






Lifting Series Program: Foundational (Lifting 1)

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| <p>Mobility</p> <p>Purpose: fluid movement transitions and weight shifting with arms in contact with board to prepare for lifting a heavy weight</p> <p>Key Points: push and pull board for better stretch</p> |  <p>Lunge with tall posture then heel sit, push board forward</p> |  <p>Side skater lateral lunge, rotate board from ground to standing tall</p> |  <p>Wide squat, cat cow spine flex and extend, press hands into board</p> |
| <p>Strength</p> <p>Purpose: strengthen squat-to-stand lifting mechanics and protect back in loaded positions</p> <p>Key Points: maintain neutral spine and lift through legs vs back</p> <p>3 sets x 10 reps</p> |  <p>Side lunge, torso and weight rotation over knee</p> |  <p>Lunge, weight on shoulder, weight in hand</p> |  <p>Squat, weight on front of shoulders</p> |
| <p>Endurance</p> <p>Purpose: increase spine stability with added weight away from body</p> <p>Key Points: maintain neutral spine and contract all muscles surrounding core</p> <p>4 reps x 15 second holds</p> |  <p>Close feet, mini squat, side bend, weight hold</p> |  <p>Backside Half Ball, lunge, hold weight held in front of body</p> |  <p>Side Half Ball, close feet, straight legs, weight overhead, tall posture</p> |
| <p>Recovery</p> <p>Purpose: target areas of common pain and major areas needed for lifting heavy objects</p> <p>Key Points: practice breathing technique for deeper release</p> |  <p>Quads and hamstrings</p> |  <p>Feet and arches</p> |  <p>Chest, lat and shoulder complex</p> |

Lifting Series Program: Advanced (Lifting 2)

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| <p>Mobility</p> <p>Purpose: increase spine rotation activation and stability to prepare for lifting heavy objects with one arm</p> <p>Key Points: focus on spine motion smoothness and hip/pelvis control</p> |  <p>Kneeling lunge, stand with board pull toward body, push board away</p> |  <p>Crab, alternate arm reach, press hand and feet into ground</p> |  <p>Press hand into board, rotate torso, open arms wide to stretch chest</p> |
| <p>Strength</p> <p>Purpose: add weight transitions from ground to overhead to simulate lifting objects off ground</p> <p>Key Points: ground feet into board and press through feet to stand</p> <p>3 sets x 10 reps</p> |  <p>Lunge, both feet on board, press weight overhead as you stand</p> |  <p>Lunge, lift weight from ground from front or side, stand tall</p> |  <p>Lift weight between legs to overhead, squat, return weight between legs</p> |
| <p>Endurance</p> <p>Purpose: single leg stability to mimic weight shift or step and reach when lifting objects</p> <p>Key Points: point toes upward for better balance</p> <p>4 reps x 15 second holds</p> |  <p>1 foot stand, tall spine, circle weight around head</p> |  <p>1 foot balance, hold weight in front of body</p> |  <p>Back side Half Ball, hold weight over shoulder</p> |
| <p>Recovery</p> <p>Purpose: target areas of common pain and major areas needed for lifting heavy objects</p> <p>Key Points: add joint motions for deeper release</p> |  <p>Quads and hamstrings</p> |  <p>Feet and arches</p> |  <p>Chest, lat and shoulder complex</p> |