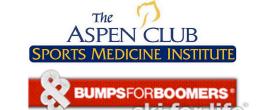


Phase 2 Exercises

Phase 2 Lower Body Exercises



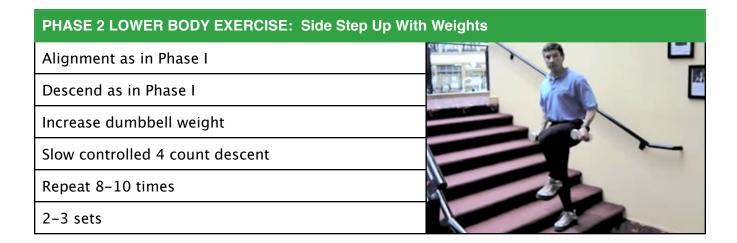
PHASE 2 LOWER BODY EXERCISE: Enhanced Single Leg Press	
Alignment as in Phase I	
Increase weights	
Emphasis on slow speed descent - 4 count	
Repeat 8-10 times	
2–3 sets	

PHASE 2 LOWER BODY EXERCISE: Wall Squats With Weights And Ball	
Alignment as in Phase I	
Increase dumbbell weight	
Slow descent – 4 count	
Repeat 8-10 times	
2–3 sets	

PHASE 2 LOWER BODY EXERCISE: Squat Jumps (P	ower)
Squat and jump forcefully upward	
Bend knees on landing and let hips go backward	
Focus on shock absorption (quiet landing)	
Repeat 8-10 times	
3 sets	W

Phase 2 Lower Body Exercises





PHASE 2 LOWER BODY EXERCISE: Side To Side Jumps (Agility / Balance)	
Begin in squat position	自己
2 legged side to side jumps over stick/line	
quiet landings, bend knees, hips move backwards	
Repeat 10 times in each direction	7/2

PHASE 2 LOWER BODY EXERCISE: Hop And Hold (Agility / Balance)	
Start on 2 legs, semi-squat position	
Hop forward onto one leg and land	
Quiet landings, bend knee & hip	
Maintain proper alignment knee over foot	
Hold 3 sec on landing, repeat 10-12 times, each leg	
Progress with direction change (see video)	

Phase 2 Lower Body Exercises

video: www.BumpsForBoomers.com/exercise



PHASE 2 LOWER BODY EXERCISE: Single Le	g Hamstring Curl
Heel on ball, pointing foot to ceiling	
Press foot down and lift buttock up	
Keep knee in alignment with foot	
Hold 3 seconds	
Repeat 8-10 times	6/E

PHASE 2 LOWER BODY EXERCISE: Reach And Hold Starting position stand tall Bend over and reach over leg toward front foot Keep back straight, fulcrum is hip Bend stance leg only minimally Repeat 10–12 times If you can't reach floor, just reach toward it

PHASE 2 LOWER BODY EXERCISE: Wall Squat And Hold (Endurance)	
Alignment as in Phase I	操作。高速是是
Knees over feet	The second
Upper body should move slightly forward off wall	
Hold time up to 30 seconds, progress to 1 minute	Service Servic
2 sets	

Phase 2 Lower Body Exercises

video: www.BumpsForBoomers.com/exercise





PHASE 2 LOWER BODY EXERCISE: Wall Squat And Weight Shift (Endurance) Alignment as above Weight shift onto left leg and hold 3-5 seconds Weight shift to right leg and hold 3-5 seconds

2 sets

Continue for 30 seconds and progress to 1 minute



Phase 2 Upper Body Exercises

video: www.BumpsForBoomers.com/exercise





PHASE 2 UPPER BODY EXERCISE: I

Arm position as in Phase I

Can be performed on floor, ball, or bench

Increase dumbbell weight 2-3 lbs.

Decrease repetitions to 8-10



PHASE 2 UPPER BODY EXERCISE: T

Arm position as in Phase I

Can be performed on floor, ball, or bench

Increase dumbbell weight 2-3 lbs.

Decrease repetitions to 8-10



PHASE 2 UPPER BODY EXERCISE: Y

Arm position as in Phase I

Can be performed on floor, ball, or bench

No dumbbell weight necessary

Avoid shrugging

Repeat 10 times



Phase 2 Upper Body Exercises

video: www.BumpsForBoomers.com/exercise





PHASE 2 UPPER BODY EXERCISE: Side Lie External Rotation (8 lb Weight)

Arm position as in Phase I

Increase weights by 1-2 lbs

Decrease repetitions to 8-10

4 count descent



PHASE 2 UPPER BODY EXERCISE: One Arm Rowing

Double up on tubing to increase resistance

One arm rowing motion

Shoulder blade back and down

Hold 3 seconds

Repeat 8-10 times

2 sets



PHASE 2 UPPER BODY EXERCISE: Push Up

Push-up position, descend until chest touches floor

Keep back straight

If shoulder pain, STOP

Modified position: on knees

Repeat 10-20 times depending on ability

2 sets



Phase 1 Upper Body Exercises





PHASE 2 UPPER BODY EXERCISE: Wrist Curl - Palm
Hand holding dumbbell placed over edge of knee
Extend wrist - hand lifts up, palm facing down
Hold 3 seconds, lower slowly
Use 5, 8 or 10 lb dumbbell
Repeat 10-12 times
2 sets

PHASE 2 UPPER BODY EXERCISE: Wrist Curl - Palr	ո Up
Hand holding dumbbell placed over edge of knee	
Flex wrist - hand lifts up, palm facing up	
Hold 3 seconds, lower slowly	
Use 5, 8, 10 or 12 lb dumbbell	
Repeat 10-12 times	
2 sets	The second of the second

Phase 2 Core Exercises

video: www.BumpsForBoomers.com/exercise





PHASE 2 CORE EXERCISE: Curl Up

Technique as in Phase I

Lift shoulders & mid-back up

Intensify abdominal contraction- hold 3 seconds

Repeat 15 times

2 sets



PHASE 2 CORE EXERCISE: Bridge

Technique as in Phase I

Tense abdominals and buttocks

Squeeze pillow or ball between knees to add resistance

Hold 3-5 seconds

Repeat 10-15 times



PHASE 2 CORE EXERCISE: Side Lie Leg Lift

Technique as in Phase I

Can add ankle weights, 5 pounds

Hold 3-5 seconds

Repeat 10-15 times



Phase 2 Core Exercises





PHASE 2 CORE EXERCISE: Opposite Arm Leg	g Reach
Technique as in Phase I	
Flat back	
Hold 5-10 seconds	
Repeat 10-15 times on each side	

PHASE 2 CORE EXERCISE: Plank	
Plank position	
Tense abdominals, flat back	
Hold 5-10 seconds	
Then lower knees slowly to floor	
Repeat 10 times	

PHASE 2 CORE EXERCISE: Plank Arm Lift	
Plank position with straight arms, legs apart	
Lift one arm up while maintaining a flat back	
Do not twist or turn	
Hold 3-5 seconds	8
Then switch arms	
Repeat 10 times each arm	

Phase 2 Core Exercises





PHASE 2 CORE BODY EXERCISE: Side Plank	
Side plank position, tense abdominals, hips off floor	
Keep body straight	
Do not twist or turn	
Hold 30 seconds	
Repeat 2 times	
Perform on both sides	