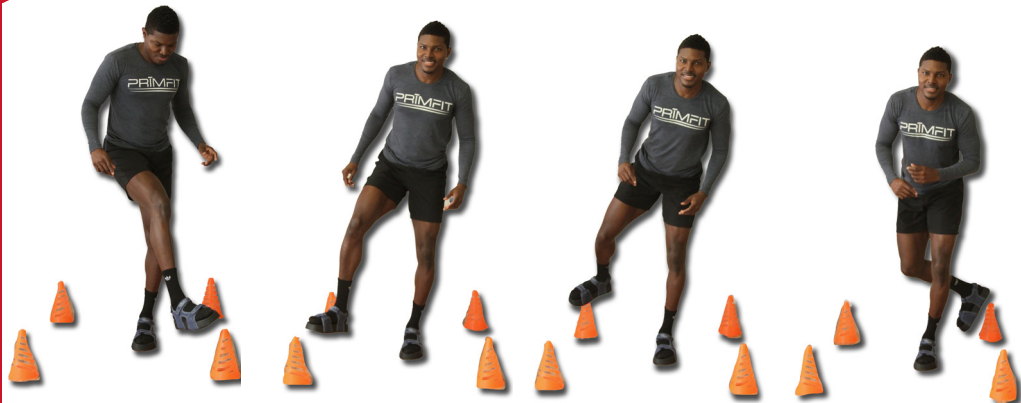
Single Leg Bridge

Lie down on your back with knees bent. Lift hips up off the ground, maintaining neutral alignment. While hips are off the ground, straighten one leg at a time and hold for 3 seconds. Bring the leg back to bridge position and alternate legs.

Repetitions: 20, 10 per side

LEVEL 42

Star Balance



Stand in athletic position looking forward. Move foot to touch cone on side, return, back, return.

Repetitions: 20, 10 per side.

LEVEL 43

Forward Lunge Wood Chop Low to High



Stand in athletic position. Step forward into right lunge position. While maintaining position, take right hand from left hip diagonally to right side of the body above head. Return to the starting position.

Repetitions: 20, 10 per side.

LEVEL
44



**Monster
Lateral
Steps**

Place resistance band above knees. Stand in athletic position with a wide base of support. Lower to squat. Sidestep 10 times to one side, then the other.

Repetitions: 20, 10 per side.

LEVEL
45



**Single Leg
Romanian
Dead Lift
(RDL)**

Raise knee to hip level. Hinge at the hip to reach towards the ground with the opposite arm. Maintain position while raising the swing leg to extension position.

Repetitions: 20, 10 per side.

LEVEL
46



**Step &
Rotate**

Stand in athletic position with an 8"-12" box on side. Sidestep and simultaneously raise opposite knee up to hip level. Keep arms extended, rotate arms to opposite side of standing leg. Step down and rotate arms to the opposite side.

Repetitions: 30, 15 per side.

LEVEL 47



Dynamic
Fire
Hydrant

Place resistance band above knees. Stand with feet shoulder width apart. Bend your knee to approximately 90° balancing on single leg. Lift leg up and down as far as possible while maintaining body position.

Repetitions: 10, 5 per side.

LEVEL 48



Squat to
Sprinter

Place resistance band above knees. Stand in athletic position with wide base of support. Lower to squat. Pull knee upwards and bring it down fast alternating knees.

Repetitions: 20, 10 per side.

LEVEL 49



Push Press

Stand in athletic position. Place band under feet and maintain wide base of support. Lift band to chest level. Lower to squat while lifting band overhead.

Repetitions: 20

LEVEL
50



Combo Fav

Band Squats (39), Monster lateral steps (44), Dynamic Fire Hydrant (47), RDL (45)

Repetitions: 20, 10 per side.