

# 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.

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

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

## 3. Stretching

*Never stretch ligaments!*

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

\*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\*\*

***Abdominal Workout*** (separate document)

### **Standing**

- weighted twists – no bending!
- dumbbell side bends

**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>