

SPORTS KINESIOLOGY STUDENT CLINIC CASE STUDIES

Case Study 1

Aim of sessions: Lose weight, get fit and improve flexibility.

Journal Report

Week 1.

CS 1 is a reasonably tall woman in her early thirties. She complained of weight gain after puberty which she could not easily reduce. She is not overweight but has hips and buttocks which are larger in comparison with the upper body which is more slender. A classic pear shaped physique.

She was doing an exercise program prior to the start of our sessions which included running for 20 minutes most days. She was also doing a daily medicine ball workout.

CS 1 complained that her energy levels had not increased even though she had been doing the exercises and getting fitter. She was also having difficulty in losing weight although I suspect there may have been a little impatience on her part in respect to the rate of weight loss.

CS 1 also complained that she sometimes had low back pain. She also stated that she had bloating especially after eating bread or pasta, had problems sleeping and concentrating. She was constantly yawning and taking deep breaths and could only breathe through her mouth during any form of physical exercise or exertion. She had blocked sinuses and a running nose on exercise particularly running. Fluid retention around the ankles was an issue. She also complained of dry lips.

CS 1 had previously undertaken the Metabolic Type questionnaire and advised she was a mixed metabolic type and tried to eat within the guidelines for her type. CS 1 said she needed to have protein at lunch time otherwise she ran out of energy before dinner and was tempted to snack.

On conducting a postural assessment I observed the following:

- Left hip slightly raised
- Right hip slightly lowered
- Pelvis twisted – right side forward/left back
- Pronounced lordotic curve in lumbar spine
- Scapulas winged
- Upper body leaning backwards into a moderate sway back position.
- Head forward and tilted to the left
- Left shoulder higher than right.
- Leaning to the right at hip level
- Shorter distance between right hip and right shoulder than on the other side of body
- Squat – could only go halfway comfortably

- Staggered squat – right knee goes in when forward
- Twist – tightness in adductors and opposite side of upper body

Muscle testing revealed over facilitation in the adductors, gluteus maximus and external obliques and under facilitation in the hip stabilizer muscles such as gluteus medius, quadriceps, internal obliques, TFL, and hamstrings. In addition there was under facilitation of muscles of the shoulders and mid to upper back muscles. There was also over facilitation of the rectus abdominus and I suspect tightness in pectoralis minor although I did not test this muscle. Weakness in the lower abdominals appeared to be allowing the upper body to lean backwards.

On conducting the kinesiology sessions I found the following:

- Category 3 pelvic stress – L4 correction with blocks. No cervical corrections.
- LI, SI, Sp, Bl, Pc, Lv, Lu meridians affected by previous contact with influenza, chicken pox and cytomeglia virus.
- Whole body affected by a vibration of a Rickettsia parasite (a blood borne parasite which lives in tic excrement and can easily be contracted from handling dogs who have spent time in the bush and attracted tics).
- Wheat flour and yeast affecting digestive system particularly LI. This would explain abdominal muscle weakness and weakness of hip stabilizers. It would also explain sinus issues as these are often associated with large intestine stress.

The focus of this balance was about what direction she should be taking in life. She felt as though she should be doing something else with her life but was not able to connect strongly with it. Whilst she realized that she must change her directions she was unable to see how she could make changes which would accommodate her need for monetary security. CS 1 was trying to solve her dilemma by mental activity instead of through her intuition.

Too much mental activity trying to work out her direction was resulting in an overactive brow chakra and her security issues in an under active base and crown chakra. Sacral chakra was also over energy caused by too much thinking about creative solutions to her issue. An inability to find an answer had affected heart chakra energy. I balanced her hara line – her connection to her higher spiritual self and her true purpose in life.

Advice at conclusion of session:

- Eliminate all wheat and gluten type grains and products from diet.
- Source a product called paracea from the health food store to deal with the Rickettsia.
- Recommended that she reduce her running to 10 minutes
- CS 1 already had an exercise program and no changes to that were indicated apart from the reduction in running time. I added to that program 6 daily stretches.

Week 2

CS 1 reported to me as follows:

- She had started to eat gluten free bread and breakfast cereal. I asked her to bring the bread with her next time to balance to it.
- Was about to start taking the paracea for Rickettsia parasite. Asked her to bring it next time to balance her to taking it.
- She had reduced her running time to 10 minutes daily.
- Had lost 1 kilogram in weight.
- She still had difficulties in nose breathing when exercising.

This session was about her exercise program (see below) and seeing that she was doing the exercises as they should be done.

Exercise	Repetitions	Sets
10 minute run/walk – nose breathing		
6 Daily stretches		
Standing Swing	20	1
Standing Arch 4 kg ball	10	1
Horizontal Paddler 4 kg ball	15	2
Sit up with knees bent 4 kg ball	15	2
Kneeling Squat Arch 4 kg ball	10	2
Staggered Squat 4 kg ball	10 each leg	2
Forward Lunge 5 kg ball	5 each leg	2
Back step Lunge 4 kg ball	5 each leg	2
Squat Push Press 4 kg ball	10	2

Advice at conclusion of session

- Run for 10 minutes and to try to nose breath. When she was unable to continue running and nose breathing she was to stop and walk and then run again once she could nose breath.
- To stop doing the exercise bike routine she had been doing.

Both the running and the exercise bike routines were more of a stress to her body than helpful to her achieving her goals at this stage of our sessions.

Week 3

CS 1 reported to me as follows:

- She could not run very far at all and nose breath. She became frustrated mainly because she associated her running with weight loss.
- She realized by doing the mouth breathing exercise that most of her activities during each day were done mouth breathing.
- She had difficulty sleeping, waking every hour or so and also getting up often to go to the toilet.
- Lost a further 2 kilograms (total of 3 kgs).

This session was a focus on her breathing or inability to breath through her nose during any sustained exercise. The main points from this session were:

Physical

- On a physical level her diaphragm was not expanding on inhalation. The muscle was over facilitated on breathe intake which would explain to a large extent the difficulty in nose breathing.
- Eating bread and gluten containing products affected all the digestive system and the sinuses.
- The whole of the body was affected by the Rickettsia parasite particularly the blood and large intestine (this again is another connection with the sinuses).

Emotional

- We continued our theme from session 1 concerning her direction and purpose in life (Silver Princess). She felt a general lack of direction, aimlessness and despondency and somewhat weighed down by life (Wild Potato Bush).
- She realized she needed a new direction in life but the thought of changing her life made her feel anxious and driven and not in the flow of life (Desert Willow). Concerns about how to handle her financial security are a primary issue and she is having difficulty finding a solution with which she is comfortable.
- Issues with the lung related to the loss of her mother at age 9 (Honeysuckle). Holding on to grief and feelings of insecurity and an inability to self mother. Breathing is our way of taking in the life force and embracing life itself something Stephanie has concerns about.

Balance

- Chakra hologram:
 - Base (front/yin/mental plane/liquid) and Brow chakras (front/yang/mental plane/liquid) were over energy indicating that Stephanie had concerns about her security if she changed her life and also the searching to try and see who she really is and her true purpose. She is still trying to think her way through the issue and will not allow her intuition to guide her. As a consequence Crown (front/yin/mental plane/liquid) and Heart chakra (front/yang/mental plane/liquid) were under energy as was the Alta Major chakra (front/yang/mental plane/liquid).
 - The inspiratory centre in the medulla oblongata was the point of stress and once corrected the diaphragm appeared to work normally on in breath.
- Balanced the large intestine and spleen to gluten free bread.
- Challenged paracea for Rickettsia and this locked up all unlocking muscles.

- CS 1 bought in omega 3 tablets to see if she should take them. The indications were that they would be beneficial.
- No change to exercise program – see Appendix SM (Exe)

Week 4

CS 1 reported to me as follows:

- Has been feeling bloated and has had low abdominal cramps for past 2 days.
- Mentally she feels fat and disgusting.
- Sleeping pattern has improved considerable. She is still waking occasionally but going straight back to sleep. Only one night trip to the toilet in the past week.
- Is able to run longer distances nose breathing but has to stop and blow nose as it is running like a tap. Had a stitch in the right side when running.
- Feels the need to eat chocolate biscuits about 5pm as she runs out of energy.
- She had fallen from her motor bike and had cuts and grazes on her hands and knees.

Balance

- Performed a quick kinesiology balance to try and find out why her nose was running. Found she was affected by:
 - Streptococcus in throat and sinuses;
 - Aura around the neck – Stephanie was surrogating an emotion for her mother at the time of her birth which related to her mother's fear that Stephanie would be born with the umbilical cord around her neck the same as her elder sister. The aura was balanced with sound.

Exercise

- We went for a 10 minute run around Carlton Gardens to see how Stephanie was going with her nose breathing. She stopped once to blow her running nose and once because she could not continue to nose breathe.
- I modified her exercise program by changing the order of some of the exercises and increasing the running time to 18 minutes.

Week 5

CS 1 reported to me as follows:

- Even though the running time had been increased she now only had to stop to blow her nose and not to catch her breathe. This was a huge improvement.
- She was feeling bloated and crampy after eating lunch.
- She wants to lose weight more quickly and cannot understand why this is not happening.

Balance

- Energetic stress on pancreatic acinus cells resulting in low trypsin vibration levels. As trypsin is required for protein digestion in the small intestine lack of it could cause poor protein breakdown leading to purification, cramps, gas and bloating.
- A challenge to all alarm points with the Rickettsia vial elicited a stress response only on large intestine which might explain the running nose given the link between sinuses and the large intestine channel.
- Challenged adipose tissue around thighs and hips. Her retention of this armour was for protection from the world against feelings of not being good enough and of worthlessness (ages 9 to 20) (Hedgehog Cactus).
- The correction was balancing the front of the solar plexus chakra on the mental plane. The issue, “not believing in her own ability and of self doubt”. I also balanced Gallbladder 17 - “***I have the courage to choose to live my intended destiny/spirit path.***”
- CS 1 is impatient with the progress of weight loss (Aloe Vera) and dislikes her body shape (Billy Goat Plum).

Diet

- Needs to increase more greens in her diet as she showed an energetic vitamin K deficiency.

Exercise Program

- I changed the exercise program to give some variety and rest periods between the main part of the exercise program to see if this might improve CS 1's energy levels. The new program is in Appendix SM (Exe)

Week 6

CS 1 reported to me as follows:

- She is now able to run 20 minutes nose breathing. There is still a slight feeling of being constricted in the nasal passages when running and nose still running on occasion.
- Energy levels still low and has cravings for sweet things
- Feels her energy levels should be higher given she is fitter.

Postural Assessment.

- Sit bend test – Right side rising
- Standing bend test – Left side rising

Balance

- The following muscles were all under facilitated on the right side of the body and over facilitated on the left.
Middle deltoid, anterior deltoid, pectoralis major clavicular, Pectoralis minor, infraspinatus, teres minor, latissimus dorsi, serratus anterior and the internal and external obliques. I suspect that this pattern would have held true for most muscles tested.
- Nasal passages affected by contact with tuberculosis (age 9).
- Chakra Hologram triangle balance between the heart (balancing), solar plexus (positive) and base (negative) chakra (Front/Mental, Liquid). This centred around a loss of nurturing support from mother at age 9 and Stephanie's inability to be able to self nurture and feel good about herself instead of comparing herself to others (Slender Rice Flower). Base chakra issues of safety and security and determining her right livelihood continue to dominate Stephanie's actions and thinking as they have from week 1.

Exercise Program

- Remained unchanged.

Week 7

CS 1 reported to me as follows:

- Still gets a running nose when she runs.
- Has lost another kilogram of weight (now 4kgs in total)

Postural Assessment

- Scapulas are still noticeably winged.
- Head is forward about 1 inch from shoulder and ear alignment.
- Pectoralis Major (PMC) and Pectoralis Minor appear tight as do sternocleidomastoids.
- Right arm slightly rotated medially possibly due to tight PMC.
- *Squat test* has not changed – upper body angle does not match the lower body angle. Upper body is leaning right forward but legs are near vertical. Possible tightness in peroneals and posterior tibialis.
- Excessive lumbar lordosis with clear signs of anterior pelvic tilt.
- Upper body still leaning backwards from waist.
- **Inclinometer:**

C7 – T1	28°	}	58°	}
T12 – L1	30°			
L5 – S11	22°			

Muscle testing

- On first testing quadriceps, psoas and iliacus they were under facilitated. I then had CS 1 get off the table and march for me. I then retested those muscles and found them to be over facilitated which is what should be the case with anterior pelvic tilt.
- Further muscle testing revealed the following:

Under facilitated	Over facilitated
Anterior tibialis - bilateral	Peroneals - bilateral
Erector spinae (thoracic section)	Erector spinae (lumbar section)
Sternocleidomastoid (left)	Sternocleidomastoid (right)
Hamstrings - bilateral	Posterior tibialis - bilateral
Latissimus Dorsi - bilateral	

Balance

- Pelvic cats 3 – L5 and C1
- Chakra Hologram – Brow chakra (front/Buddhic, liquid). This revolved around her mother's belief that she was very capable but not deserving of having any ambitions for herself.

- We also continued with the theme of commitment to her life purpose. CS 1 has had the feeling for sometime that she wants to study sports kinesiology. CS 1 sees obstacles to following this course mostly centred around financial security issues.

Diet

Found that CS 1 was not getting enough zinc in her diet one of the main components of Glucose Tolerance Factor. Recommended she consider taking a zinc supplement for a short period and to increase zinc containing foods such as eggs, meat, fish, shellfish, peas etc.

Exercise Program

No change to program

Week 8

CS 1 reported to me as follows:

- She feels like she has more energy after taking the zinc supplement.
- Did not have a great week for keeping up her exercise program due to the rainy cold weather.

Postural Assessment

- Left hip rotated forward and whole body noticeably rotated from left to right.
- Gluteus maximus and medius do not appear to be engaging when Stephanie is exercising.
- Head still forward indicating tight sternocleidomastoids.

Muscle testing after marching

Under facilitated	Over facilitated
Levator scapula	Sternocleidomastoid
Erector spinae (upper & lower sections)	Splenius capitis and cervicis
Gluteus maximus	
Latissimus dorsi	
Tensor fascia lata	
Quadriceps	

Corrections

- Cranials – adjusting mastoid process and occiput on out breathe. This correction returned the over facilitated muscles to homeostasis.
- Sacral adjustment – S1 & S2 (bilateral) – Stephanie had a skating fall and landed on this area and hit the back of her head. Nerve innervation of the gluteals may have been affected by a build up of fascial tissue in this area. The correction was to use tuning forks on the fascial tissue around S1 & S2. This had the effect of reactivating gluteus maximus and tensor fascia lata.
- Chakra Hologram – Solar Plexus Chakra. The issue was to do with persistence and willingness to have a go, to apply herself to the task at hand (Kopok Bush). This was appropriate for this week as Stephanie had dropped in enthusiasm for the training. This I feel was in parallel with her difficulties in seeing a way to change her life to align herself with her true purpose. She is still lacking the persistence and courage to face the issues which must be overcome if she is to make the necessary changes.

Post balance assessment

- CS 1 looked completely different after this balance. There was no rotation of the body from left to right. Head position was much less forward.
- Top of body still leaning backwards and exacerbating the winged scapulas.

Exercise program

- Included in the stretching program the following:

- Forward bend – seated (to eliminate excessive hamstring stretching but to stretch lower back)
- Head side to side and head extension to stretch Sternocleidomastoid.
- Pectoralis Major and Minor stretches to get shoulders back
- Quadricep stretches to alleviate anterior pelvic tilt.
- Squat stretch to stretch out lower back.
- Eliminated from the stretching program the following:
 - Neck flexion.
- I also included in the exercise program push ups to try and strengthen her serratus anterior muscles to help bring the scapulas back towards the ribs.

Week 9

CS 1 went on holiday for a week so there was a 2 week interval from our previous session.

She reported as follows:

- She said she had not been eating well during the break. She felt that the wedding she attended and work stress had contributed to a diet which contained foods (sweet and starchy) which did not suit her. She said she also drank too much alcohol.
- Not feeling very focused and motivated.
- Despite poor eating she still managed to lose half a kilogram in weight (total now 4.5 kg).
- She still had a slight nasal discharge when running particularly if it is cold.
- Her right shoulder was sore and stiff.
- She could not do push-ups in full body position and go all the way down as she did not have the strength to push back up.

Postural assessment

- Posture was looking a lot better and the corrections from the previous session seem to have held.
- Upper body still leaning backwards exacerbating the winged scapula look. When I pushed on the abdomen and in the middle of the thoracic spine in opposing directions the winged scapulas disappeared and the head went into its correct position. Conclusion; her internal and external obliques, rectus abdominus and possibly transverse abdominals needed more strengthening.

Corrections

- Acupoints:
 - Gallbladder 18 – ***“I have the courage to choose to live my intended destiny/spirit path”***.
 - Also a point for nasal congestion, shortness of breathe, coughs and aversion to wind and cold.
 - VRP Bl 54 – ***“I am in charge of my life”*** + Bl 58 – ***“I have the power to take control of my life”*** and a key point for nasal congestion + Kd 4 – key point for fear and lack of concentration. When challenged Stephanie

wants to give up and run away and hide instead of facing the issue and working out a way to overcome it. She has difficulty standing strong in her own self and because of fear she always goes back to her head to solve issues.

- Chakra Hologram – Solar plexus and sacral chakras.
 - Feeling spacey and lacking concentration, lacking will and expecting things to be hard (Coral Bean).
 - Living too much in the head and not relying on her intuition for direction in life and solutions to issues (Isopogon).
 - Over reliance on the opinions of others as to what she should be doing (Devil's Claw).

Exercise program

- Eliminated the walking on Tuesday and Saturday.
- Program modified because CS 1 could not do full push up so I got her to do them on her knees.

Week 10

CS 1 reported to me as follows:

- On the Wednesday following our session her right knee became painful for no apparent reason and she found it impossible to do the medicine ball squats.
- The leg felt better on the run but was sore afterwards.
- Nose still has discharge when running.
- She has now stopped taking the paracea.
- Still not feeling motivated or energetic.
- Lips red and chapped again.
- Feeling bloated after eating breakfast.

Postural assessment

- Hips twisted from left to right with left hip forward but not as severely as previously.
- Scapula still winged but there had been a slight improvement.
- She is standing more upright and not leaning back as much.
- Lumbar lordosis not noticeably unchanged.

Muscle testing

Under facilitated	Over facilitated
Gluteus Medius – left	Gluteus Medius – right
Quadriceps – left	Quadriceps – right
Internal obliques - left	Internal obliques - right
External obliques - left	External obliques - right

Physical issues

- Not utilizing the energy of folic acid well even though taking this as a supplement.
- Under production of energetic digestive enzymes indicating a possible difficulty in breaking down proteins (to peptides and amino acids) and fats (to fatty acids and glycerol):

Name	Origin	Function
Carboxypeptidase	Pancreas	Converts peptides into other peptides and amino acids
Enterokinase	Small intestine	Converts inactive trypsinogen into active trypsin.(converts protein into peptides and activates procarboxypeptidase into carboxypeptidase)
Lipase	Small intestine	Converts fat into fatty acids and glycerol
Pepsin	Stomach	Converts proteins into peptides

Corrections

- Acupoint
 - Gallbladder 5 – *“I need to take others into account when making choices for myself”, “I let go of what is holding me from following my heart”.*
- Chakra Hologram – triangle
 - Base (over/negative), solar plexus (under/positive) and heart (under/balancing).
 - Emotions: CS 1 is impatient to get on with what she is supposed to be doing now that she recognizes what that is. However she is looking always to the future and being dissatisfied with her current situation especially work. She fails to see that her current work is supporting her in her endeavours to do something different with her life and she should honour that and live in the present whilst having the aim of being somewhere else eventually. We discussed the fact that life is constantly changing and in the future she may see her purpose differently again and must recognize that moving to new things often needs the support of the old.
 - She is also looking to others for direction as she did with her father when she was 14 & 15. Nothing she came up with met with his approval so she gave up on her own intuition and accepted that to be loved she had to do something that she thought her father wanted. She needs the approval of others in her life for what she is doing. This gets back to her own sense of power and self confidence to make decisions for herself without the need for approval from others (solar plexus).
 - There is also fear around not having approval – fear of not being loved. This gets mixed up with the other survival fears – i.e. not enough money to do it etc (base chakra).

- In line with the theme of previous balances she needs to follow her intuition and not rely on others and to take responsibility for her life decisions. To realize that she will be loved no matter what choices she makes for herself (heart chakra).
- The gluten free muesli she is having for breakfast is irritating her large bowel and causing the sinus issues – i.e. snotty nose when running and feeling bloated after eating breakfast. Advised her to have fruit and yoghurt for breakfast with eggs.

Week 11

CS 1 reported to me as follows:

- Lips still sore and chapped.
- Still a slight nasal discharge when running.
- Energy levels still not where she would like them.

Postural assessment

- Slight lean to her left side.
- Left hip slightly forward, right hip slightly back.
- Squat test – moving to the right indicating she is protecting a weakness on the left.
- Standing lifting leg test – when lifting right leg moves way to the left again indicating there is something unstable on the left side.
- Standing twist – right latissimus dorsi tight, left pectoralis major tight.
- Still leaning backwards with upper torso but not as much as when initially assessed.
- Head still slightly forward
- Full squat – vast improvement with upper body and lower legs staying parallel throughout motion.
- Sit bend and standing bend tests showed no deviations.

Muscle tests

Under facilitated	Over facilitated
Gluteus medius - left	Gluteus medius - right
	Erector spinae – right (tested under facilitated but suspect over facilitated)
Gluteus maximus - bilateral	
Hamstrings - bilateral	

Even though there was weakness on testing of the erector spinae muscles the muscles in the lower back and mid thoracic area seemed tight on palpation and I decided to work on releasing these muscles using tuning forks. I found that the muscles were holding a vibrational toxicity, dieldren, smallpox (vacc) and marijuana.

On an emotional level I felt that this tightness was about the need to control her life or feeling out of control when she thinks about following her heart/intuition in respect of her life purpose. Looked at from a 5 element perspective the negative aspects of the water element are controlling the fire element. The will to follow her heart is being dominated by fears about losing control of her life and her security if she does. She needs to let go of control and have a go at what she knows (as opposed to thinks) will align her more with her true purpose in life.

Tightness in the erector spinae muscles is affecting her abdominal strength. These muscles are small intestine channel related. That channel is about expressing, communicating and more importantly listening to what is in your heart/what you really want from life. This is CS 1's challenge. To overcome her fears and take on what her intuition tells her is her path in life.

I suggested to CS 1, not just at the conclusion of this session, but on other occasions that she should write down what it is that she would need to have handled in order to undertake the Sports Kinesiology course in 2007/2008. The fact that she can now do it 2 days per week will enable her to still work and support herself. She needs to do her homework otherwise it will not manifest in her life.

Exercise program

- I felt that CS 1's transverse abdominals may not be as strong as they should be even with the medicine ball workout she has been doing. Testing revealed that she needed to start doing some work in this area so I have included doing lower abdominals 2B in her program. In hindsight I think this should have been in her program from the beginning as one of her 2 remaining noticeable postural issues (backward leaning upper torso and winged scapulas) appears to be a result of abdominal muscle weakness and lack of core strength to pull her body forward.
- In addition she has tight hip flexors which exacerbates the lordosis of the lumbar spine and stretching does not seem to have changed this much. I also feel that tight hip flexors will exacerbate weakness in the abdominal muscles. If the program was continuing I would get her to lie over a yoga block or air roller supporting her sacrum. This I have found is a very good way to stretch the hip flexors.
- I eliminated the standing swing and standing arch from the exercises to include the lower abdominal exercises. These need to be monitored and upgraded. I have also taken out the squat stretches as CS 1 indicated she was not getting any stretching benefit from these.

Diet

- It became apparent early on that CS 1 was intolerant to gluten and that this was irritating her small and large intestines and was one of the causes of the blocked nasal passages and sinuses and consequent breathing issues.
- CS 1 complained of low energy at the beginning of the course and it is one issue which did not seem to improve greatly during the 12 weeks. She was a mixed metabolic type. I recommended that she include more protein in her diet especially at breakfast and at each other meal. She did make changes and only occasionally ate high glycemic type carbohydrates, but this did not seem to

change her energy levels to a great degree. I found that she was possibly zinc deficient and thought this may be causing problems with insulin utilization.

Taking zinc did have an affect on her energy levels. My feeling is that CS 1's low energy levels are more a result of her emotional state and dissatisfaction with her current life direction.

- The change of diet did have a positive affect on CS 1's weight and sinus issues.

Week 12

CS 1 went on holiday for 1 week so her program encompassed only 11 weeks.

APPENDIX SM (Exe)
Weeks 2 - 3

Exercise	Repetitions	Sets
10 minute run/walk – nose breathing		
6 Daily stretches		
Standing Swing	20	1
Standing Arch 4 kg ball	10	1
Horizontal Paddler 4 kg ball	15	2
Sit up with knees bent 4 kg ball	15	2
Kneeling Squat Arch 4 kg ball	10	2
Staggered Squat 4 kg ball	10 each leg	2
Forward Lunge 5 kg ball	5 each leg	2
Back step Lunge 4 kg ball	5 each leg	2
Squat Push Press 4 kg ball	10	2

Week 4

Exercise	Repetitions	Sets
18 minute run/walk – nose breathing. Run for 5 min walk for 1 min and repeat	3	1
6 Daily stretches		
Standing Swing	20	1
Back step Lunge 4 kg ball	5 each leg	2
Staggered Squat 4 kg ball	5 each leg	2
Forward Lunge 5 kg ball	5 each leg	2
Squat Push Press 4 kg ball	5	2
Kneeling Squat Arch 4 kg ball	10	2
Sit up with knees bent 4 kg ball	15	2
Horizontal Paddler 4 kg ball	15	2
Standing Arch 4 kg ball	10	1

Weeks 5 – 7

Exercise Monday, Thursday, Friday	Repetitions	Sets
18 minute run – nose breathing.		1
6 Daily stretches		
Standing Swing	20	1
Back step Lunge 4 kg ball	5 each leg	2
Staggered Squat 4 kg ball	5 each leg	2
Forward Lunge 5 kg ball	5 each leg	2
Squat Push Press 4 kg ball	5	2
Kneeling Squat Arch 4 kg ball	10	2
Sit up with knees bent 4 kg ball	15	2
Horizontal Paddler 4 kg ball	15	2
Standing Arch 4 kg ball	10	1

Exercise Tuesday and Saturday	Repetitions	Sets
50 minute walk – nose breathing		1

Exercise Wednesday	Repetitions	Sets
18 minute run – nose breathing.		1

Sunday is a rest day.

*CS 1 to do daily stretches each day regardless of what activity she is doing.

Week 8

Exercise Monday, Thursday, Friday	Repetitions	Sets
18 minute run – nose breathing.		1
6 Daily stretches + Seated forward bend (hold 30 sec) and squat stretch (hold 2 minutes), Quad stretches (hold 20 sec each leg) – to be done in above order.		1
Standing Swing	20	1
Back step Lunge 4 kg ball	5 each leg	2
Staggered Squat 4 kg ball	5 each leg	2
Forward Lunge 5 kg ball	5 each leg	2
Squat Push Press 4 kg ball	5	2
Kneeling Squat Arch 4 kg ball	10	2
Sit up with knees bent 4 kg ball	15	2
Horizontal Paddler 4 kg ball	15	2
Standing Arch 4 kg ball	10	1
Push ups	Max	1

Exercise Tuesday and Saturday	Repetitions	Sets
40 minute walk – nose breathing		1
6 Daily stretches + Seated forward bend (hold 30 sec) and squat stretch (hold 2 minutes), + Quad stretches (hold 20 sec each leg) – to be done in above order.		1
Push ups	Max	1
Exercise Wednesday	Repetitions	Sets
18 minute run – nose breathing.		1
6 Daily stretches + Seated forward bend (hold 30 sec) and squat stretch (hold 2 minutes), + Quad stretches (hold 20 sec each leg) – to be done in above order.		1
Push ups	Max	1

Weeks 9 - 10

Exercise Monday, Thursday, Friday	Repetitions	Sets
18 minute run – nose breathing.		1
Daily stretches + forward bend (hold 30 sec) and squat stretch (hold 2 minutes), Quad stretches (hold 20 sec each leg) – to be done in above order.		1
Standing Swing	20	1
Back step Lunge 4 kg ball	5 each leg	2
Staggered Squat 4 kg ball	5 each leg	2
Forward Lunge 5 kg ball	5 each leg	2
Squat Push Press 4 kg ball	5	2
Kneeling Squat Arch 4 kg ball	10	2
Sit up with knees bent 4 kg ball	15	2
Horizontal Paddler 4 kg ball	15	2
Standing Arch 4 kg ball	10	1
Push ups on knees	30/max	1
Exercise Tuesday and Saturday	Repetitions	Sets
Daily stretches + forward bend (hold 30 sec) and squat stretch (hold 2 minutes), + Quad stretches (hold 20 sec each leg) – to be done in above order.		1
Push ups on knees	30/Max	1
Exercise Wednesday	Repetitions	Sets
18 minute run – nose breathing.		1
Daily stretches + forward bend (hold 30 sec) and squat stretch (hold 2 minutes), + Quad stretches (hold		1

20 sec each leg) – to be done in above order.		
Push ups on knees	30/Max	1

Weeks 11 - 12

Exercise Monday, Thursday, Friday	Repetitions	Sets
18 minute run – nose breathing.		1
Daily stretches + forward bend (hold 30 sec), Quad stretches (hold 20 sec each leg) – to be done in above order.		1
Lower Abdominal 2B	20	1
Back step Lunge 4 kg ball	5 each leg	2
Staggered Squat 4 kg ball	5 each leg	2
Forward Lunge 5 kg ball	5 each leg	2
Squat Push Press 4 kg ball	5	2
Kneeling Squat Arch 4 kg ball	10	2
Sit up with knees bent 4 kg ball	15	2
Horizontal Paddler 4 kg ball	15	2
Push ups on knees	30/max	1
Exercise Tuesday and Saturday	Repetitions	Sets
Daily stretches + forward bend (hold 30 sec), + Quad stretches (hold 20 sec each leg) – to be done in above order.		1
Push ups on knees	30/Max	1
Exercise Wednesday	Repetitions	Sets
18 minute run – nose breathing.		1
Daily stretches + forward bend (hold 30 sec) + Quad stretches (hold 20 sec each leg) – to be done in above order.		1
Push ups on knees	30/Max	1