

THE NANI STRENGTHENING GUIDE

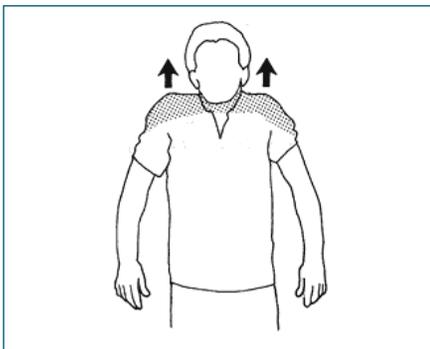


The following can be done in 3 sets of 10 and remember to hold each stretch for 15-30 seconds. It is common to experience soreness afterwards, so make sure you drink lots of water and ease into stretches with caution.

Mild discomfort is normal with exercising, but if you experience pain stop.

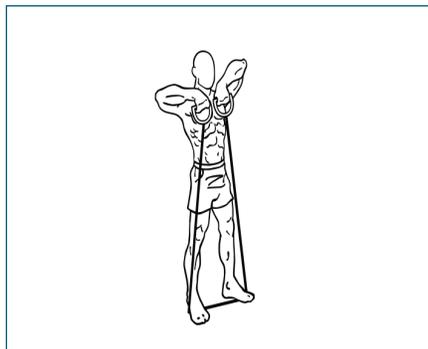
Please review the notes on the back of this guide prior to beginning these exercises.

UPPER BODY



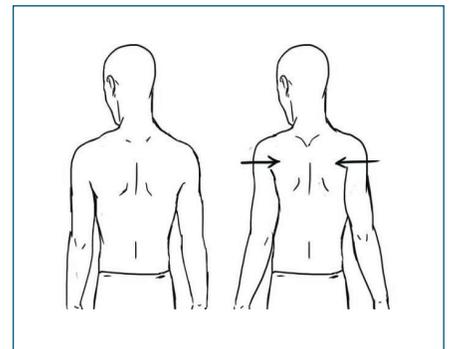
TRAPEZIUS

With your arms by your side raise your shoulders up towards your ears and hold while squeezing your trapezius muscle as tight as you can.



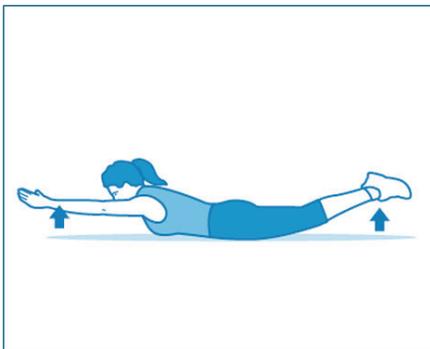
LATISSIMUS DORSI

Stand on an exercise band and start with your arms by your side. Slowly raise the band up to your chest while keeping your hands together and elbows outward.



RHOMBOIDS

Stand erect with your shoulders back. Bring your elbows backwards while holding your elbows at or near 90 degrees.



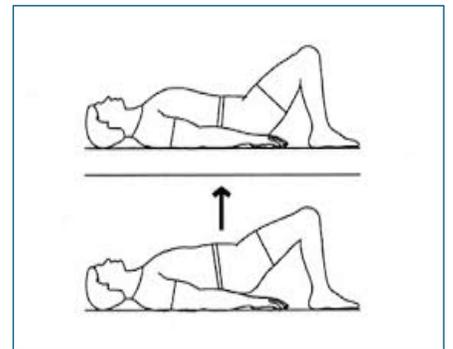
LOWER BACK

Lying on your stomach stabilize your upper body. With your elbows locked push up and hold your abdominals in.



ABDOMINALS

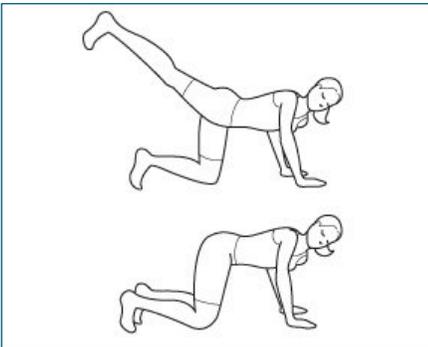
Lie flat on the ground with your knees bent. Extend your arms and raise your upper body upwards while squeezing your abdominal muscles.



PELVIC FLOOR

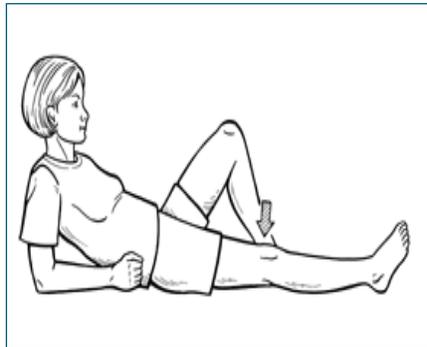
Lie flat on the ground with your arms by your side. Raise your pelvis upward and hold.

LOWER BODY



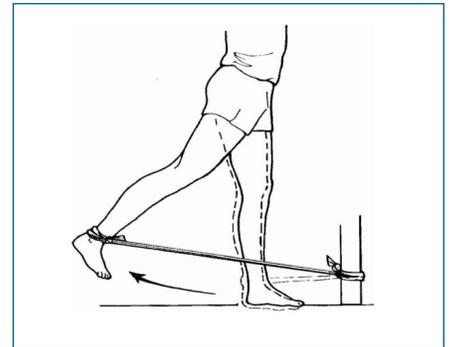
GLUTES

Keeping your hands and knees on the floor kick one leg back at a time and hold while squeezing the same side glute.



QUADRICEPS

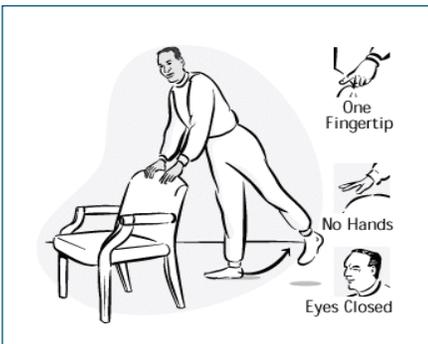
Lying on the floor, extend one leg out and push into the floor. Be sure to keep the knee in a locked position on leg that is extended.



HAMSTRINGS

Starting on your hands and knees, extend one leg backwards and hold.

BALANCE



BALANCE

Start in the standing position. Have a chair or counter near to hold onto in case you need to. Stand on one leg and hold for 30-seconds. If you can do it without a problem do it with your eyes closed.

** The exercises provided are for educational purposes only, and not as a recommendation for a specific treatment plan or substitute for medical consultation. Exercise is not without its risks, and this or any exercise program may result in injury. They include, but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of heart attack. To reduce risk of injury, please consult a health care provider for appropriate exercise prescription and safety precautions. We disclaim any liability from and in connection with this program.*