



Partners in the Life Trail Advanced Wellness System at Twin Lakes Park

Life Trail Activity Progress Book



This Progress Book Belongs to:

Hello everyone,

I would like to invite you to use and enjoy our new Life Trail exercise course at Twin Lakes Park. Scientifically designed for people 50 and over, the Life Trail is a complete state of the art outdoor exercise program designed to promote functional fitness by replicating the twists, turns and movements required in everyday life. Use of the Life Trail will help you retain the flexibility, strength and ease of movement that is gradually lost through the aging process.

When I saw the Life Trail demonstrated at a National Parks & Recreation Congress a few years back, I knew we had to have one at our Twin Lakes Park Expansion. It is simply the most exciting, best designed, and most usable outdoor exercise course I have ever seen.

Come and see this great fitness tool that is now available daily and at no cost to all Westmoreland residents. Each station offers three activity panels and multiple, progressive exercises to keep workouts fun and challenging and user friendly directions make it easy to customize the workout according to your own comfort level and ability.

I will hope to see you there one day soon!

For fun and fitness,

Malcolm Sias
County Parks Planning Coordinator

Week One

Activity
Progress Log

Hip Lift and Thigh Squeeze Exercises

**Keep track of repetitions/progression.*

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift		
	Thigh Squeeze		
	Hip Stretch		
Intermediate	Bent-Knee Single Leg Hip Lift		
	Thigh Squeeze		
	Hip Lift with Ext. Legs on Bar		
Advanced	Single-Leg Hip Lift with Extended Leg		
	Single-Leg Hip Lift with Extended Leg on Bar		
	Thigh Squeeze		

Inverted Row and Core Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift and Shoulder Hover		
	Core Strength		
	Hip Abduction		
Intermediate	Hip and Shoulder Lift		
	Core Strength		
	Hip Abduction		
Advanced	Hip Lift and Pull Chest to Bar		
	Core Strength		
	Hip Abduction		

Lower-Body Cycling Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Lower-Body Cycling			

Interm.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Lower-Body Cycling			

Adv.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Hamstring Stretch			
Crossover Hamstring Stretch			
Spinal Twist Stretch			
Hip Stretch			

Overhead Press Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Overhead Press			
	Single-Arm and Single-leg Overhead Press			

Adv.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Single-Leg Overhead Press			
	Single-Arm and Single-leg Overhead Press			

PNF Exercises

(PNF - Proprioceptive Neuromuscular Facilitation)

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Upper Body Exercise 1			
	Upper Body Exercise 2			
	Upper Body Exercise 1			
	Upper Body Exercise 2			
	Upper Body Exercise 2			

PNF Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Upper Body Exercise 1			
Upper Body Exercise 2			
Upper Body Exercise 1			
Upper Body Exercise 2			

Advanced

Push-Up Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Wall Push-Up			
Staggered Hands Wall Push-Up			
Single-Leg Wall Push-Up			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Middle Push-Up			
Staggered Hands Middle Push-Up			
Single-Leg Middle Push-Up			

Intermediate

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Low Push-Up			
Staggered Hands Low Push-Up			
Single-Leg Low Push-Up			

Advanced

Shoulder and Stability Strength Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Pull Down/Push Up			
Push In/Pull Out			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Intermediate

Shoulder and Stability Strength Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Single-Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Squat Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Hands-Free Front Squat			
Hands-Free Split Squat			
Hands-Free Lateral Squat			

Stairs Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Skip Step March			
Heel Taps			
Lateral Stepper			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Hands-Free Skip Step March			
Heel Taps			
Lateral Step-Up			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Leg Kicks			
Heel Taps			
Lateral Step-Up			
Hip Flexor Stretch			

Standing Stretches and Yoga Poses

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Mountain Pose			
Tree Pose			
Single Knee Hug			
Warrior 1 Pose			
Warrior 2 Pose			
Modified Triangle Pose			
Straight Leg Stretch			
Knee Lift, Press Heel Back			

Tricep Strength and Torso Stability Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Lift			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Dip			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

Upper-Body Cycling Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

Weighted Squat Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Interm.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Adv.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Single-Leg Weighted Squat			
	Single-Arm and Single-leg Weighted Squat			

Wobble Board Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Front Squat			
	Ankle Rotation			
Intermediate		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	One-Handed Front Squat			
	Ankle Rotation			
Advanced		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Hands-Free Front Squat			
	Ankle Rotation			

Week Two

Activity
Progress Log

Hip Lift and Thigh Squeeze Exercises

**Keep track of repetitions/progression.*

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift		
	Thigh Squeeze		
	Hip Stretch		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate	Bent-Knee Single Leg Hip Lift		
	Thigh Squeeze		
	Hip Lift with Ext. Legs on Bar		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced	Single-Leg Hip Lift with Extended Leg		
	Single-Leg Hip Lift with Extended Leg on Bar		
	Thigh Squeeze		

Inverted Row and Core Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift and Shoulder Hover		
	Core Strength		
	Hip Abduction		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate	Hip and Shoulder Lift		
	Core Strength		
	Hip Abduction		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced	Hip Lift and Pull Chest to Bar		
	Core Strength		
	Hip Abduction		

Lower-Body Cycling Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic			
Lower-Body Cycling			
Interm.			
Lower-Body Cycling			
Adv.			
Lower-Body Cycling			
	Day 1 Performance	Day 2 Performance	Day 3 Performance
Hamstring Stretch			
Crossover Hamstring Stretch			
Spinal Twist Stretch			
Hip Stretch			

Overhead Press Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic			
Overhead Press			
Single-Arm and Single-leg Overhead Press			
Adv.			
Single-Leg Overhead Press			
Single-Arm and Single-leg Overhead Press			

PNF Exercises

(PNF - Proprioceptive Neuromuscular Facilitation)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic			
Upper Body Exercise 1			
Upper Body Exercise 2			
Upper Body Exercise 1			
Upper Body Exercise 2			

PNF Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Upper Body Exercise 1			
Upper Body Exercise 2			
Upper Body Exercise 1			
Upper Body Exercise 2			

Advanced

Push-Up Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Wall Push-Up			
Staggered Hands Wall Push-Up			
Single-Leg Wall Push-Up			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Middle Push-Up			
Staggered Hands Middle Push-Up			
Single-Leg Middle Push-Up			

Intermediate

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Low Push-Up			
Staggered Hands Low Push-Up			
Single-Leg Low Push-Up			

Advanced

Shoulder and Stability Strength Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Pull Down/Push Up			
Push In/Pull Out			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Intermediate

Shoulder and Stability Strength Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Single-Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Squat Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Hands-Free Front Squat			
Hands-Free Split Squat			
Hands-Free Lateral Squat			

Stairs Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Skip Step March			
Heel Taps			
Lateral Stepper			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Hands-Free Skip Step March			
Heel Taps			
Lateral Step-Up			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Leg Kicks			
Heel Taps			
Lateral Step-Up			
Hip Flexor Stretch			

Standing Stretches and Yoga Poses

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Mountain Pose			
Tree Pose			
Single Knee Hug			
Warrior 1 Pose			
Warrior 2 Pose			
Modified Triangle Pose			
Straight Leg Stretch			
Knee Lift, Press Heel Back			

Tricep Strength and Torso Stability Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Lift			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Dip			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

Upper-Body Cycling Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

Weighted Squat Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Interm.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Adv.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Single-Leg Weighted Squat			
	Single-Arm and Single-leg Weighted Squat			

Wobble Board Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Front Squat			
	Ankle Rotation			
Intermediate		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	One-Handed Front Squat			
	Ankle Rotation			
Advanced		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Hands-Free Front Squat			
	Ankle Rotation			

Week Three

Activity
Progress Log

Hip Lift and Thigh Squeeze Exercises

**Keep track of repetitions/progression.*

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift		
	Thigh Squeeze		
	Hip Stretch		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate	Bent-Knee Single Leg Hip Lift		
	Thigh Squeeze		
	Hip Lift with Ext. Legs on Bar		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced	Single-Leg Hip Lift with Extended Leg		
	Single-Leg Hip Lift with Extended Leg on Bar		
	Thigh Squeeze		

Inverted Row and Core Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift and Shoulder Hover		
	Core Strength		
	Hip Abduction		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate	Hip and Shoulder Lift		
	Core Strength		
	Hip Abduction		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced	Hip Lift and Pull Chest to Bar		
	Core Strength		
	Hip Abduction		

Lower-Body Cycling Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Lower-Body Cycling			
Interm. Lower-Body Cycling			
Adv. Lower-Body Cycling			
	Day 1 Performance	Day 2 Performance	Day 3 Performance
Hamstring Stretch			
Crossover Hamstring Stretch			
Spinal Twist Stretch			
Hip Stretch			

Overhead Press Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Overhead Press			
Single-Arm and Single-leg Overhead Press			
	Day 1 Performance	Day 2 Performance	Day 3 Performance
Adv. Single-Leg Overhead Press			
Single-Arm and Single-leg Overhead Press			

PNF Exercises

(PNF - Proprioceptive Neuromuscular Facilitation)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Upper Body Exercise 1			
Upper Body Exercise 2			
Basic Upper Body Exercise 1			
Upper Body Exercise 2			

PNF Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Upper Body Exercise 1			
Upper Body Exercise 2			
Upper Body Exercise 1			
Upper Body Exercise 2			

Advanced

Push-Up Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Wall Push-Up			
Staggered Hands Wall Push-Up			
Single-Leg Wall Push-Up			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Middle Push-Up			
Staggered Hands Middle Push-Up			
Single-Leg Middle Push-Up			

Intermediate

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Low Push-Up			
Staggered Hands Low Push-Up			
Single-Leg Low Push-Up			

Advanced

Shoulder and Stability Strength Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Pull Down/Push Up			
Push In/Pull Out			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Intermediate

Shoulder and Stability Strength Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Single-Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Squat Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Hands-Free Front Squat			
Hands-Free Split Squat			
Hands-Free Lateral Squat			

Stairs Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Skip Step March			
Heel Taps			
Lateral Stepper			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Hands-Free Skip Step March			
Heel Taps			
Lateral Step-Up			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Leg Kicks			
Heel Taps			
Lateral Step-Up			
Hip Flexor Stretch			

Standing Stretches and Yoga Poses

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Mountain Pose			
Tree Pose			
Single Knee Hug			
Warrior 1 Pose			
Warrior 2 Pose			
Modified Triangle Pose			
Straight Leg Stretch			
Knee Lift, Press Heel Back			

Tricep Strength and Torso Stability Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Lift			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Dip			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

Upper-Body Cycling Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

Weighted Squat Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Interm.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Adv.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Single-Leg Weighted Squat			
	Single-Arm and Single-leg Weighted Squat			

Wobble Board Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Front Squat			
	Ankle Rotation			
Intermediate		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	One-Handed Front Squat			
	Ankle Rotation			
Advanced		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Hands-Free Front Squat			
	Ankle Rotation			

Week Four

Activity
Progress Log

Hip Lift and Thigh Squeeze Exercises

**Keep track of repetitions/progression.*

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift		
	Thigh Squeeze		
	Hip Stretch		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate	Bent-Knee Single Leg Hip Lift		
	Thigh Squeeze		
	Hip Lift with Ext. Legs on Bar		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced	Single-Leg Hip Lift with Extended Leg		
	Single-Leg Hip Lift with Extended Leg on Bar		
	Thigh Squeeze		

Inverted Row and Core Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift and Shoulder Hover		
	Core Strength		
	Hip Abduction		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate	Hip and Shoulder Lift		
	Core Strength		
	Hip Abduction		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced	Hip Lift and Pull Chest to Bar		
	Core Strength		
	Hip Abduction		

Lower-Body Cycling Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Lower-Body Cycling			
Interm. Lower-Body Cycling			
Adv. Lower-Body Cycling			
	Day 1 Performance	Day 2 Performance	Day 3 Performance
Hamstring Stretch			
Crossover Hamstring Stretch			
Spinal Twist Stretch			
Hip Stretch			

Overhead Press Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Overhead Press			
Single-Arm and Single-leg Overhead Press			
	Day 1 Performance	Day 2 Performance	Day 3 Performance
Adv. Single-Leg Overhead Press			
Single-Arm and Single-leg Overhead Press			

PNF Exercises

(PNF - Proprioceptive Neuromuscular Facilitation)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Upper Body Exercise 1			
Upper Body Exercise 2			
Basic Upper Body Exercise 1			
Upper Body Exercise 2			

PNF Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Upper Body Exercise 1			
Upper Body Exercise 2			
Upper Body Exercise 1			
Upper Body Exercise 2			

Advanced

Push-Up Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Wall Push-Up			
Staggered Hands Wall Push-Up			
Single-Leg Wall Push-Up			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Middle Push-Up			
Staggered Hands Middle Push-Up			
Single-Leg Middle Push-Up			

Intermediate

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Low Push-Up			
Staggered Hands Low Push-Up			
Single-Leg Low Push-Up			

Advanced

Shoulder and Stability Strength Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Pull Down/Push Up			
Push In/Pull Out			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Intermediate

Shoulder and Stability Strength Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Single-Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Squat Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Hands-Free Front Squat			
Hands-Free Split Squat			
Hands-Free Lateral Squat			

Stairs Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Skip Step March			
Heel Taps			
Lateral Stepper			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Hands-Free Skip Step March			
Heel Taps			
Lateral Step-Up			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Leg Kicks			
Heel Taps			
Lateral Step-Up			
Hip Flexor Stretch			

Standing Stretches and Yoga Poses

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Mountain Pose			
Tree Pose			
Single Knee Hug			
Warrior 1 Pose			
Warrior 2 Pose			
Modified Triangle Pose			
Straight Leg Stretch			
Knee Lift, Press Heel Back			

Tricep Strength and Torso Stability Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Lift			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Dip			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

Upper-Body Cycling Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

Weighted Squat Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Interm.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Adv.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Single-Leg Weighted Squat			
	Single-Arm and Single-leg Weighted Squat			

Wobble Board Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Front Squat			
	Ankle Rotation			
Intermediate		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	One-Handed Front Squat			
	Ankle Rotation			
Advanced		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Hands-Free Front Squat			
	Ankle Rotation			

Week Five

Activity
Progress Log

Hip Lift and Thigh Squeeze Exercises

**Keep track of repetitions/progression.*

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift		
	Thigh Squeeze		
	Hip Stretch		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate	Bent-Knee Single Leg Hip Lift		
	Thigh Squeeze		
	Hip Lift with Ext. Legs on Bar		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced	Single-Leg Hip Lift with Extended Leg		
	Single-Leg Hip Lift with Extended Leg on Bar		
	Thigh Squeeze		

Inverted Row and Core Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift and Shoulder Hover		
	Core Strength		
	Hip Abduction		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate	Hip and Shoulder Lift		
	Core Strength		
	Hip Abduction		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced	Hip Lift and Pull Chest to Bar		
	Core Strength		
	Hip Abduction		

Lower-Body Cycling Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Lower-Body Cycling			
Interm. Lower-Body Cycling			
Adv. Lower-Body Cycling			
	Day 1 Performance	Day 2 Performance	Day 3 Performance
Hamstring Stretch			
Crossover Hamstring Stretch			
Spinal Twist Stretch			
Hip Stretch			

Overhead Press Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Overhead Press			
Single-Arm and Single-leg Overhead Press			
	Day 1 Performance	Day 2 Performance	Day 3 Performance
Adv. Single-Leg Overhead Press			
Single-Arm and Single-leg Overhead Press			

PNF Exercises

(PNF - Proprioceptive Neuromuscular Facilitation)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Upper Body Exercise 1			
Upper Body Exercise 2			
Basic Upper Body Exercise 1			
Upper Body Exercise 2			

PNF Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Upper Body Exercise 1			
Upper Body Exercise 2			
Upper Body Exercise 1			
Upper Body Exercise 2			

Advanced

Push-Up Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Wall Push-Up			
Staggered Hands Wall Push-Up			
Single-Leg Wall Push-Up			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Middle Push-Up			
Staggered Hands Middle Push-Up			
Single-Leg Middle Push-Up			

Intermediate

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Low Push-Up			
Staggered Hands Low Push-Up			
Single-Leg Low Push-Up			

Advanced

Shoulder and Stability Strength Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Pull Down/Push Up			
Push In/Pull Out			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Intermediate

Shoulder and Stability Strength Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Single-Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Squat Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Hands-Free Front Squat			
Hands-Free Split Squat			
Hands-Free Lateral Squat			

Stairs Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Skip Step March			
Heel Taps			
Lateral Stepper			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Hands-Free Skip Step March			
Heel Taps			
Lateral Step-Up			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Leg Kicks			
Heel Taps			
Lateral Step-Up			
Hip Flexor Stretch			

Standing Stretches and Yoga Poses

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Mountain Pose			
Tree Pose			
Single Knee Hug			
Warrior 1 Pose			
Warrior 2 Pose			
Modified Triangle Pose			
Straight Leg Stretch			
Knee Lift, Press Heel Back			

Tricep Strength and Torso Stability Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Lift			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Dip			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

Upper-Body Cycling Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

Weighted Squat Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Interm.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Adv.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Single-Leg Weighted Squat			
	Single-Arm and Single-leg Weighted Squat			

Wobble Board Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Front Squat			
	Ankle Rotation			
Intermediate		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	One-Handed Front Squat			
	Ankle Rotation			
Advanced		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Hands-Free Front Squat			
	Ankle Rotation			

Week Six

Activity Progress Log

Hip Lift and Thigh Squeeze Exercises

**Keep track of repetitions/progression.*

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift		
	Thigh Squeeze		
	Hip Stretch		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate	Bent-Knee Single Leg Hip Lift		
	Thigh Squeeze		
	Hip Lift with Ext. Legs on Bar		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced	Single-Leg Hip Lift with Extended Leg		
	Single-Leg Hip Lift with Extended Leg on Bar		
	Thigh Squeeze		

Inverted Row and Core Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic	Hip Lift and Shoulder Hover		
	Core Strength		
	Hip Abduction		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate	Hip and Shoulder Lift		
	Core Strength		
	Hip Abduction		

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced	Hip Lift and Pull Chest to Bar		
	Core Strength		
	Hip Abduction		

Lower-Body Cycling Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Lower-Body Cycling			
Interm.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Lower-Body Cycling			
Adv.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Lower-Body Cycling			
		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Hamstring Stretch			
	Crossover Hamstring Stretch			
	Spinal Twist Stretch			
	Hip Stretch			

Overhead Press Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Overhead Press			
	Single-Arm and Single-leg Overhead Press			
Adv.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Single-Leg Overhead Press			
	Single-Arm and Single-leg Overhead Press			

PNF Exercises

(PNF - Proprioceptive Neuromuscular Facilitation)

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Upper Body Exercise 1			
	Upper Body Exercise 2			
	Upper Body Exercise 1			
	Upper Body Exercise 2			

PNF Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Upper Body Exercise 1			
Upper Body Exercise 2			
Upper Body Exercise 1			
Upper Body Exercise 2			

Advanced

Push-Up Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Wall Push-Up			
Staggered Hands Wall Push-Up			
Single-Leg Wall Push-Up			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Middle Push-Up			
Staggered Hands Middle Push-Up			
Single-Leg Middle Push-Up			

Intermediate

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Low Push-Up			
Staggered Hands Low Push-Up			
Single-Leg Low Push-Up			

Advanced

Shoulder and Stability Strength Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Pull Down/Push Up			
Push In/Pull Out			

Basic

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Intermediate

Shoulder and Stability Strength Exercises

(Continued)

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Single-Leg Assisted Pull Up			
Pull Down/Push Up			
Push In/Pull Out			

Squat Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Front Squat			
Split Squat			
Lateral Squat			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Hands-Free Front Squat			
Hands-Free Split Squat			
Hands-Free Lateral Squat			

Stairs Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Basic Skip Step March			
Heel Taps			
Lateral Stepper			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Intermediate Hands-Free Skip Step March			
Heel Taps			
Lateral Step-Up			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Advanced Leg Kicks			
Heel Taps			
Lateral Step-Up			
Hip Flexor Stretch			

Standing Stretches and Yoga Poses

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Mountain Pose			
Tree Pose			
Single Knee Hug			
Warrior 1 Pose			
Warrior 2 Pose			
Modified Triangle Pose			
Straight Leg Stretch			
Knee Lift, Press Heel Back			

Tricep Strength and Torso Stability Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Lift			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Tricep Dip			
Rock Back			
Side-to-Side			
Spinal Rotation			
Sit-to-Stand			

Upper-Body Cycling Exercises

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

	Day 1 Performance	Day 2 Performance	Day 3 Performance
Lower-Body Cycling			

Weighted Squat Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Interm.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Weighted Squat			
	Single-Arm Weighted Squat			
Adv.		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Single-Leg Weighted Squat			
	Single-Arm and Single-leg Weighted Squat			

Wobble Board Exercises

Basic		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Front Squat			
	Ankle Rotation			
Intermediate		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	One-Handed Front Squat			
	Ankle Rotation			
Advanced		Day 1 Performance	Day 2 Performance	Day 3 Performance
	Balance			
	Hands-Free Front Squat			
	Ankle Rotation			



Frick Hospital

508 South Church Street
Mount Pleasant, PA 15666
724-547-1500

Westmoreland Hospital

532 West Pittsburgh Street
Greensburg, PA 15601
724-832-4000

Latrobe Hospital

One Mellon Way
Latrobe, PA 15650
724-537-1000

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