EXERCISE INSTRUCTION

• Warm up for 3-5 minutes before each exercise session.
• Complete each movement selected for 30-60 seconds.
• Perform 1-3 sets of each selected movement.
• Rest approximately 30-60 seconds between each movement.
• Perform movement in a safe and controlled manner.
• If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements.

-OR-

• If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
• Perform exercise session a minimum of 3 times per week for maximum results.
• Allow 24-48 hours of rest between each exercise session.

Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program.