



## **30-Minute Daily Workout for the Active Person**

### **Warm up, resistance, core and flexibility exercises to help prevent injuries**



Anyone who exercises regularly probably has changed their routines or programs because they got bored, did not see improvement in their fitness level, or their busy schedules made it increasingly difficult to fit an effective program into their daily routine. Dr. Steven Chudik and the Health Performance Team with his Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (OTRF), understand and often find themselves in similar situations.

To help address this, they developed a challenging, efficient and effective 30-minute program designed specifically for the active adult who aspires to participate in a sport or daily exercises but has limited time. This program provides a full body, weekly workout with high intensity and interval training to improve your aerobic and anaerobic capacities better than endurance running can at a steady pace. It also is easier on the major joints.

Another benefit of this program is that it uses minimal equipment so it can be done at home, in a hotel room, or an exercise facility—basically anywhere you are or you go. By using exercise bands, suspension systems and your body weight as resistance, you control the intensity of each workout. Is important to start with the suggested intensity levels and follow the workout as prescribed. Then, after two weeks, you can begin to increase the resistance and decrease the rest time.

However, not all exercises are suitable for everyone. Before starting this program, or any exercise regimen, Dr. Chudik recommends you consult your physician. Also, always warm up for several minutes before beginning a workout and never exercise beyond the level at which you feel comfortable. If you feel you are exercising beyond your current fitness abilities, or feel discomfort at any time, discontinue the exercise immediately and reconsider your participation in this program.

Regardless if you are an athlete or someone who exercises for their health, you will be able to get into shape and stay in shape, gain strength and flexibility plus improve your performance with this customized, 30-minute daily program for the busy person.

# Day 1 Exercises

<b>Warm Up Exercises</b>	Split Jacks	30 seconds
	High Knees	30 seconds
	Leg Swings	10 each leg
	Carioca	50 feet
	Kneeling Hip Circles	10 each hip

<b>Circuit I Exercises</b>	Bridges	25
	Squats	25
	Side Leg Raises	25 each leg
	<i>Note: Complete two to four sets. Begin performing two sets of each exercise and increase the number of sets gradually to work up to four sets over the course of the program</i>	

<b>Circuit II Exercises</b>	Mountain Climbers	30 seconds
	Burpees	30 seconds
	Russian Twist	30 seconds
<i>Note: Complete four rounds without resting. Begin with 30 seconds and add 10 seconds each week to exercise times until reaching 90 seconds each.</i>		

<b>Stretching Exercises</b>	Quad Stretch	20 seconds
	Piriformis Stretch	20 seconds
	Calf Stretch	20 seconds

# Day 2 Exercises

<b>Warm Up Exercises</b>	Jumping Jacks	30 seconds
	Butt Kicks	30 seconds
	Wall Slides	10
	Arm Circles	10 each direction
	Prone I, T,.W, M Arm Raises	10 each

<b>Circuit I Exercises</b>	Pushups	60 seconds
<i>Note: Complete three rounds, then rest 60 seconds. Cut 10 to 15 seconds off rest time each week.</i>	Body Rows with TRX	60 seconds
	Jumping Rope	60 seconds

<b>Circuit II Exercises</b>	Plank to Press Up	30 seconds
<i>Note: Complete four rounds without resting. Add 10 seconds each week to exercise times up to 90 seconds for each.</i>	Side Plank	30 seconds
	Bird Dog Alternating	30 seconds

<b>Stretching Exercises</b>	Doorway Chest Stretch	20 seconds
	Lat Stretch	20 seconds
	Child's Pose	20 seconds

# Day 3 Exercises

<b>Warm Up Exercises</b>	Roll Glutes, IT-Band, Quads, Calves	60 seconds each
	Leg Swings	10 each leg
	1-Leg Dead Lift	15 each leg

<b>Integral Running Program</b> <i>Note: Complete three to five rounds Each week increase speed at each level of jog/ run/ sprint.</i>	Easy jog	2 minutes
	Walk	30 seconds
	Jog	90 seconds
	Walk	60 seconds
	Run	60 seconds
	Walk	90 seconds
	Run Fast	30 seconds
	Walk	90 seconds
	Sprint	15 seconds
	Walk	90-120 seconds

# Day 4 Exercises

<b>Warm Up Exercises</b>	High Knee Marches	30 seconds
	Jumping Jacks	30 seconds
	Butt Kicks	30 seconds
	Wall Slides	10
	Arm Circles	10 each direction
	Prone I, T, W, M Arm Raises	10 each

<b>Circuit I Exercises</b>	Alternating Shoulder Press	15
	Biceps Curls	15
	Dips	15

*Note: Complete three rounds with no rest.*

<b>Circuit II Exercises</b>	Front Raises	15
	Bent-Over Reverse Flys	15
	Tricep Overhead Extension	15
	Mountain Climbers	30 seconds

*Note: Begin by completing two sets of each exercise. Gradually increase the number of sets over the course of the program, as well as increasing time, up to 90 seconds.*

<b>Stretching Exercises</b>	Doorway Chest Stretch	20 seconds
	Lat Stretch	20 seconds
	Child's Pose	20 seconds

# Day 5 Exercises

Injury prevention is an important component of this 30-minute daily workout. Dr. Chudik and the OTRF Health Performance Team purposefully included two days of low intensity activities/ exercises to allow your body time to rest and recover. These days not only are important for injury prevention, but also will allow your muscles to rebuild, increasing both strength and endurance. Plus, they provide a great opportunity to include some of your favorite active hobbies into the workout program. Ideally, you should choose a low intensity, low impact activity you enjoy and avoid over exerting yourself. At first, you may choose to rest on those days and participate in an activity as your body adjusts to the workout. Some recommendations for these days include:

- Yoga
- Walking at a normal gait, or walking the dog.
- Bicycling (slower than 10 miles per hour)
- Water aerobics
- Ballroom dancing
- General gardening or lawn mowing
- General house cleaning
- Kayaking, canoeing, paddle boarding
- Doubles tennis
- Bowling



# Day 6 Exercises

<b>Warm Up Exercises</b>	Split Jacks	30 seconds
	High Knees	30 seconds
	Leg Swings	10 each leg
	Carioca	50 feet
	Kneeling Hip Circles	10 each hip

<b>Circuit I Exercises</b>	Kettlebell Swings	25
<i>Note: Complete as many rounds as possible in 10 minutes.</i>	Split Jumps	25
	Side Lunges	25 each leg
	Burpees	25

<b>Circuit II Exercises</b>	Pushups	10 to 20
<i>Note: Complete as many rounds as possible in 10 minutes.</i>	1-Arm Bent-Over Row	10 each
	1-Arm Overhead Press	10 each
	Kettlebell Pullovers	10

<b>Stretching Exercises</b>	Doorway Chest Stretch	20 seconds
	Quad Stretch	20 seconds
	Calf Stretch	20 seconds

# Day 7 Exercises

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- Yoga
- Walking at a normal gait, or walking the dog.
- Bicycling (slower than 10 miles per hour)
- Water aerobics
- Ballroom dancing
- General gardening or lawn mowing
- General house cleaning
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- Doubles tennis
- Bowling







# 30-Minute Daily Workout Exercises

## Day 1

### Important Notice

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The *30-Minute Daily Workout Program* provided in this publication should not be attempted by anyone who does not meet minimum fitness requirements, or who has a history of hip, knee, ankle, shoulder, elbow, wrist or spinal (neck or back) problems. **THIS WARNING IS NOT TO BE DISCOUNTED.** There are many other fitness alternatives if you have weaknesses, or are prone to injuries. The user assumes all risks of injury in the use of this program.

# Day 1 Exercises

<b>Warm Up Exercises</b>	Split Jacks	30 seconds
	High Knees	30 seconds
	Leg Swings	10 each leg
	Carioca	50 feet
	Kneeling Hip Circles	10 each hip

<b>Circuit I Exercises</b>	Bridges	25
<i>Note: Complete two to four sets. Begin performing two sets of each exercise and increase the number of sets gradually to work up to four sets over the course of the program</i>	Squats	25
	Side Leg Raises	25 each leg

<b>Circuit II Exercises</b>	Mountain Climbers	30 seconds
<i>Note: Complete four rounds without resting. Begin with 30 seconds and add 10 seconds each week to exercise times until reaching 90 seconds each.</i>	Burpees	30 seconds
	Russian Twist	30 seconds

<b>Stretching Exercises</b>	Quad Stretch	20 seconds
	Piriformis Stretch	20 seconds
	Calf Stretch	20 seconds

# Day 1

## Warm Up Exercises

### Split Jacks

Sets	Time/Reps
1	30 seconds



- Use a line (or an imaginary line) on the ground, as a guide.
- Place your right foot in front of the “line” and your left foot behind the “line.”
- Hop up and switch feet position so your left foot is in front of the “line.”
- Keep your head and chest up.
- Continue to repeat this foot hopping sequence for the specified length of time.

### High Knees

Sets	Time/Reps
1	30 seconds



- Gently run in place.
- Keep your head and chest up and back straight.
- Lift knees high to waist level.
- Continue for 30 seconds.

# Day 1

## Leg Swings

Sets	Time/Reps
1	10 each leg



- Stand on one leg and begin swinging the other leg forward and backward. You may need to use a wall, chair, fence, etc., to support yourself.
- As you swing backward, try to keep your head and chest up and leg straight.
- Gradually increase the height of your leg when swinging forward.
- Repeat with opposite leg to complete first set.

## Carioca

Sets	Distance
1	50 feet each direction



- Begin in an athletic stance with feet hip-width apart.
- At a comfortable pace, begin running laterally to the left.
- After a few steps, lift your right leg and cross it over in front of the left leg.
- Once the right leg is planted, step laterally with your left leg to return to the athletic stance.
- Repeat the sequence with your right leg stepping behind the left leg, followed by the lateral step with the left leg to return to the starting position. Continue alternating the right leg in front of and behind the left leg.
- Repeat this sequence as a rhythm, allowing your hips to rotate freely.
- After 50 feet, reverse the exercise by running laterally to your right, crossing your left leg over/under your right knee.

# Day 1

## Kneeling Hip Circles

Sets	Time/Reps
1	10 each hip



- Start in a kneeling position on the ground with your arms straight, back flat and knees directly below hips.
- Keep knees bent through all motions.
- Raise your left knee back, then out to the side and then towards your chest in a circular motion returning to the starting position.
- Complete 10 circles, then change legs and repeat the exercise.

# Day 1

## Circuit I Exercises

### Bridges

Sets	Time/Reps
1	25



- Lay on your back with knees bent and feet on ground about hip-width apart.
- Keep back flat and lift hips off the ground pushing through your heels to isolate your glute muscles (buttocks).
- Lower back to ground and repeat.
- Top position: back flat, hips not rotated
- Repeat to perform 25 repetitions to complete one set.

**Note:** Add a set every two to four weeks up to a total of four additional sets.

### Squats

Sets	Time/Reps
1	25



- Start with feet hip-width apart and toes forward.
- Bending at the knees, lower your body until your thighs are parallel to the ground making sure to keep knees apart and directly over or behind your toes.
- Repeat to complete one set of 25 reps.

**Note:** Add a set every two to four weeks up to a total of four additional sets.

# Day 1

## Side Leg Raises

Sets	Time/Reps
1	25 each leg



- Stand on one leg and begin swinging the other leg laterally in front of your body. You may need a wall, chair, fence, etc., to help steady yourself.
- Continue swinging your leg back and forth laterally in front of your body, gradually increasing your range of motion with each swing.
- Repeat 25 times for each leg to complete one set.
- **Repeat** Circuit 1 two to four times.

**Note:** Add one circuit every two to four weeks up to a total of four additional circuits.

### Important Note on Technique

As with any exercise program, it is essential to maintain proper technique during the warm-up and exercise to receive maximum benefits and prevent injury. Seek professional help on arm swing, jumping, and landing mechanics to learn pointers and stay injury free.

# Day 1

## Circuit II Exercises

### Mountain Climbers

Sets	Time/Reps
1	30 seconds



- Start in a push up position with arms straight.
- Flex one hip and knee towards chest.
- Alternate flexing and straightening legs as if you are climbing.
- Continue for 30 seconds to complete one set.
- Move on to Burpees without resting.

**Note:** Add 10 seconds every week up to a total of 90 seconds to complete one set.

### Burpees

Sets	Time/Reps
1	30 seconds



- Stand with your feet shoulder-width apart.
- Quickly lower yourself into a squat.
- Place your hands on the ground in front of your feet.
- Kick both of your legs behind you so you are in the push-up position.
- Jump your feet back towards your hands.
- Jump up as high as you can reaching your arms toward the ceiling and land back in the starting position.
- Repeat exercise for 30 seconds. Move on to Russian Twist without resting.

**Note:** Add 10 seconds every week up to a total of 90 seconds to complete one set.



# Day 1

## Russian Twist

Sets	Time/Reps
1	30 seconds



- Sit on the floor with knees slightly bent.
- Lean back, keep your back straight, lift feet slightly off the floor and sit in a balanced position.
- With hands together out in front of your body, rotate your torso right and then left for 30 seconds. You may include a weighted ball for increased difficulty.
- Return to Mountain Climber without resting.
- **Repeat:** Circuit II three more times before progressing to Quad Stretch.

**Note:** Add 10 seconds every week up to a total of 90 seconds to complete one set.

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# Day 1

## Stretching Exercises

### Quad Stretch

Sets	Time/Reps
1	20 seconds each leg



- Begin by standing on one foot. If needed, use a wall, chair, fence, etc., to steady yourself using the hand on the same side of the leg on which you are standing.
- With your free hand, reach behind you and grab your free ankle, making sure to keep your upper body straight (i.e., left hand grabs left ankle, right hand grabs right ankle.)
- Pull your foot towards your body until you feel a strong stretch in the front of your thigh. Hold for 20 seconds.
- Release and repeat the exercise with the opposite side.

### Piriformis Stretch

Sets	Time/Reps
1	20 seconds each leg



- Lay on your back and raise your legs with knees bent.
- Cross your left leg over the right with your left ankle on top of your right knee.
- Place your hands on your right thigh and pull it toward your chest to stretch your left hip.
- Hold for 20 seconds.
- Switch legs and repeat.

# Day 1

## Calf Stretch

Sets	Time/Reps
1	20 seconds each leg



- Stand with feet split apart and hands placed against a wall, fence or bench.
- With both heels down, lean into the wall, fence or bench with your hands until you feel a stretch in the back of your calf.
- Hold for 20 seconds.
- Switch your feet and repeat on the other leg.

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# 30-Minute Daily Workout Exercises Day 2

## Important Notice

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# Day 2 Exercises

<b>Warm Up Exercises</b>	Jumping Jacks	30 seconds
	Butt Kicks	30 seconds
	Wall Slides	10
	Arm Circles	10 each direction
	Prone I, T,W, M Arm Raises	10 each

<b>Circuit I Exercises</b>	Pushups	60 seconds
	Body Rows with TRX	60 seconds
	Jumping Rope	60 seconds

Note: Complete three rounds, then rest 60 seconds. Cut 10 to 15 seconds off rest time each week.

<b>Circuit II Exercises</b>	Plank to Press Up	30 seconds
	Side Plank	30 seconds
	Bird Dog Alternating	30 seconds

Note: Complete four rounds without resting. Add 10 seconds each week to exercise times up to 90 seconds for each.

<b>Stretching Exercises</b>	Doorway Chest Stretch	20 seconds
	Lat Stretch	20 seconds
	Child's Pose	20 seconds

# Day 2

## Warm Up Exercises

### Jumping Jacks

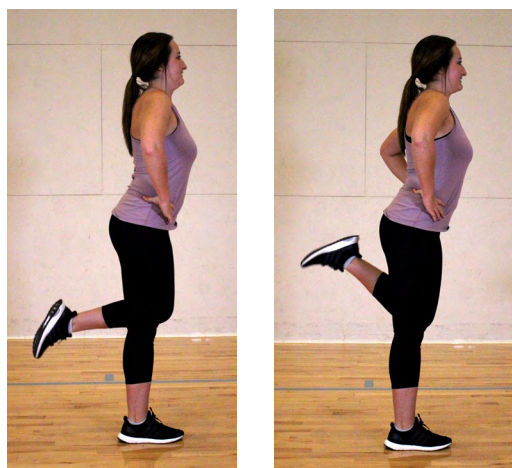
Sets	Time/Reps
1	30 seconds



- Stand up straight with both legs together and arms at your sides.
- Jump up and simultaneously spread your legs apart and bring both hands overhead.
- Jump again and simultaneously lower both arms down to your sides and bring both feet back together.
- Repeat for 30 seconds.

### Butt Kicks

Sets	Time/Reps
1	30 seconds



- Assume the running form or place hands on your hips.
- Keep your head and chest up during the entire exercise.
- While running in place, attempt to bring your heel as close as you can to your buttocks with every stride.
- While performing the exercise, try to keep, your bent knee facing towards the ground.
- Repeat for 30 seconds.

# Day 2

## Wall Slides

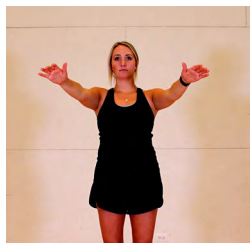
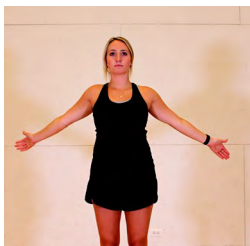
Sets	Time/Reps
1	10



- Stand with your feet almost touching the wall.
- Place your hands on the wall at shoulder height.
- Lightly press into the wall as you slide your hands up and then back down to starting position.
- Repeat this motion for ten reps.

## Arm Circles

Sets	Time/Reps
1	10 each direction



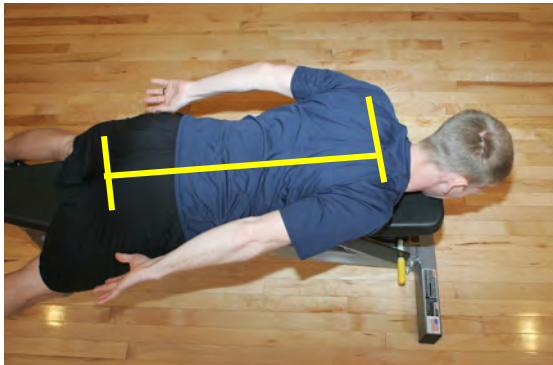
- With both arms out to the side at shoulder height and palms forward, make forward, circular movements with your arms.
- Start with small and fast circles, then gradually make circles larger and slower.
- Repeat this circular motion backwards with your palms forward.
- Perform ten circles in each direction.

# Day 2

## Prone “I” & “T” Arm Raises

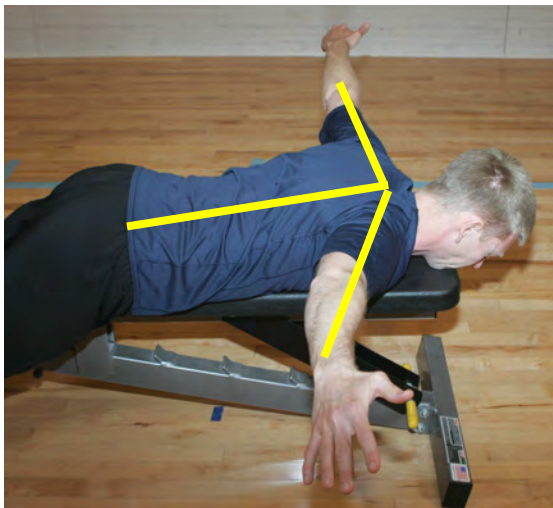
Sets	Time/Reps
1	10 each

For each exercise below, lay face down on a bench with your head extending off the bench and your arms touching the floor.



### Prone I

- Squeeze your shoulder blades together and pull your arms toward your hips with palms facing towards your hip. Your upper body should take the form of an “I” during this exercises.
- Lower your arms, relax your shoulder blades and repeat. Perform ten times to complete one set.



### Prone T

- Squeeze your shoulder blades together and raise your arms toward the ceiling with thumbs up towards the ceiling. Your upper body should take the form of a “T” during the exercise.
- Lower your arms, relax your shoulder blades and repeat. Perform ten times to complete one set.

**Note:** To increase the difficulty/intensity, use small hand weights during the exercise.

**Prone exercises continued  
on next page**



# Day 2

## Prone “W” & “M” Arm Raises

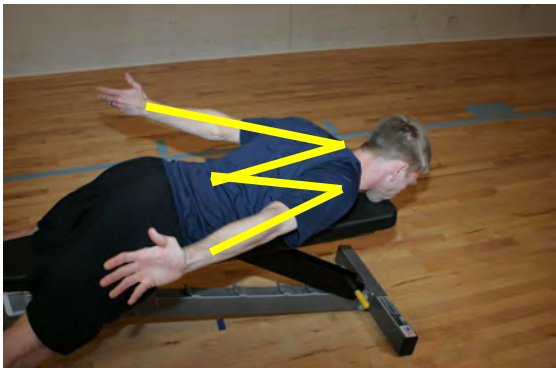
Sets	Time/Reps
1	10 each

For each exercise below, lay face down on a bench with your head extending off the bench and your arms touching the floor.



### Prone W

- Squeeze your shoulder blades together and pull your arms toward the ceiling with palms pointing towards the floor. Your upper body should take the form of a “W” during this exercises.
- Lower your arms and repeat. Perform ten times to complete one set.



### Prone M

- Squeeze your shoulder blades together and raise your arms toward the ceiling rotating your hands so your thumbs point toward the ceiling. Your upper body should take the form of an “M” during the exercise.
- Lower your arms and repeat. Perform ten times to complete one set.

**Note:** To increase the difficulty/intensity, use small hand weights during the exercise.



# Day 2

## Circuit I Exercises

### Push Up

Sets	Time/Reps
1	60 seconds



- Start in a push-up position with your feet slightly apart and your hands next to your shoulders.
- While keeping your back straight, slowly lower your body down to the ground until you reach a 90 degree elbow bend or your chest touches the ground.
- Repeat for 60 seconds.
- Move on to Body Rows exercise without resting.

### TRX Body Rows

Sets	Time/Reps
1	30 seconds



- Shorten the TRX straps all the way up.
- Set your body in a straight line, as if you were in a vertical plank position.
- While keeping your arms straight, walk your feet forward until there is tension in the straps. This is starting position. Make sure to keep your palms facing each other throughout the lift.
- To begin, retract your shoulder blades back with your arms extended.
- Pull your body towards your hands with your elbows close to your body. Your body should remain straight and rigid, and your palms and wrists should stay neutral.
- Lower your body back to the starting position. Repeat for 30 seconds.
- Move on to Jumping Rope exercise without resting.

# Day 2

## Jumping Rope

Sets	Time/Reps
1	60 seconds



- Grasp jump rope handle in each hand and rope is behind your body.
- With your arms slightly bent at the elbows, twist your wrists in a circular motion to bring the rope from behind and over your head and in front of your body. Body weight should be balanced on the balls of the feet, with knees slightly bent.
- As the rope hits the floor hop over it as it travels under your feet and continue twisting your wrists and hopping over the rope.
- Repeat for 60 seconds.
- **Repeat Circuit 1 two more times without resting between rounds. At the end of the third round, rest\* 60 seconds and move on to Plank Press Up exercise.**

**Note:** \*Rest each week working to cut your rest time between Circuit 1 and Circuit 2 by 10 to 15 seconds. By the sixth or seventh week, you no longer should rest between circuits.

# Day 2

## Circuit II Exercises

### Plank to Press Up

Sets	Time/Reps
1	30 seconds

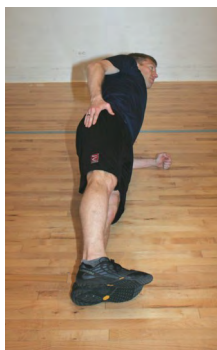


- Begin in the plank position on your forearms with elbows directly under your shoulders.
- Move one hand at a time into press up position. Left first, then right.
- Move one hand at a time back down into the starting plank position. Left first, then right.
- Repeat using your right hand first.
- Repeat for 30 seconds.
- Move on to Side Plank without resting.

**Note:** Add 10 seconds of time to this exercise each week up to 90 seconds.

### Side Plank on Elbow

Sets	Time/Reps
1	30 seconds each side



- Lay on your left side and assume the plank position as shown. Make sure to align your head, shoulders, hips and ankles into a straight line.
- While maintaining the plank position, raise your body so your hips do not touch the ground.
- Hold this position for 30 seconds, then change sides and repeat for another 30 seconds.
- Move on to Bird Dog Alternating exercise without resting.

**Note:** Add 10 seconds of time to this exercise each week up to 90 seconds.

# Day 2

## Bird Dog Alternating

Sets	Time/Reps
1	30 seconds



- Begin on your hands and knees. Hands under shoulders, knees under hips, back straight and flat.
- Raise your right arm up and forward with thumb pointing up to shoulder height while you lift your left leg simultaneously to hip height.
- Return to the starting position and lift your opposite arm and leg.
- Alternate lifting sides for 30 seconds to complete one set.
- Return to Plank to Press Up exercise.
- **Repeat:** Circuit II without resting for a total of four rounds. After the fourth round, move on to Pec Doorway Stretch.

**Note:** Add 10 seconds of time to each exercise each week up to 90 seconds.

### Important Note on Technique

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# Day 2

## Stretching Exercises

### Pec Doorway Stretch

Sets	Time/Reps
1	20 seconds



- Stand on the side of a doorway without the door.
- With your arms bent, raise them until they are parallel to the floor resting your hands, forearms and elbows on the surrounding wall or door frame.
- Without moving your arms, take one step into the doorway and hold that position for 20 seconds (you should feel your chest muscles stretch.) Care should be taken not to continue if there is pain.

### Lat Stretch

Sets	Time/Reps
1	20 seconds each side



- Stand in a doorway or inside a squat rack.
- Place your feet together with your toes touching the squat rack floor support bar. If using a doorway, align your feet to a line in the middle of the door jamb.
- Grab the post or door frame with right hand (as shown).
- Lean away from the post (door frame) toward the center of the rack (door jamb) as shown. A stretch should be felt on the right side of your upper body.
- Hold for 20 seconds., then repeat the in the other direction and hold for 20 seconds.

# Day 2

## Child's Pose

Sets	Time/Reps
1	20 seconds



- Kneel on the floor bending forward at the waist with your arms extended and hands flat on the floor and face pointed at the floor as shown.
- Reach forward with both hands relaxing the head and neck but keeping it straight .
- Lengthen your spine by bringing your chest and head forward towards the floor.
- Hold in the lengthened position for 20 seconds.

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# 30-Minute Daily Workout Exercises Day 3

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# Day 3 Exercises

Warm Up Exercises	Roll Glutes, IT-Band, Quads, Calves	60 seconds each
	Leg Swings	10 each leg
	1-Leg Dead Lift	15 each leg

<b>Integral Running Program</b> Note: Complete three to five rounds Each week increase speed at each level of jog/ run/ sprint.	Easy jog	2 minutes
	Walk	30 seconds
	Jog	90 seconds
	Walk	60 seconds
	Run	60 seconds
	Walk	90 seconds
	Run Fast	30 seconds
	Walk	90 seconds
	Sprint	15 seconds
	Walk	90-120 seconds

## Important Note on Technique

As with any exercise program, it is essential to maintain proper technique during the warm-up and exercise to receive maximum benefits and prevent injury. Seek professional help on arm swing, jumping, and landing mechanics to learn pointers and stay injury free.

# Day 3

## Warm Up Exercises

### Roll Glutes

Sets	Time/Reps
1	20 seconds each leg



- Start by sitting on a foam roll with your arms extended behind you for balance.
- Cross your right leg on top of your other knee as shown.
- Lean forward slightly.
- Using your arms and left leg, push yourself forward and backward rolling your buttock on the roller.
- Roll for 20 seconds. Then change your crossover leg and repeat to complete one set.

### IT-Band

Sets	Time/Reps
1	20 seconds each leg



- Sit on the floor/ground on your right side with a foam roll under your right thigh and left leg bent as shown and using your hands for balance.
- Using you left leg and hands, push yourself forward and backward rolling your thigh across the roller.
- Roll for 20 seconds. Change sides and roll on your right thigh in the same manner for 20 seconds to complete one set.

# Day 3

## Quads

Sets	Time/Reps
1	20 seconds



- Lay down on top of a foam roller, with the roller positioned under your quads and just above the knees. It should be perpendicular to your body, as shown.
- With your body weight on your forearms, slowly begin pushing yourself backwards so that the roller moves up towards your hips. You want to roll slowly, at around one inch per second.
- Once you reach about one to two inches from your hips, change directions and roll back towards your knees and the starting position.
- Roll for 20 seconds.

## Calves

Sets	Time/Reps
1	20 seconds



- Sit on the floor with legs extended, your calves on top of the foam roller and your hands behind you for support, as shown.
- Using your arms, gently lift your buttocks off the ground so your weight is supported by your hands and the foam roller under your calves.
- Slowly push yourself forward and backwards rolling just your calves over the foam roller.
- Roll for 20 seconds.

# Day 3

## Leg Swings

Sets	Time/Reps
1	20 seconds



- Stand on one leg and swing the other leg forward and backward.
- As you swing backward, try to keep your head and chest up and leg straight.
- Gradually increase the height of your leg when swinging forward.
- Repeat with opposite leg to complete first set.
- Repeat exercise swinging each leg side to side.
- Move on to Child's Pose without resting.

## One-Leg Deadlift

Sets	Time/Reps
1	20 seconds each leg



- Start standing on one leg with knee bent and at hip height (as shown).
- Bend from hip extending opposite leg back and arms forward keeping back straight and hip and shoulders not rotated.
- Hold in the lengthened position for 20 seconds.
- Switch sides and repeat.

# Day 3

## Interval Running Circuit

### Walk, Jog, Sprint & Run

Circuits	Time
3	Varies



Exercises	Time
Easy Jog	2 Minutes
Walk	30 Seconds
Jog	90 Seconds
Walk	60 Seconds
Run	60 Seconds
Walk	90 Seconds
Run Fast	30 Seconds
Walk	90 Seconds
Sprint	15 Seconds
Walk	90-120 Seconds

**Note:** Repeat Interval Running Circuit three to five times and each week increase speed at each exercise level.

### Running Form Tips

- Use short, light steps where the feet don't extend too far out in front of the body. Aim to have your knee above your foot and your shin vertical as your foot touches the ground. When you need to increase speed, increase your turnover and focus on driving the leg back from the hips rather than reaching forward with the foot. Many experts say 180 steps per minute is an optimal cadence for the most efficient stride turnover.
- Run tall. Good posture is an important component of your form, so remember to stay upright (as if someone is pulling you up from your hair), with a slight forward lean to help propel the body forward.
- Move forward which sounds odd but many runners tend to swing their arms side to side causing their running to move in that direction rather than forward. The movements of each side shouldn't cross the middle line. Many experts recommend bending the arms at a 90-degree angle to keep them from swaying. Also unless you're on a trail do not look at the ground or your shoes. Look straight ahead.
- Stay relaxed as you swing your arms forward and back, it's important to keep your shoulders relaxed and hands loose—no fist clenching allowed!
- Avoid extremes especially when it comes to how your feet strike the ground. For example, don't land on your toes, but don't point your toes to the sky either. Also, practice avoiding a huge heel or forefoot strike by running barefoot or in minimalist shoes at a track or on the grass infield.



# 30-Minute Daily Workout Exercises

## Day 4

### Important Notice

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# Day 4 Exercises

<b>Warm Up Exercises</b>	High Knee Marches	30 seconds
	Jumping Jacks	30 seconds
	Butt Kicks	30 seconds
	Wall Slides	10
	Arm Circles	10 each direction
	Prone I, T, W, M Arm Raises	10 each

<b>Circuit I Exercises</b>	Alternating Shoulder Press	15
<i>Note: Complete three rounds with no rest.</i>	Biceps Curls	15
	Dips	15

<b>Circuit II Exercises</b>	Front Raises	15
<i>Note: Begin by completing two sets of each exercise. Gradually increase the number of sets over the course of the program, as well as increasing time, up to 90 seconds.</i>	Bent-Over Reverse Flys	15
	Tricep Overhead Extension	15
	Mountain Climbers	30 seconds

<b>Stretching Exercises</b>	Doorway Chest Stretch	20 seconds
	Lat Stretch	20 seconds
	Child's Pose	20 seconds

# Day 4

## Warm Up Exercises

### High Knee Marches

Sets	Time/Reps
1	30 seconds



- Use a line (or an imaginary line) on the ground, as a guide.
- Place your right foot in front of the “line.”
- Hop up and switch feet position so your left foot is in front of the “line.”
- Keep your head and chest up.
- Continue to repeat this foot hopping sequence for 30 seconds.

### Jumping Jacks

Sets	Time/Reps
1	30 seconds



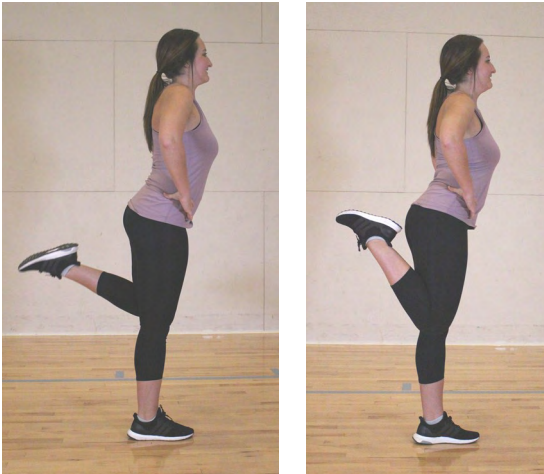
- Stand up straight with both legs together and arms at your sides.
- Jump up and land after simultaneously spreading your legs apart and bring both hands overhead.
- Jump again and land after simultaneously lowering both arms to your sides and bringing both feet back together.
- Jump for 30 seconds.



# Day 4

## Butt Kicks

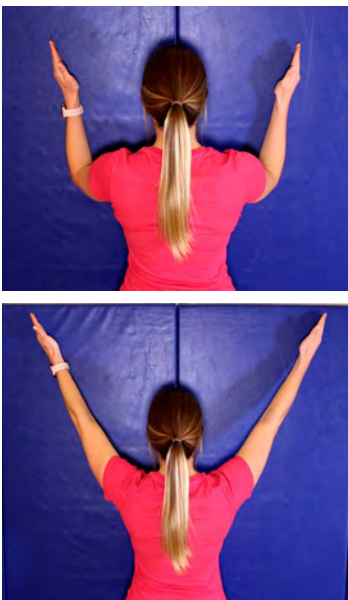
Sets	Time/Reps
1	30 seconds



- Stand with legs together and hands on your hips.
- Keep your head and chest up during the entire exercise.
- At every stride attempt to bring your heel as close as you can to your buttocks.
- While performing the exercise, try to keep your bent knee facing towards the ground.
- Repeat for 30 seconds.

## Wall Slides

Sets	Time/Reps
1	10

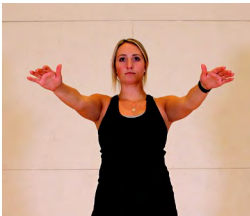


- Stand with your feet almost touching the wall.
- Place your hands on the wall at shoulder height.
- Lightly press into the wall as you slide your hands up and then back down to starting position.
- Repeat this motion ten times.

# Day 4

## Arm Circles

Sets	Time/Reps
1	10 each direction



- With both arms out to the side at shoulder height and palms down, begin to make forward, circular movements with your arms.
- Start small and fast, then gradually make circles larger and slower.
- Repeat this circular motion backwards with your palms up.
- Rotate each arm ten times in each direction.

## Prone "I" Arm Raises

Sets	Time/Reps
1	10



### Prone I

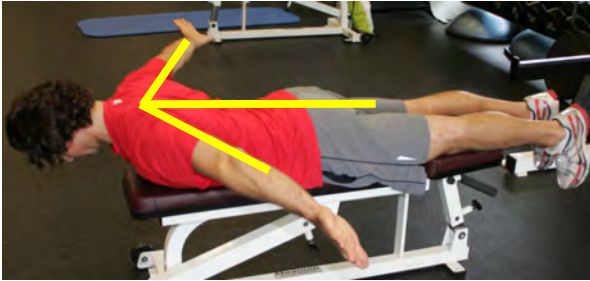
- Lay face down on a bench with your head extending off the bench and your arms at your side with thumbs pointing down.
- Raise your arms up.
- Squeeze your shoulder blades together and pull your arms inward toward your hips. Your upper body should take the form of an "I" during this exercises.
- Lower your arms and repeat nine more times to complete one set.

# Day 4

## Prone “T” & “W” Arm Raises

Sets	Time/Reps
1	10 each

For each exercise below, lay face down on a bench with your head extending off the bench and your arms at your side.



### Prone T

- Raise your arms and rotate your hands so your palms face the ceiling.
- Squeeze your shoulder blades together and raise your arms toward the ceiling. Your upper body should take the form of a “T” during the exercise.
- Lower your arms and repeat nine times to complete one set.



### Prone W

- Raise your arms and position your hands behind you so they are open and your palms point toward the floor.
- Squeeze your shoulder blades together and pull your arms toward the ceiling. Your upper body should take the form of a “W” during this exercises.
- Lower your arms and repeat nine more times to complete one set.

# Day 4

## Prone “M” Arm Raises

Sets	Time/Reps
1	10 each



### Prone M

- Lay face down on a bench with your head extending off the bench and your arms at your side.
- Raise your arms and rotate your hands so your thumbs point toward the ceiling.
- Squeeze your shoulder blades together and raise your arms toward the ceiling. Your upper body should take the form of an “M” during the exercise.
- Lower your arms and repeat nine times to complete one set.

### Important Note on Technique

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# Day 4

## Circuit I Exercises

### Alternating Shoulder Press

Sets	Time/Reps
1	15 each arm



- Sit or stand holding a moderate/light hand weight in each hand at shoulder height with elbows bent.
- Slowly raise the weight in one hand straight up toward the ceiling and then slowly return to the start position.
- Perform the same motion using the other hand raising the weight straight up toward the ceiling and then slowly return to the start position.
- Continue alternating raising hands until you have completed 15 lifts with each arm.
- Move on to Biceps Curls without resting.

### Biceps Curls

Sets	Time/Reps
1	15



- Sit or stand holding a moderate/light hand weight in each hand at your side.
- Keeping your palms facing forward, slowly bend your elbows and bring the hand weights toward your shoulder.
- Slowly lower the weights to the start position.
- Repeat raising the weights 15 times.
- Move on to the Dips exercise without resting.

# Day 4

## Chair Dips

Sets	Time/Reps
1	20 seconds



- Using a sturdy chair or bench, place your hands behind you on the seat.
- Keep your feet on the ground and slowly push through your hands to raise yourself off the seat until your elbows are straight.
- Hold briefly and then lower yourself back to the starting position.
- Perform for 20 seconds. (Each week you can add 5-10 seconds up to a max of 90 seconds) to increase difficulty.
- Return to Alternating Shoulder Press exercise without resting.

**Note:** Repeat Circuit 1 three times without rest between exercises.

### Important Note on Technique

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# Day 4

## Circuit II Exercises

### Front Raises

Sets	Time/Reps
1	15 seconds



- Sit or stand holding a moderate/light weight in each hand at your side.
- Keep your palms facing the ground and elbows straight.
- Slowly raise the weights to about shoulder height and lower back to your side.
- Repeat this for 20 seconds.
- Proceed to Bentover Reverse Flys exercise without resting.

### Bentover Reverse Flys

Sets	Time/Reps
1	20 seconds

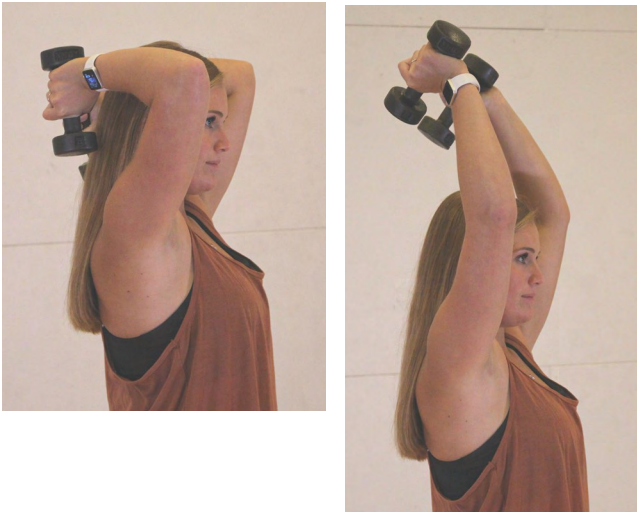


- Sit or stand holding a moderate/light weight in each hand and arms flexed forward at your hips while maintaining a straight spine.
- Keep your palms facing each other and elbows straight.
- Slowly raise the weight to the side until your trunk and arms make a “T” formation, then slowly lower back to your side.
- Repeat for 20 seconds.
- Proceed to Tricep Overhead Extension exercise without resting.

# Day 4

## Tricep Overhead Extension

Sets	Time/Reps
1	20 seconds



- Sit or stand holding a moderate/light weight in each hand behind your head with elbows bent.
- Slowly raise the weights up toward the ceiling until your elbows are straight, and the weights are over your head.
- Slowly lower your arms down and back behind your head.
- Repeat this for 20 seconds.
- Return to Front Raises exercises without resting. (Each week you can add 5-10 seconds up to a max of 90 seconds.)
- Repeat Front Raises, Bentover Reverse Flys, and Tricep Overhead Extension three times to complete the circuit.

## Mountain Climbers

Sets	Time/Reps
1	20 seconds



- Assume a plank position with feet and hands shoulder width apart and your back flat.
- Bend the right knee and hip, drawing your knee to your hands.
- Continue to alternate moving your feet forward and backward at a quick pace.
- Perform for 20 seconds. (Each week you can add 5-10 seconds up to a max of 90 seconds.)

**Note:** Repeat Circuit II two to four times in 90 seconds and without resting between exercises.



# Day 4

## Stretching Exercises

### Chest Doorway Stretch

Sets	Time/Reps
1	20 seconds



- Stand on the side of a doorway without the door.
- With your arms bent, raise them until they are parallel to the floor resting your hands, forearms and elbows on the surrounding wall or door frame.
- Without moving your arms, take one step into the doorway and hold that position for 20 seconds (you should feel your chest muscles stretch), then step back to your starting position. Care should be taken not to continue if there is pain

### Lat Stretch

Sets	Time/Reps
1	20 seconds



- Stand in a doorway or inside a squat rack.
- Place your feet together with your toes touching the squat rack floor support bar. If using a doorway, align your feet to a line in the middle of the door jamb.
- Grab the post or door frame with your right hand as shown.
- Lean away from the post (door frame) toward the center of the rack (door jamb) as shown. A stretch should be felt on the right side of your upper body.
- Hold for 20 seconds.
- Repeat stretch in the other direction holding for 20 seconds.

# Day 4

## Child's Pose

Sets	Time/Reps
1	20 seconds



- Kneel on the floor bending forward at the waist with your arms extended and hands flat on the floor and face pointed at the floor as shown.
- Reach forward with both hands relaxing the head and neck but keeping it straight .
- Lengthen your spine by bringing your chest and head forward towards the floor.
- Hold in the lengthened position for 20 seconds.

### Important Note on Technique

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# 30-Minute Daily Workout Exercises Days 5 & 7

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# Days 5 & 7 Exercises

Injury prevention is an important component of this 30-minute daily workout. Dr. Chudik and the OTRF Health Performance Team purposefully included two days of low intensity activities/ exercises to allow your body time to rest and recover. These days not only are important for injury prevention, but also will allow your muscles to rebuild, increasing both strength and endurance. Plus, they provide a great opportunity to include some of your favorite active hobbies into the workout program. Ideally, you should choose a low intensity, low impact activity you enjoy and avoid over exerting yourself. At first, you may choose to rest on those days and participate in an activity as your body adjusts to the workout. Some recommendations for these days include:

- Yoga
- Walking at a normal gait, or walking the dog.
- Bicycling (slower than 10 miles per hour)
- Water aerobics
- Ballroom dancing
- General gardening or lawn mowing
- General house cleaning
- Kayaking, canoeing, paddle boarding
- Doubles tennis
- Bowling





# 30-Minute Daily Workout Exercises

## Day 6

### Important Notice

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# Day 6 Exercises

<b>Warm Up Exercises</b>	Split Jacks	30 seconds
	High Knees	30 seconds
	Leg Swings	10 each leg
	Carioca	50 feet
	Kneeling Hip Circles	10 each hip

<b>Circuit I Exercises</b>	Kettlebell Swings	25
<i>Note: Complete as many rounds as possible in 10 minutes.</i>	Split Jumps	25
	Side Lunges	25 each leg
	Burpees	25

<b>Circuit II Exercises</b>	Pushups	10 to 20
<i>Note: Complete as many rounds as possible in 10 minutes.</i>	1-Arm Bent-Over Row	10 each
	1-Arm Overhead Press	10 each
	Kettlebell Pullovers	10

<b>Stretching Exercises</b>	Doorway Chest Stretch	20 seconds
	Quad Stretch	20 seconds
	Calf Stretch	20 seconds



# Day 6

## Warm Up Exercises

### Split Jacks

Sets	Time/Reps
1	30 seconds



- Use a line (or an imaginary line) on the ground, as a guide.
- Place your right foot in front of the “line” and your left foot behind the “line.”
- Hop up and switch feet position so your left foot is in front of the “line.”
- Keep your head and chest up.
- Continue to repeat this foot hopping sequence for 30 seconds.

### High Knees

Sets	Time/Reps
1	30 seconds



- Gently run in place.
- Keep your head and chest up and back straight.
- Lift knees high to waist level.
- Continue for 30 seconds.



# Day 6

## Stretching Exercises

### Leg Swings

Sets	Time/Reps
1	10 seconds



- Stand on one leg and begin swinging the other leg forward and backward. You may need to use a wall/chair/fence, etc. to support yourself.
- As you swing backward, try to keep your head and chest up and leg straight.
- Gradually increase the height of your leg when swinging forward.
- Repeat with opposite leg to complete first set.

### Carioca

Sets	Distance
1	50' each direction



- Begin in an athletic stance with feet hip-width apart.
- At a comfortable pace, begin running laterally to the left.
- After a few steps, lift your right leg and cross it over in front of the left leg.
- Once the right leg is planted, step laterally with the left leg returning to the athletic stance.
- Repeat the sequence with the right leg stepping behind the left leg, followed by the lateral step with the left leg to return to the starting position. Continue alternating the right leg in front of and behind the left leg.
- Repeat this sequence as a rhythm, allowing your hips to rotate freely.
- After 50 feet, reverse the exercise by running laterally to the right and crossing the left leg over/under the right knee.

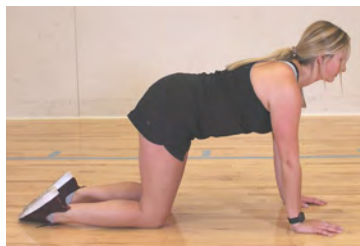
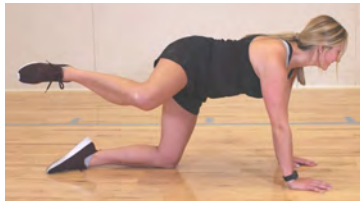




# Day 6

## Kneeling Hip Circles

Sets	Time/Reps
1	10 each hip



- Start in a kneeling position on the ground with your arms straight and back flat.
- Keep knees bent through all motions.
- Raise your left knee toward your chest, then out to the side and then down beneath your hip in a circular motion returning to the starting position.
- Complete 10 circles, then change legs and repeat the exercise.



# Day 6

## Circuit I Exercises

### Kettlebell swings

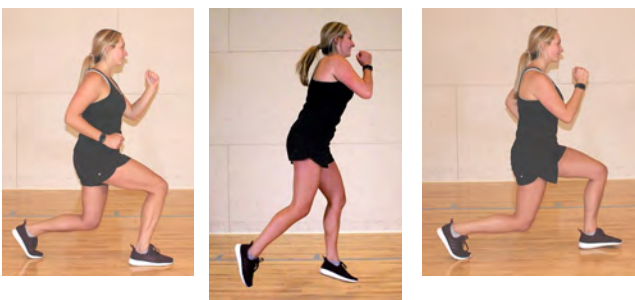
Sets	Time/Reps
1	25



- Grasp a kettlebell with both hands and set your feet shoulder-width apart.
- Bend at the knees with your hips back to allow the kettlebell to swing between your legs from straightened arms.
- Keeping your arms straight, extend your hips forward as you straighten your knees and pull the kettlebell through the legs while swinging your arms upward to chest level
- Keep your back flat throughout the movement and make sure to use the momentum from your legs to help swing the kettlebell.
- In one fluid movement, lower the ball to the starting position and repeat the swings 25 times to complete one set.

### Split Jumps

Sets	Time/Reps
1	25



- Start in a lunge position with your arms in a running position.
- Jump straight up as high as possible pushing off your front heel and back toe.
- While in the air, switch legs so you land with the other foot forward. Remember to keep your chest up.
- Bend the back knee as you land on the ground and immediately explode back into the air landing with the other foot forward.
- Continue jumping in this manner changing feet 25 times to complete one set.



# Day 6

## Side Lunges

Sets	Time/Reps
1	25 each leg



- Start feet apart one and one-half times your shoulder width and toes forward
- Squat down towards your right foot, lowering yourself until the right thigh is parallel with the ground.
- Keep your right knee pointing forward and left leg straight.
- Return to start ,then repeat squatting toward the left knee.
- Continue to alternate legs to complete 25 reps on each leg.

## Burpees

Sets	Time/Reps
1	25



- Stand with your feet shoulder-width apart.
- Quickly lower yourself into a squat.
- Place your hands on the ground in front of your feet.
- Kick both of your legs behind you so you are in the push-up position.
- Jump your feet back towards your hands.
- Jump as high as you can, reaching your arms towards the ceiling and land back in the starting position.
- Repeat exercise to complete 25 rep.

**Note:** Repeat Circuit 1 as many times as tolerated up to a limit of 10 minutes total time.



# Day 6

## Circuit II Exercises

### Push Up

Sets	Time/Reps
1	60 seconds



- Lay face down on the ground.
- Place your feet slightly apart and your hands next to your shoulders.
- While keeping your back straight, slowly push your entire body up by extending the elbows.
- Lower yourself back down keeping your back and legs straight
- Repeat for 60 seconds.
- Move on to Arm Bent-Over Rows exercise without resting.

### 1 Arm Bent-Over Row

Sets	Time/Reps
1	10



- Use a bench or other apparatus for stability.
- With feet comfortably apart, place your left hand and knee on the bench for support.
- Grasp a dumbbell or hand weight in your right hand and extend your hand toward the ground with your arm straight.
- Bend at the hips, keeping your spine neutral and your shoulder blades together.
- Lift, raise the dumbbell to your chest in a straight line by bending at the elbow.
- Lower your arm and weight under control returning to the starting position. Repeat nine times. Change arms/sides and repeat the lifts to complete one set.
- Perform all prescribed reps on one side, then on the other. This counts as one set.



# Day 6

## 1 Arm Overhead Press

Sets	Time/Reps
1	10 each arm



- Standing with your feet shoulder-width apart, grab a moderate/light weight dumbbell with your right hand.
- Bend your arm at the elbow and raise the dumbbell toward so it is over your right shoulder (as shown.)
- Push the dumbbell overhead until your elbow is straight.
- Lower the dumbbell back down to shoulder height.
- Repeat 10 times with each arm.

## Kettlebell Pullovers

Sets	Time/Reps
1	20 seconds



- Lay on your back with your feet on the floor or a bench.
- With both hands, hold a moderate/light weight dumbbell straight over/above your shoulders.
- Lower both arms at the same time backwards over your head toward the ground. Make sure to keep your back as flat as possible and your arms straight.
- Return to your arms to the start position and repeat the motion for 20 seconds to complete one set.

**Note:** Repeat Circuit II as many times as tolerated but **DO NOT** exceed a total of 10 minutes.



# Day 6

## Pec Doorway Stretch

Sets	Time/Reps
1	20 seconds



- Stand on the side of a doorway without the door.
- With your arms bent, raise them until they are parallel to the floor resting your hands, forearms and elbows on the surrounding wall or door frame.
- Without moving your arms, take one step into the doorway and hold that position for 20 seconds (you should feel your chest muscles stretch), then step back to your starting position. Care should be taken not to continue if there is pain.

## Quad Stretch

Sets	Time/Reps
1	20 seconds each leg



- Begin by standing on one foot. If needed, use a wall/chair/fence to steady yourself.
- With your free hand, reach behind and grab your free ankle, making sure to keep your upper body straight (i.e., left hand grabs left ankle, use right hand to steady yourself if needed, or rest it on your hip.)
- Pull your foot towards your body until you feel a strong stretch in the front of your thigh for 20 seconds.
- Release and repeat the exercise with the opposite side.



# Day 6

## Calf Stretch

Sets	Time/Reps
1	20 seconds



- Stand with feet split apart and hands placed against a wall, fence or bench.
- With both heels down, lean into the wall, fence or bench with your hands until you feel a stretch in the back of your calf.
- Hold for 20 seconds.
- Switch your feet and repeat on the other leg.

### Important Note on Technique

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## Sports Medicine Injury Clinic

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## 30-Minute Daily Workout for the Active Person

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