

Orthogo Physical and Aquatic Therapy Newsletter

THE BEGINNER HEALTH CLUB EXERCISE PROGRAM

Last month we gave you some advice about starting a health club exercise program. This month we will provide you with a basic program.

Coming Soon

PT's love to help.

Here are some rules you must follow before you start this program:

- » Consult your physician
- » Consult your physical therapist at our practice to make sure these exercises are appropriate for any condition you rehabilitated with us.

This program is an alternate day program. On exercise day 1 you will do Program A and on exercise day 2, you will do Program B. On day 3 repeat Program A and on day 4, repeat Program B. This cycle should go on for two months and then you should start a new program to challenge your body in a different way and to avoid boredom that can occur with a regular routine.

- click link for download

Clinics

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Aquatic Therapy**
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Program A

http://www.ptclinic.com/downloads/program_a.pdf

Click On or Type the URL above into your browser address bar

Aerobic Exercise Program

- » 10 minutes on the treadmill, 10 minutes on the stationary cycle, 10 minutes on the cross trainer for a total of 30 minutes. You should be able to talk while you are doing your exercise. If you are too winded to talk, you should decrease the exercise intensity.

Weight Training

- » Chest Press
- » Shoulders - Lateral Raises
- » Abdominal Exercises - Stomach Crunch, Oblique Crunch, Air Bike

Flexibility Exercises

- » Chest Stretch
- » Shoulder Stretches
- » Back Stretches

- click link for download

Program B

http://www.ptclinic.com/downloads/program_b.pdf

Click On or Type the URL above into your browser address bar

Aerobic Exercise as outlined in Program A

Weight Training

- » Middle Back/Lat Exercises - seated rowing and latissimus pull down
- » Lower Back Extension - prone trunk extension
- » Thigh/Leg Exercises - leg press and calf raise

Flexibility Exercises

- » Middle Back stretch
- » Hip Stretches
- » Thigh and Calf Stretches

"Start a new program to challenge your body in a different way and to avoid boredom."