



Module 2 - Specific strength

1. Pelvic press – hold for 60 seconds
2. Leg lifts – 20 to 25 repetitions
3. Bridges - 15 to 20 repetitions each leg
4. Eccentric Calf Raises - 15 to 20 repetitions each leg
5. Waiter walk – Walk for 30 seconds
6. Suitcase carry – Walk for 30 seconds
7. Small walking halo – Walk for 30 seconds
8. Walking shoulder press – Walk for 30 seconds
9. Heartbeat – Walk for 30 seconds

Pelvic press



Lie flat on your back with your legs straight and your arms by your side. Focus on driving the small of your back into the ground and contracting your core muscles to stabilize it in this position.

Leg lifts



Lie flat on your back with your legs straight and your arms by your side. Focus on driving the small of your back into the ground and contracting your core muscles to stabilize it in this position. Slowly lift your feet off the ground, keeping the small of your back flat





against the ground. Bring the feet to about 3-5 feet off the ground, pause for 5 seconds and slowly lower back to the ground.

1-legged glute bridge



Lie flat on your back with one leg bent, foot flat on the ground, and the other leg flat on the ground. Slowly lift your pelvis off the ground by contracting your glutes and core while keeping your shoulder blades flat on the ground.

Eccentric Calf Raises



Start on your tip-toe while standing on a stair. Slowly lower yourself down from a step with one leg until the heel is below the step. Use the other leg to raise yourself back into tip-toe position. Once you're comfortable, you can add a weight with a backpack once they become easy.

Waiter walk





Lift a weight, with one arm, straight above your head, with a very strong grip on the handle. The weight should rest on the outside of your wrist. Your wrist should remain straight with elbow locked. Keep your shoulder packed, meaning that your shoulder blade should be held stable, pressed inward toward your chest cavity. Walk around for 1 minute. Focus on keeping your core tight and body in a straight line.

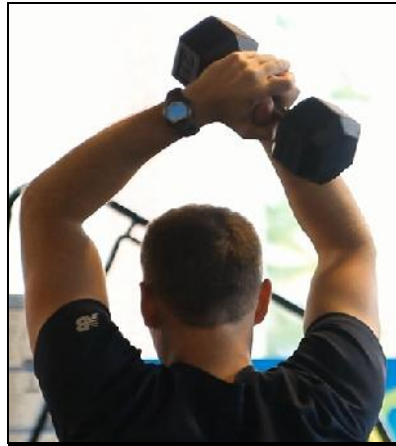
Suitcase carry



Using the same arm as in the waiter walk, hold weight in one hand, arm straight down, shoulder packed, and walk as if carrying a suitcase. Walk for 1 minute, again focusing on a tight core and not leaning or compensating for the weight.

Small walking halo





Lift a weight with both hands and trace a tight halo — a full circular motion — around the crown of your head. Your elbows should be below your wrists when the weight is in front of your head and above your wrists when the weight is behind your head.

Walking shoulder press



While walking, lift a weight from in front of your hip to above your shoulder. The motion is front of your body, a curl to the shoulder, then a vertical press as you lift and straighten your arm upward.

Heartbeat





Hold a weight with both hands at shoulder height, in front of sternum. As you walk, extend arms straight out then bring them back to your chest. Repeat motion as you walk.

