

Healthy Joint Prehab Exercises

LOW BACK

BENT LEG BRIDGE
FIGURE FOUR STRETCH
SIDE LYING LEG LIFT
LYING QUAD STRETCH
POSTERIOR TILT
PARTIAL LEG LIFT
ARCH UP
HAMSTRING STRETCH
SINGLE LEG BRIDGE
RUNNERS LUNGE STRETCH
GOOD MORNING
FORWARD FOLD STRETCH
REVERSE CRUNCH
SPINAL TWIST STRETCH

HIPS + KNEES

HAMSTRING STRETCH
BENT LEG BRIDGE
LUNGE STRETCH
STRAIGHT LEG RAISES
SLANT BOARD
TRX UNLOAD SQUAT
OR X BALL WALL SQUAT
BOX PIGEON
STAND LEG ABDUCTION
BUTTERFLY STRETCH
BOSU ONE LEG STAND
LEG HUG STRETCH
SINGLE LEG DEADLIFT
FORWARD FOLD
PISTOL SQUAT
CRISS CROSS FORWARD FOLD
X BALL TRIPLE HAMSTRING

SHOULDERS+ NECK

CHEST OPENER
BAND BUDDHA
DB PULLOVER STRETCH
MID TRAP ROW
INTERNAL/EXTERNAL
ROTATION
SEATED ROW
WALL CHEST PEEL OFF
REAR DELT PULL
POOR MANS TRACTION
TYI
HANDCUFF STRETCH
BAND PULLDOWN
SIDELYING NECK STRETCH
REVERSE SHRUGS

**HOLD EACH STRETCH 1 MIN PER SIDE AND MOVEMENTS FOR 20 REPS EACH
REPEAT 3 TIMES THROUGH**

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CORE Workout

CORE BEGINNER

CRUCNCH HOLD
REVERSE CRUNCH
PARTIAL LEG LIFT
HOLLOW HOLD
SIDE PLANK
PLANK
PALLOF ISOMETRIC

CORE INTERMEDIATE

COUNTER LATERAL
FLEXTION
STRAIGHT ARM
PULLOVER
TUCK HANG
TUCK UP

CORE ADVANCED

LEG LIFTS
SUPERMAN
AB WHEEL

CORE BEGINNER

DO EACH EXERCISE
FOR 20 SECONDS OR
20 REPS, TOP TO
BOTTOM, THREE
TIMES THROUGH

CORE INTERMEDIATE

DO CORE BEGINNER
ONCE, THEN CORE
INTERMEDIATE 3 TIMES
TOP TO BOTTOM

CORE ADVANCED

DO CORE BEGINNER +
INTERMEDIATE ONCE ,
THEN CORE ADVANCED
THREE TIMES

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REVERSE CRUNCH
PARTIAL LEG LIFT
HOLLOW HOLD
SIDE PLANK
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CORE ADVANCED

DO CORE BEGINNER +
INTERMEDIATE ONCE ,
THEN CORE ADVANCED
THREE TIMES

Posterior Chain Workout

WARM UP FOR ALL LEVELS

BENT LEG BRIDGE
SINGLE LEG BRIDGE
ALTERNATING LEG
BRIDGE
SIDE LYING LEG LIFT
HIP EXTENTION
HIP ABDUCTION
PEEING DOG

LEGS BEGINNER

SUMO DEADLIFT
HIGH BAR BACK
SQUAT
KETTLEBELL SWING
X BALL TRIPLE
HAMSTRING

LEGS ADVANCED

ROMANIAN DEADLIFT
ZERCHER SQUAT
KETTBELL SWING
X BALL TRIPLE
HAMSTRING

LEGS INTERMEDIATE

DEADLIFT
FRONT SQUAT
KETTLEBELL SWING
X BALL TRIPLE HAMSTRING

WARM UP FOR ALL

DO 10 REPS OF EACH
WARM UP MOVEMENT
2-3 TIMES THROUGH

BEGINNER

3 SETS OF 10 REPS

INTERMEDIATE + ADVANCED

3 SETS OF 10 REPS + KB
SWING 30 REPS

Posterior Chain Workout

WARM UP FOR ALL LEVELS

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SINGLE LEG BRIDGE
ALTERNATING LEG
BRIDGE
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HIP EXTENTION
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PEEING DOG

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LEGS ADVANCED

ROMANIAN DEADLIFT
ZERCHER SQUAT
KETTBELL SWING
X BALL TRIPLE
HAMSTRING

LEGS INTERMEDIATE DEADLIFT

FRONT SQUAT
KETTLEBELL SWING
X BALL TRIPLE HAMSTRING

WARM UP FOR ALL

DO 10 REPS OF EACH
WARM UP MOVEMENT
2-3 TIMES THROUGH

BEGINNER

3 SETS OF 10 REPS

INTERMEDIATE + ADVANCED

3 SETS OF 10 REPS + KB
SWING 30 REPS

Push + Pull Workout

UPPER BODY BEGINNER

PUSH UP
LANDMINE PRESS
BENCH
PULL UP (MODIFIED/BAND)
HANGING SHRUG
45 DEGREE ROW

UPPER BODY INTERMEDIATE

POWER PUSH UP
OVERHEAD PRESS
FUNCTIONAL BAND PRESS
NARROW GRIP PULL DOWN
LAT PULL DOWN
BARBELL ROW

UPPER BODY ADVANCED

CLAPPING PUSH UP
NEUTRAL PRESS
NEGATIVE PULL UPS
ONE ARM DUMBBELL ROW
ARCHERS ROW

DO 10 REPS OF EACH MOVEMENT FOR ALL WORKOUTS + EXECUTE 3 TIMES THROUGH

Push + Pull Workout

UPPER BODY BEGINNER

PUSH UP
LANDMINE PRESS
BENCH
PULL UP (MODIFIED/BAND)
HANGING SHRUG
45 DEGREE ROW

UPPER BODY INTERMEDIATE

POWER PUSH UP
OVERHEAD PRESS
FUNCTIONAL BAND PRESS
NARROW GRIP PULL DOWN
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UPPER BODY ADVANCED

CLAPPING PUSH UP
NEUTRAL PRESS
NEGATIVE PULL UPS
ONE ARM DUMBBELL ROW
ARCHERS ROW

DO 10 REPS OF EACH MOVEMENT FOR ALL WORKOUTS + EXECUTE 3 TIMES THROUGH

Week 1

WEEK 1: DAY 1 (15 REPS)_

PUSH UP

ONE ARM DB ROW

OVERHEAD DB PRESS

CRUNCH HOLD- 30 SECONDS

SQUATS

BENT LEG BRIDGE

WEEK 1: DAY 3 (8-12 REPS).

TABLE TOP HIP EXTENSION

CONVENTIONAL DEADLIFT

LANDMINE ALT PRESS

PULLUP

2 INCH REVERSE CRUNCH

PLANK- 30 SECONDS

WEEK 1: PRIMAL

RUNNING, JUMPING JACK, OR JUMP ROPE

- 2 MINUTES

BEAR CRAWLS FORWARD, SIDEWAYS AND

BACKWARDS - 30 STEPS EACH

TURKISH SITUP - 15 REPS

ARCH UP - 15 REPS

SKIPS - 30 REPS

PUSHUPS - 10 REPS

WEEK 1: DAY 5 (6 REPS).

CLAPPING PUSH UP

ARCHERS ROW

SQUAT JUMPS

HOLLOW HOLD

ROMANIAN DEADLIFT

JUMPING PULLUPS

Week 2

WEEK 2: DAY 1

BENCH PRESS
HANGING SHRUG

TRX PULLUP
PALLOF PRESS

ALTERNATING HIP BRIDGE
ZERCHER SQUAT

WEEK 2: DAY 3

PULLUP NEGATIVES
AB WHEEL

NEUTRAL GRIP DB PRESS
TABLE TOP ABDUCTION

SUMO DEADLIFT
BENT OVER ROW

WEEK 2: PRIMAL

RUNNING, JUMPING JACKS, OR JUMP ROPE
-2 MINUTES

CRAB WALKS FORWARD, SIDEWAYS, AND
BACKWARDS - 30 STEPS EACH

PUPPET -20 REPS

SPIDERMAN-20 REPS

STANDING BROAD JUMPS-10 REPS

WALKING LUNGES -20 REPS

WEEK 2: DAY 5

BACK SQUAT
SIDE PLANK

BAND PULLUPS
OVERHEAD DB PRESS

KETTLE BELL SWING
TUCK HANG

Week 3

WEEK 3: DAY 1

**SUMO STANCE DEADLIFT
SINGLE LEG BRIDGE**

**BENCH PRESS
OVERHEAD DB PRESS**

**PARTIAL LEG LIFTS
FRONT SQUAT**

WEEK 3: DAY 3

**OVERHEAD DB PRESS
TRX ROW/MOD PULLUP**

**LANDMINE CLF
ROMANIAN DEADLIFT**

**SIDE LYING LEG LIFT
STRAIGHT ARM PULLOVER**

WEEK 3:PRIMAL

**BEAR CRAWL FRONT, SIDE ,
BACK- 30 STEP EACH
SPIDERMAN**

**BURPEE
WALKING LUNGES**

**TRICEP PUSHUPS
PARTIAL LEG LIFTS**

WEEK 3: DAY 5

**ONE ARM DB ROW
HIGH BAR BACK SQUAT**

**JUMPING PULLUP
CLAPPING PUSHUP**

**KETTLEBELL SWING
CRUNCH HOLD**

Week 4

WEEK 4: DAY 1

**FRONT SQUAT
LANDMINE ALT PRESS**

**HANGING SHRUG
PALLOF PRESS**

**BENT OVER BB ROW
AB WHEEL**

WEEK 4: DAY 3

**BENCH PRESS
POWER PUSHUPS**

**TRX ROW/ MOD PULLUP
PULLUP NEGATIVES**

**SIDE PLANK
STRAIGHT ARM PULLOVER**

WEEK 4: PRIMAL

**RUNNING, JUMPING JACKS, JUMP ROPE
- 2 MINUTES**

**FANNY KICKERS, HIGH KNEES, SIDE
SHUFFLE - 30 REPS EACH**

6 X 40 YARD SPRINTS @ 70%-85%

ARCH UPS - 15 REPS

SKIPS - 20 SKIPS

GLIDE THROUGHES - 10 REPS

WEEK 4: DAY 5

**NEUTRAL GRIP PRESS
JUMPING PULLUP**

**45 DEGREE ROW
TRICEP PUSHUP**

**ONE ARM DB ROW
ZERCHER SQUATS**

Week 5

WEEK 5: DAY 1

PUSH UP
HIGH BAR BACK SQUAT

NEUTRAL GRIP DB PRESS
KETTLEBELL SWING

SUMO DEADLIFT
BENT LEG BRIDGE

WEEK 5: DAY 3

ROMANIAN DEADLIFT
LANDMINE CLF

X BALL TRIPLE HAMSTRING
BENT OVER BB ROW

-
2 INCH REVERSE CRUNCH
REVERSE SHRUG

WEEK 5: PRIMAL

RUN, JUMPING JACKS, OR JUMP
ROPE - 2 MINUTES
BEAR CRAWL, FORWARD, SIDE AND
BACK-30 EACH DIRECTION
LATERAL BEAR HOPS
- 10 HOPS EACH DIRECTION
TURKISH GET UP - 5 REPS PER SIDE
SQUAT JUMP - 20 REPS
PUSHUP - 20 REPS

WEEK 5: DAY 5

ZERCHER SQUAT
ONE ARM BAND PRESS

SIDE LYING LEG LIFT
TRX ROW/ MOD PULLUP

AB WHEEL
CRUNCH HOLD

Week 6

WEEK 6: DAY 1

**MOD PULLUP
AB WHEEL**

**ONE ARM DB ROW
FRONT SQUAT**

**TABLE TOP HIP EXT
KETTLEBELL SWING**

WEEK 6: DAY 3

**BENT OVER BB ROW
OVERHEAD DB PRESS**

**HIGH BAR BACK SQUAT
PALLOF PRESS**

**X BALL TRIPLE HAMSTRING
HOLLOW HOLDS**

WEEK 6: PRIMAL

**JUMPING JACKS - 3 MIN
CRAB WALKS FORWARD, SIDE, BACK
- 30 STEPS EACH
WALL HANDSTAND HOLDS- 1 MIN
40 YARD SPRINTS - 3X
ROCK AND ROLLS - 20 REPS
CLAPPING PUSHUPS - 10 REPS**

WEEK 6: DAY 5

**ARCHER ROW
ZERCHER SQUAT**

**BENCH PRESS
LEG LIFTS**

**ROMANIAN DEADLIFTS
SIDE PLANK**

Week 7

WEEK 7: DAY 1

DEADLIFT
CLAPPING PUSHUP

TUCK UPS
JUMPING PULLUPS

TABLE TOP HIP ABDUCTION
BAND PRESS

WEEK 7: DAY 3

LANDMINE ALT PRESS
HANGING SHRUG

LAT PULLDOWN
STRAIGHT ARM PULLOVER

SINGLE LEG HIP BRIDGE
SUMO DEADLIFT

WEEK 7: PRIMAL

SPIDERMAN - 30 STEPS
**BEAR CRAWLS FORWARD, SIDE,
BACK - 30 STEPS**
**OVER THE SHOULDER ROCK AND
ROLL - 20 REPS**
VERTICAL JUMPS - 10 REPS
CLAPPING PUSHUPS - 10 REPS
FROG JUMPS - 10 REPS

WEEK 7: DAY 5

BENCH PRESS
KETTLEBELL SWING

X BALL TRIPLE HAMSTRING
PULLUP NEGATIVES

TRX SUPERMAN
BENT LEG BRIDGE

Week 8

WEEK 8: DAY 1

SQUAT JUMPS
POWER PUSHUP

45 DEGREE ROW
PARTIAL LEG LIFT

HANGING SHRUG
PLANK

WEEK 8: DAY 3

BENCH PRESS
TRX PULLUP

FRONT SQUATS
OVERHEAD DB PRESS

PALLOF PRESS
2 INCH REVERSE CRUNCH

WEEK 8: PRIMAL

RUN, JUMPING JACKS, JUMP ROPE
- 3 MINUTES

HIGH KNEES, FANNY KICKERS, SIDE
SHUFFLE - 30 EACH

S TO S DRILL - 20 REPS

BURPEE - 20 REPS

WALL HANDSTAND HOLD - 1 MIN

TUCK JUMPS - 10 REPS

WEEK 8: DAY 5

SUMO STANCE DEADLIFT
AB WHEEL

PULLUPS
SIDE LYING LEG LIFT

NEUTRAL GRIP PRESS
TUCK HOLDS