











Name: **Personal Best Total Fitness Solutions**

Interval: Frequency:

<p>Seated Side Neck 32</p> <p>Sit tall. Hold edge of chair/bench. Lean head toward opposite shoulder. Stretch is felt down side of the neck and across top of shoulder.</p>  <p>Time: Reps: :</p>	<p>Forward Neck 1 36</p> <p>Sit / stand tall. Shoulders relaxed. Chest lifted. Lengthen spine. Drop chin to chest until stretch felt in back of neck.</p>  <p>Time: Reps: :</p>	<p>Overhead Arm 48</p> <p>Stand/Sit tall. Clasp hands together. Turn palms out and extend arms above head. Press upwards toward ceiling. Keep shoulders down.</p>  <p>Time: Reps: :</p>	<p>Back and Arm 45</p> <p>Clasp hands together. Turn palms outward. Extend arms forward and spread the shoulder blades open. Stretch is felt across the upper back.</p>  <p>Time: Reps: :</p>	<p>Trunk and Tricep 50</p> <p>Stand tall. Gently pull elbow across and behind head as you bend trunk to the side. Feel stretch down side of waist and back of upper arm.</p>  <p>Time: Reps: :</p>
<p>Seated Forearm 57</p> <p>Sit tall. Keep spine long. Palms flat. Thumbs out and fingers pointing back. Lean back until stretch is felt in forearms.</p>  <p>Time: Reps: :</p>	<p>Shoulder 1 26</p> <p>Stand/Sit tall. Lengthen spine. Chest lifted. Pull arm across chest until stretch felt in back of shoulder. Keep shoulders relaxed and down.</p>  <p>Time: Reps: :</p>	<p>Chest 24</p> <p>Chest lifted. Chin relaxed. Clasp hands behind back. Raise arms up and back until stretch is felt across chest and front of shoulders.</p>  <p>Time: Reps: :</p>	<p>Seated Thoracic 264</p> <p>Sit tall on chair. Hips facing forward. Rotate upper body and hold back of chair. Look over shoulder. Lengthen spine. Keep shoulders down.</p>  <p>Time: Reps: :</p>	<p>Seated Gluteal 1 18</p> <p>Sit tall. One leg extended. Rest ankle of other leg just above knee. Bent knee turned out. Bend forward from hip. Lengthen spine. Lift chest.</p>  <p>Time: Reps: :</p>

Exercise Program

Designed by Personal Best Total Fitness Solutions 1/1/2011

Please remember to adhere to all the exercise technique tips and stick to the interval time specified as it is important to the result. Remember to always consume water when exercising, even more than your thirst requires, and remember to use a towel.

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