

Maintenance

5 days a week, Monday-Saturday
Breathe deeply during exercise – no val salva

1. Joint Mobility Exercises

If weak or recovering, do only non-strenuous exercise such as yoga, walking.

Repetitions: begin with 10 per exercise and increase 5-10 a week to maximum:

- 1 for each year of age until about 40
- 50-100 after age 40, especially for the spine
- 200 reps for any aching or damaged area

Do the first reps slowly to stretch out, then do the remaining reps vigorously and crisply.

Begin	hand pivots – 2 dimensions, half to each side	___ max reps
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Mon	elbow lift	___ max reps
	elbow circles – half forward, half backward	___ max reps
Tues	hip pivot – sitting, standing, or on all fours	___ max reps
	hip rotations – half right, half left	___ max reps
Weds	forward bends – hands to floor, exhale forward	___ max reps
Thur/Sat	side bends – full set to each side	___ max reps
	twist or windmill – half to each side	___ max reps
Fri/Sun	knee raises	___ max reps
	lying knee drop, arms spread – half to each side	___ max reps
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End	neck turns – half to each side	___ max reps
	neck side bends – half to each side	___ max reps
	knods (full forward & backward) – half to each side	___ max reps

2. Body Weight Exercises & Calisthenics – @24 minutes beginners, @16 minutes advanced

If weak or recovering, do only non-strenuous exercise such as yoga, walking.

Hindu pushups [exhale on lengthening]	_____	50 max
Squats [exhale on squatting]	_____	100 max
Crunches or Capt. Chairs	_____	50 max
Bridge [breathe deeply]		3 mins.
Head Lifts [head hanging off bed or bench]	_____	50 max

3. Stretching

Never stretch ligaments!

1st	sky reach		Upper Body
2nd	hip flexor stretch		Groin
3rd	knee press spread eagle (front splits)	toe touch – single, together (side splits)	Legs*
4th	hunch backs sitting twists or lying leg drop cobra	side stretch w/micro movements toe touch/grab with bounce backward bend*	Back
5th	sitting total upper body stretch		Front Body
6th	neck stretch – 3 dimensions head drop (on bed)		Neck
7th	spine decompression hang (1-2 mins.) or back stretcher machine (10 secs. X 3)		Spine

*Backward Bending: first inhale and open the chest, then grow taller – imagine wrapping the back around a ball when bending, or use a real medicine ball.

* *Always keep the spine straight!*

Increase flexibility by using both of the following methods:

Good: Inhale maximally and hold the breath for 1-2 seconds while tightening all the muscles in the body, then let out the breath with a big sigh and slight drooping of the body; immediately stretch further.

Best: Breathe shallowly and gradually apply isometric pressure in the target muscle for 3-4 seconds and hold to exhaustion (5 seconds to 1 minute), then relax with a sigh; immediately stretch further.

4. Oxygen Breathing

Do 5 times per week for peak health.

Breath pure oxygen for 15 minutes while walking on a treadmill.

Supplemental

Once a week

1. Main Supplemental Exercises to target specific areas

Do some of these exercises once a week.

Resistance cables – inhale during movement

- overhead pulldown – knuckles in for chest, knuckles out for back
- lateral arm raise – front, back
- bow pull
- two-arm front chest pull
- two-arm push – behind back, behind neck
- military press – behind, front

Abdominals:

Sitting

- bicycle / knee pull-in
- raised leg cross
- roman chair roll-ups [exhale going back]
- V-ups
- Weighted slow reverse sit-ups*
- Windshield wiper**
- Figure 8**

Standing

- weighted twists – no bending!
- dumbbell side bends

Abdominal Workout (separate document)

Other:

Legs

- table maker – legs extended or 90°
- wall squats
- jumping lunges

Misc.

- neck roll
- ankle lift

2. Outdoor Lifestyle Exercise: walking, hiking, sports

Do once a week . Substitute an exercise machine when not practical to go outdoors.

* <https://www.youtube.com/watch?v=-2FesPR4WEQ>

** <https://www.youtube.com/watch?v=8jyhJ6TiUPA>