

Movement     Step 1     Step 2       Step 1     Step 2     Step 4       Step 1     Step 2     Step 1       Movement     Lower yourself into a squatti chair. Return to the starting 1     Tip       Make sure to maintain your 1     past your toes.     Step 3       Step 1     Step 2     Step 3       Step 1     Step 2     Step 1       Movement     Place your hands on the floc Perform a push up, then hog your arms overhead, then go your arms overhead, then go your arms overhead, then go your arms stightly wider thar Movement       Step 1     Step 2     Push Up       Step 1     Step 2     Step 1       Step 1     Step 2     Step 1       Step 1     Step 2     Step 1       Movement     Step 1     Step 2       Step 1     Step 2     Step 1       Step 2     Step 3     Step 3       Step 4     Step 10 port body to the Tp <tr< th=""><th></th></tr<>	
Step     Begin in a standing position       Movement     Slowly step up, raising your       Step 1     Step 2       Image: Step 2     Step 3       Step 3     Step 3       Step	1
STEP 1     STEP 2     STEP 3     STEP 1     STEP 1     STEP 2     STEP 1     STEP 1     STEP 2     STEP 1     STEP 1     STEP 2     STEP 1     STEP 1     STEP 2     STEP 1     STEP 2     STEP 1     STEP 2     STEP 3     STEP 2     STEP 3     STEP 2     STEP 3	
Movement     Slowly step up, raising your same time. Then lower your Tip       Make sure not to let your tru to the ground.     STEP 1       STEP 1     STEP 2       STEP 1     STEP 2       Setup     Begin in a standing upright p       Movement     Lower yourself into a squatti chair. Return to the starting in Tip       Make sure to maintain your ip past your toes.     STEP 1       STEP 1     STEP 2       Push Up     SETS: 4   HOLD: 30       Setup     Begin on all fours on a comf your arms overhead, then ge Tip       Movement     Slowly lower your body to the Tip       Kee your back straight and     Setup       Begin on all fours on a comf your arms slightly wider thar       Movement	ith one foot resting on a platform or step in front of your body.
Slowly step up, raising your same time. Then lower your Tip     Slowly step up, raising your same time. Then lower your Tip       Make sure not to let your true to the ground.     STEP 1     STEP 2       STEP 1     STEP 2     Setup       Begin in a standing upright p     Movement     Sources of the starting up raise of the starting up raise sure to maintain your past your toes.       STEP 1     STEP 2     STEP 3     Burpees       STEP 1     STEP 2     Push Up     SETS: 41 HOLD: 30       Step 1     STEP 2     Push Up     SETS: 41 HOLD: 30       Step 1     STEP 2     Step 1     Step 2       Step 1     STEP 2     Push Up     Setup       Begin on all fours on a comf your arms slightly wider thar Movement     Slowly lower your body to the Tip       Move mout body for Ward off     Move your body to the Tip	in one loot resuling on a plation of step in none of your body.
STEP 1     STEP 2     Squat with Chair Touce SETS: 4   HOLD: 30       Stup     Begin in a standing upright p     Movement       Lower your tous     Cover yourself into a squatti chair. Return to the starting p       Tip     Make sure to maintain your lapst p       Make sure to maintain your lapst p     Movement       Lower your toes.     STEP 1       STEP 1     STEP 2       STEP 1     STEP 2       STEP 1     STEP 2       Make sure to maintain your lapst your toes.       STEP 1     STEP 2       Place your hands on the floc       Place your back straight and       Movement       Slowly lower your back straight and       Movement       Slowly lower your back straight and       Movement       Slowly lower your back straight and       Movement       Movement       Movement       Movement <t< td=""><td>nee to a 90 degree angle and moving your opposite arm at the</td></t<>	nee to a 90 degree angle and moving your opposite arm at the
STEP 1     STEP 2     Squat with Chair Touc       STEP 1     STEP 2     Squat with Chair Touc       SETS: 4   HOLD: 30     Setup       Begin in a standing upright p     Movement       Lower yourself into a squatti     chair. Return to the starting p       Tip     Make sure to maintain your       past your toes.     STEP 1       STEP 1     STEP 2       STEP	
STEP 1     STEP 2     Squat with Chair Touce       Setup     Begin in a standing upright p     Movement       Lower yourself into a squatti     Cover yourself into a squatti       Make sure to maintain your past your toes.     Tip       Make sure to maintain your past your toes.     SETS: 4   HOLD: 30       STEP 1     STEP 2     STEP 3       STEP 1     STEP 2     STEP 1       STEP 1     STEP 2     Push Up       SETS: 4   HOLD: 30     Setup       Begin on all fours on a comf your arms slightly wider thar Movement     Slowly lower your body to the Tip       Worement     Slowly lower your body to the Tip     Keep your back straight and       STEP 1     STEP 2     Tricep Dip from Chair       Steup     Begin slitting upright in a cha Movement     Movement       Movement     Setup     Begin slitting upright in a cha Movement       Mover your body forward	
STEP 1     STEP 2     Squat with Chair Touc       Setup     Begin in a standing upright p     Movement       Lower yourself into a squatti chair. Return to the starting in Tip     Make sure to maintain your in past your toes.       STEP 1     STEP 2     STEP 3       STEP 1     STEP 2     STEP 1       STEP 1     STEP 2     Push Up       SETS: 4   HOLD: 30     Setup       Begin on all fours on a comf your arms sughtly wider thar Movement     Slowly lower your body to the Tip       Wake sure to keep your back straight and     Stetup       Step 1     STEP 2     Push Up       STEP 1     STEP 2     Setup       Begin on all fours on a comf your arms slightly wider thar Movement     Slowly lower your body to the Tip       Keep your back straight and     Setup     Setup       Step 1     STEP 2     Ste	k bend forward or your knee collapse inward as you lower your fool
STEP 1     STEP 2     STEP 3     Burpees       STEP 1     STEP 2     STEP 3     Setup       Begin in a standing upright p     Movement     Lower yourself into a squatti chair. Return to the starting p       Tip     Make sure to maintain your l     past your toes.       STEP 1     STEP 2     STEP 3       STEP 1     STEP 2     STETS: 4   HOLD: 30       SETUP     STEP 3     STETUP 30       STEP 1     STEP 2     STETUP 30       STEP 1     STEP 2     STEP 30       STEP 1     STEP 30     SETUP 30<	
Step     Begin in a standing upright p       Movement     Lower yourself into a squatti chair. Return to the starting p       Tip     Make sure to maintain your I past your toes.       STEP 1     STEP 2       STEP 1     STEP 2       STEP 1     STEP 2       Make sure to maintain your I past your toes.       STEP 1     STEP 2       Movement       Place your hands on the floc Perform a push up, then hop your arms overhead, then ge Tip Make sure to keep your mov       STEP 1     STEP 2       Push Up     SETS: 4   HOLD: 30       Setup     Begin on all fours on a comf your arms slightly wider thar Movement       STEP 1     STEP 2       File     STEP 2       STEP 1     STEP 2       Step     Begin on all fours on a comf your arms slightly wider thar Movement Stopy lower your body to th Tip Keep your back straight and       STEP 1     STEP 2       STEP 1     STEP 2       Step     Begin sitting upright in a cha Movement Movement Move your body forward off	
Image:	
Movement     Lower yourself into a squatti chair. Return to the starting y Tip Make sure to maintain your i past your toes.       STEP 1     STEP 2     STEP 3       STEP 1     STEP 2     STEP 3       STEP 1     STEP 2     STEP 3       SETS: 4   HOLD: 30     Setup       Begin in a standing upright p     Movement       Place your hands on the floc     Perform a push up, then hop your arms overhead, then ge Tip Make sure to keep your mov       STEP 1     STEP 2       Visit     STEP 3       STEP 1     STEP 2       Push Up     SETS: 4   HOLD: 30       Setup     Begin on all fours on a comf your arms slightly wider thar Movement       Step 1     STEP 2       Begin sitting upinght in a cha Movement       Movenent     Move your body forward off </td <td></td>	
Image: Step 1     Step 2     Step 3     Burpees       Step 1     Step 2     Step 3     Step 9       Step 1     Step 2     Step 9     Step 9       Step 1     Step 2     Step 9     Step 9       Step 1     Step 1     Step 1     Step 9       Step 1     Step 1     Step 9     Step 1       Step 1     Step 1     Step 1     Step 1       Step 1     Step 2     Push Up 1     Step 1       Step 1     Step 2     Step 1     Step 1       Step 2     Step 1     Step 2     Step 1       Step 3     Step 1     Step 2     Step 1       Step 4     HolLD: 30     Step 2     Step 1       Step 3     Step 1     Step 2     Step 3       Step 3     Step 1     Step 2     Step 3 <td>sition in front of a chair.</td>	sition in front of a chair.
STEP 1     STEP 2     STEP 3     Burpees       STEP 1     STEP 2     STEP 3     SETS: 4   HOLD: 30       Setup     Begin in a standing upright p     Movement       Place your hands on the floc     Perform a push up, then hog       Tip     Make sure to keep your mov       STEP 1     STEP 2       Place your hands on the floc       Perform a push up, then hog       Tip       Make sure to keep your mov       STEP 1     STEP 2       Push Up     SETS: 4   HOLD: 30       Setup     Begin on all fours on a comf       Begin on all fours on a comf     Slowly lower your body to th       Tip     Keep your back straight and       STEP 1     STEP 2       Tricep Dip from Chair     SETS: 4   HOLD: 30       Setup     Begin sitting upright in a cha       Movement     Setup       Begin sitting upright in a cha     Movement       Movement     Movement       Movement     Movement       Movernent     Movernent       Movernent     Movernent       Movernent     Movernent       Movernent     Movernent	
STEP 1     STEP 2     STEP 3     Burpees       STEP 1     STEP 2     STEP 3     Begin in a standing upright p       Movement     Place your hands on the floc     Perform a push up, then hop       Your arms overhead, then ge     Tip     Make sure to keep your mov       STEP 1     STEP 2     Push Up       STEP 1     STEP 2     Push Up       STEP 1     STEP 2     SETS: 4   HOLD: 30       Setup     Begin on all fours on a comf     Setup       Begin on all fours on a comf     Steup     Begin on all fours on a comf       Your arms slightly wider thar     Movement     Slowly lower your body to the       Tip     Keep your back straight and     Steup       Step 1     STEP 2     Tricep Dip from Chair       Steup     Begin sting upright in a char     Movement       Movement     Steup     Begin gright in a char       Movement     Steup     Begin sting upright in a char       Movement     Movement     Movement       Movement     Movement     Movement	g position, bending at your hips and knees, until you lightly touch th
STEP 1     STEP 2     STEP 3     Burpees       STEP 1     STEP 2     STEP 3     Burpees       SETS: 4   HOLD: 30     Setup     Begin in a standing upright p       Movement     Place your hands on the floc     Perform a push up, then hop       your arms overhead, then ge     Tip     Make sure to keep your mov       STEP 1     STEP 2     Push Up       SETS: 4   HOLD: 30     Setup       Begin on all fours on a comf     your arms slightly wider thar       Movement     Steup       Begin on all fours on a comf     your arms slightly wider thar       Movement     Steup       Begin on all fours on a comf     your arms slightly wider thar       Movement     Steup       Begin slightly wider thar     Movement       Step your back straight and     Steup       Setup     Begin sitting upright in a char       Movement     Steup       Begin sitting upright in a char     Setup       Begin sitting upright in a char     Movement       Movement     Movement       Move your body forward off     Movement	osition and repeat.
STEP 1     STEP 2     STEP 3     Burpees       STEP 1     STEP 2     SETS: 4   HOLD: 30       Setup     Begin in a standing upright p     Movement       Place your hands on the floc     Perform a push up, then hop       your arms overhead, then ge     Tip       Make sure to keep your mov     STEP 1       STEP 1     STEP 2       Push Up     SETS: 4   HOLD: 30       Setup     Begin on all fours on a comf       your arms slightly wider thar     Movement       Novement     Slowly lower your body to th       Tip     Keep your back straight and       STEP 1     STEP 2       Filter 1     STEP 2       Push Up     Setup       Begin on all fours on a comf       your arms slightly wider thar       Movement       Slowly lower your body to th       Tip       Keep your back straight and       StEP 1     STEP 2       Filter 1     STEP 2       Filter 2     Setup       Begin sitting upright in a char       Movement     Move your body forward off	alance during the exercise and do not let your knees bend forward
STEP 1     STEP 2     Push Up       STETS: 4   HOLD: 30     Setup       Begin in a standing upright p     Movement       Place your hands on the floor Perform a push up, then hop your arms overhead, then ge     Tip       Make sure to keep your mov     STEP 2       STEP 1     STEP 2       Push Up     SETS: 4   HOLD: 30       Setup     Begin on all fours on a comf your arms slightly wider thar Movement       Slowly lower your body to the Tip     Keep your back straight and       STEP 1     STEP 2       Figure 1     STEP 2       Begin in a standing upright in a char Movement       Slowly lower your body to the Tip       Keep your back straight and       STEP 1     STEP 2       Figure 2     Sters: 4   HOLD: 30       Setup     Begin sitting upright in a char Movement       Slowly lower your body forward off     Setup       Begin sitting upright in a char Movement     Movement	ance during the exercise and do not let your knees bend forward
SEE S: 4   HOLD: 30       Setup       Begin in a standing upright p       Movement       Place your hands on the floc       Perform a push up, then hop       your arms overhead, then ge       Tip       Make sure to keep your mov       STEP 1       STEP 2       Push Up       SETS: 4   HOLD: 30       Setup       Begin on all fours on a comf       your arms slightly wider thar       Movement       Slowly lower your body to th       Tip       Keep your back straight and       STEP 1       STEP 2       Figure       Movement       Slowly lower your body to th       Tip       Keep your back straight and       Step 1       STEP 2       Tricep Dip from Chair       Setup       Begin sitting upright in a cha       Movement       Movement       Step 2       Movement       Movement       Movernet       Movernet       Movernet       Movernet       Mover your body forwa	
Step     Begin in a standing upright p       Movement     Place your hands on the floc       Perform a push up, then hop     your arms overhead, then get       Tip     Make sure to keep your mov       STEP 1     STEP 2       Push Up     SETS: 4   HOLD: 30       Setup     Begin on all fours on a comf       your arms slightly wider thar     Movement       Stowly lower your body to the     Tip       Keep your back straight and     Sters: 4   HOLD: 30       Step 1     STEP 2       Figure     Step 2       Step 3     Step 3       Begin on all fours on a comf     Your arms slightly wider thar       Movement     Slowly lower your body to the       Tip     Keep your back straight and       Step 1     STEP 2       File     File       Movement     Slowly lower your body to the       No     Tricep Dip from Chair       Setup     Begin sitting upright in a cha       Movement     Movement       Movernent     Movernent       Movernent     Mover your body forward off	
STEP 1     STEP 2     Push Up       STEP 1     STEP 2     Push Up       SETUP     SETUP     SETUP       Setup     Begin on all fours on a comf your arms slightly wider than Movement     Slowly lower your body to th Tip       STEP 1     STEP 2     Push Up       SETUP     SETUP     SETUP       Begin on all fours on a comf your arms slightly wider than Movement     Slowly lower your body to th Tip       Keep your back straight and     STEP 1     STEP 2       STEP 1     STEP 2     Tricep Dip from Chair SETS: 4   HOLD: 30       Setup     Begin sitting upright in a cha Movement     Setup       Begin sitting upright in a cha Movement     Movement       Movement     Movement     Setup       Begin sitting upright in a cha Movement     Movement       Movement     Move your body forward off	
STEP 1     STEP 2     Push Up       STEP 1     STEP 2     Push Up       SETS: 4   HOLD: 30     Setup       Begin on all fours on a comf     your arms slightly wider thar       Movement     Slowly lower your body to th       Tip     STEP 2       Example     STEP 2       Begin sitting upright in a cha       Movement       Slowly lower your body forward off	sition.
STEP 1     STEP 2     Push Up     SETS: 4   HOLD: 30       Setup     Begin on all fours on a comf your arms slightly wider than Movement     Slowly lower your body to that Tip       Keep your back straight and     STEP 2     Tricep Dip from Chair       STEP 1     STEP 2     Tricep Dip from Chair       SETS: 4   HOLD: 30     Setup       Begin on all fours on a comf your arms slightly wider than Movement     Slowly lower your body to that Tip       Keep your back straight and     STEP 2     Tricep Dip from Chair       SETS: 4   HOLD: 30     Setup     Begin sitting upright in a cha Movement       Movement     Movement     Movement       Movement     Move your body forward off	
STEP 1     STEP 2     Push Up     SETS: 4   HOLD: 30       Setup     Begin on all fours on a comf your arms slightly wider than Movement     Slowly lower your body to th       STEP 1     STEP 2     Tricep Dip from Chair SETS: 4   HOLD: 30       Steup     Slowly lower your body to th     Slowly lower of the straight and       Step 1     STEP 2     Tricep Dip from Chair SETS: 4   HOLD: 30       Steup     Begin sitting upright in a chair Movement     Setup       Movement     Steup     Begin sitting upright in a chair Movement       Movement     Steup     Begin sitting upright in a chair Movement       Movement     Movement     Steup       Movement     Movement     Movement       Movement     Movement     Movement       Movement     Movement     Movement	then kick both of your legs backward, landing into a plank position
STEP 1     STEP 2     Push Up       SETS: 4   HOLD: 30     Setup       Begin on all fours on a comf your arms slightly wider than Movement     Begin on all fours on a comf your arms slightly wider than       SIGNUP     Step 1       STEP 1     STEP 2       Fip     Step 2       Begin on all fours on a comf       Slowly lower your body to th       Tip       Keep your back straight and       Step 1       Step 2       Fip       Begin sitting upright in a chan       Movement       Begin sitting upright in a chan       Movement       Movement       Step 2	our legs back in toward your hands. Jump off the ground raising
STEP 1     STEP 2     Push Up       SETS: 4   HOLD: 30     Setup       Begin on all fours on a comf your arms slightly wider than Movement     Begin on all fours on a comf your arms slightly wider than Movement       SIGNUP     Step 1       STEP 1     STEP 2       Tricep Dip from Chair SETS: 4   HOLD: 30       Step 1     STEP 2       Tricep Dip from Chair SETS: 4   HOLD: 30       Setup       Begin sitting upright in a cha Movement       Movement       Movement       Step 1       STEP 2       Tricep Dip from Chair SETS: 4   HOLD: 30       Setup       Begin sitting upright in a cha Movement       Move your body forward off	tly land, and repeat these movements
STEP 1     STEP 2     Push Up       SETS: 4   HOLD: 30     Setup       Begin on all fours on a comfryour arms slightly wider than     Movement       Slowly lower your body to th     Tip       Keep your back straight and     STEP 2       STEP 1     STEP 2       STEP 1     STEP 2       File     File       Step 2     Step 2       Step 3     Step 3       Keep your back straight and     Step 2       Step 1     STEP 2       Step 3     Step 3       Step 4     HOLD: 30       Setup 3     Setup 3       Begin sitting upright in a cha     Movement       Movement     Movement       Move your body forward off     Move your body forward off	ments continuous and controlled during the exercise.
SETS: 4   HOLD: 30       Setup       Begin on all fours on a comf your arms slightly wider than Movement       Slowly lower your body to th       Tip       Keep your back straight and       STEP 1       STEP 2       Tricep Dip from Chair       SETS: 4   HOLD: 30       Setup       Begin sitting upright in a cha Movement       Movement       Novement       Step 1       STEP 2       Tricep Dip from Chair       Setup       Begin sitting upright in a cha Movement       Move your body forward off	
Step     Begin on all fours on a comfigure rour arms slightly wider that Movement       Slowly lower your body to the Tip     Slowly lower your body to the Tip       Keep your back straight and     STEP 1       STEP 1     STEP 2       Filter 2     Setup       Begin sitting upright in a char Movement       Movement     Movement       Movement     Movement	
STEP 1     STEP 2     Tricep Dip from Chair       SETS: 4   HOLD: 30     Setup       Begin sitting upright in a chair     Movement       Movement     Source       Movement     Step 1       STEP 1     STEP 2       Tricep Dip from Chair       SETS: 4   HOLD: 30       Setup       Begin sitting upright in a chair       Movement       Movement       Movement	
STEP 1     STEP 2     Tricep Dip from Chair       SETS: 4   HOLD: 30     Setup       Begin sitting upright in a chair     Movement       Movement     Movement       Movement     Step 1       STEP 1     STEP 2       Tricep Dip from Chair     SETS: 4   HOLD: 30       Setup     Begin sitting upright in a chair       Movement     Movement       Move your body forward off     Move sour body forward off	
STEP 1     STEP 2     Tricep Dip from Chair       SETS: 4   HOLD: 30     Setup       Begin sitting upright in a cha     Movement       Movement     Movement       Movement     Movement       Movement     Movement       Movement     Movement       Move your body forward off     Movement	table surface. Move your body forward into a push-up position, with shoulder width apart, knees straight, and feet together.
Step 1     Step 2     Step 1     Step 1     Step 2     Step 1     Step 2	shoulder width apart, knees straight, and leet together.
STEP 1     STEP 2     Tricep Dip from Chair       SETS: 4   HOLD: 30     Setup       Begin sitting upright in a cha     Movement       Move your body forward off     Move your body forward off	ground then push yourself back up and repeat.
STEP 1     STEP 2     Tricep Dip from Chair       SETS: 4   HOLD: 30     Setup       Begin sitting upright in a cha     Movement       Move your body forward off     Move your body forward off	· · · · · · · · · · · · · · · · · · ·
SETS: 4   HOLD: 30 Setup Begin sitting upright in a cha Movement Move your body forward off	naintain a gentle chin tuck throughout the exercise.
SETS: 4   HOLD: 30 Setup Begin sitting upright in a cha Movement Move your body forward off	
Begin sitting upright in a cha Movement Move your body forward off	
Movement Move your body forward off	
Move your body forward off	
··· ···	e chair, keeping your arms on the edge. Slowly bend your elbows
	ground, then push yourself back up, and repeat.
Tip Make sure te keen veur heel	
	straight and do not shrug your shoulders during the exercise. Your aight backwards, do not let the flare out to the side.
	agent association de location nor out to the olde.

MEDBRIDGE Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.