

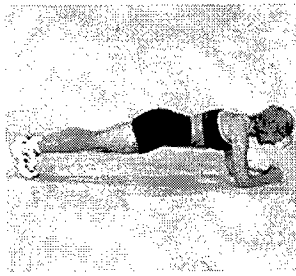
**Half Front Plank - Knees**

Support body in a half plank position with forearms shoulder width apart and knees together. Keep a straight line through the knee, hip and shoulder. Maintain abdominal hollow.

\* Progress to Full Plank with Toes Together.

Sets:	2-3
Reps:	
Weight:	
Hold:	10-30 sec
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



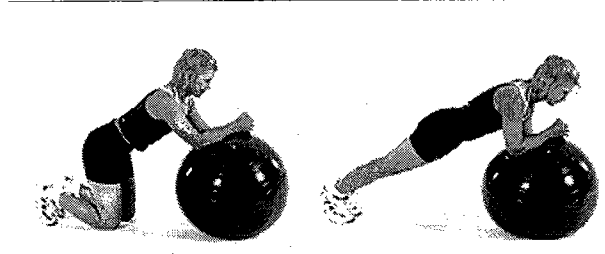
**Plank - Toes Together**

Support body in a plank position with forearms shoulder width apart and feet together. Keep a straight line through the knee, hip and shoulder. Maintain contraction of the transverse abdominal. (suck abs in against gravity)

\* Progress to Full Upper Body Plank with ball.

Sets:	2-3
Reps:	
Weight:	
Hold:	10-30 sec
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

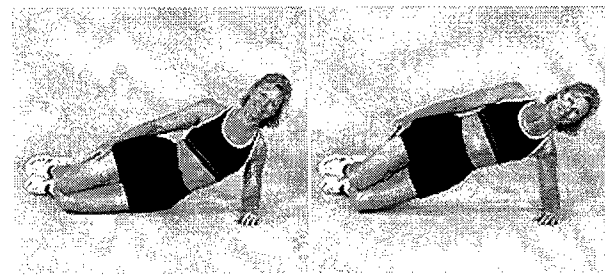


**Full Upper Body Plank**

Start from a kneeling 'prayer' position with forearms on ball. Push upper body up into a full push-up position supported with forearms on ball. Hold plank position maintaining postural alignment and abdominal hollow.

Sets:	2-3
Reps:	
Weight:	
Hold:	10-30 sec
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**1/2 Side Bridge**

Lying on one side with knees bent keeping knees, hip and shoulder in line.

Support upper body on elbow, placing elbow directly under shoulder.

Raise hip up off floor. Avoid rotating forward or backward.

\* Progress to Full Side Bridge.

Sets:	2-3
Reps:	
Weight:	
Hold:	10-30 sec
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Side Bridge - Forearm**

Lying on side with legs out straight (feet staggered) keeping, hip and shoulder in line.

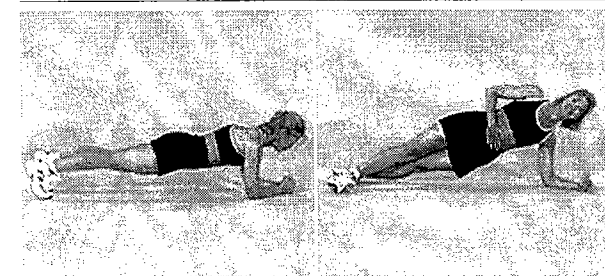
Support upper body on forearm, placing elbow directly under shoulder.

Raise hip up off floor and hold. Avoid rotating forward or backward.

\* Progress to Plank to Side Bridge.

Sets:	2-3
Reps:	
Weight:	
Hold:	10-30 sec
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Plank to Side Bridge - Forearms**

Support body in a plank position on forearms with feet shoulder width apart. Keep a straight line through the knee, hip and shoulder. Maintain contraction of the transverse abdominal (abdominal hollow) throughout exercise. Turn body as a unit into a side bridge position by pivoting on the feet and shifting weight over one shoulder. Hold, return to plank and alternate sides.

Sets:	2-3
Reps:	
Weight:	
Hold:	10-30
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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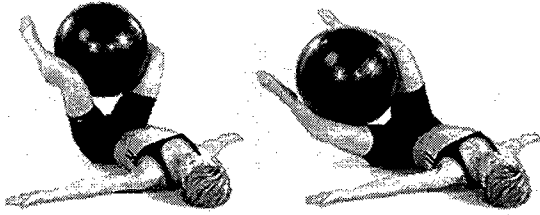
Client : **Kayak Club**

ID :

THR :

Issued By : **Dr. Jeff Barnett, BSc, DC**

Date : May 7, 2008

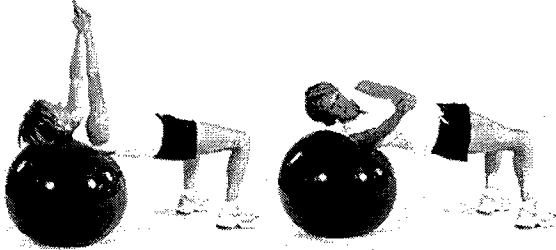


**Torso Twist with ball**

Lying on back with ball placed between knees. Rotate lower body to one side, to approx. 45° controlling the movement with the abdominals. Return to starting position and repeat to opposite side. Maintain an abdominal hollow throughout the motion.  
\* Progress to Bridge Torso Twist on ball.

Sets:	2-3
Reps:	10-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

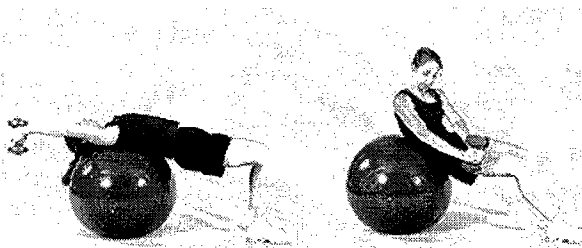


**Bridge Torso Twist / Russian Cross**

Lying on back on ball in a bridge position. Raise both arms straight up over chest. Slowly and with control rotate upper body to one side bringing the arms down toward horizontal. Maintain a strong bridge position and do not allow pelvis to drop. Twist back up to start position and repeat to opposite side.  
\* Progress to Woodchop on ball.

Sets:	2-3
Reps:	10-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

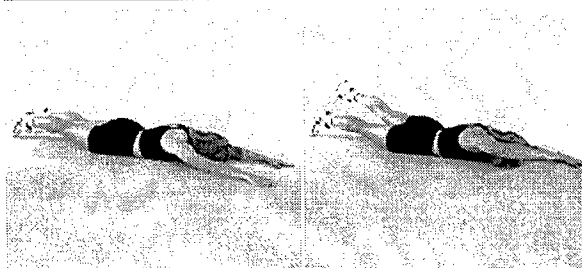


**Crunches / Woodchop with Weight - Ball**

Lying on back over gym ball with head supported on ball and a weight held over head. Sit up curling abs in over bellybutton, pulling weight. Turn toward one side, bringing weight down to that side. Lower back down to start position with control and repeat to the opposite side.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

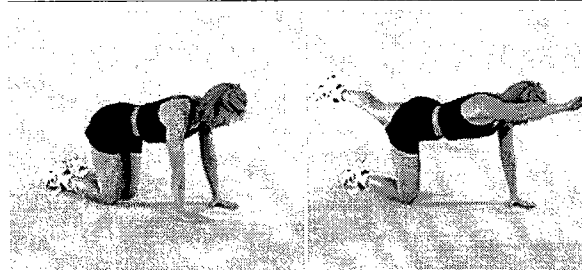


**Swimmer / Leg/Arm Raise**

Lie face down with a towel or pillow under pelvis. Maintaining abdominal hollow, slowly raise one leg and the opposite arm up off the floor and hold. Lower arm and leg back to floor and alternate.  
\* Progress to Cross Crawl Quadraped

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

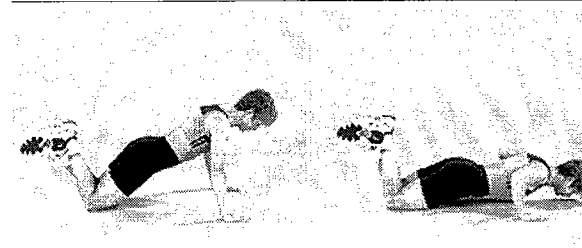


**Cross Crawl Quadraped**

On hands and knees, maintain abdominal hollow and keep back flat. Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor. Keep trunk square and stable. Return arm and leg to floor and alternate.

Sets:	2-3
Reps:	
Weight:	
Hold:	10-30 sec
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Knee Push Ups**

From a knee push up position. Lower body down to floor. Press up to return to start position. Maintain abdominal hollow and neutral spinal alignment throughout movement.  
\* Progress to Full Push Ups.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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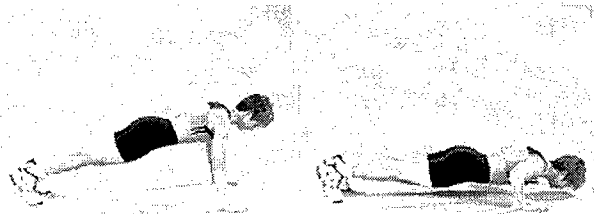
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Date : May 7, 2008

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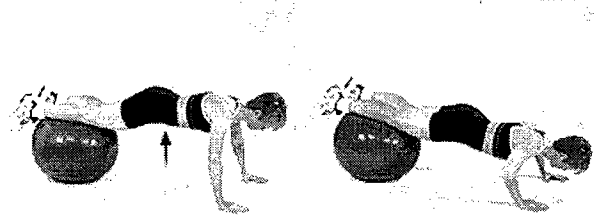
### Push Ups

From a push up position.  
Lower whole body down to floor.  
Press up to return to start position.  
Maintain abdominal hollow and neutral spinal alignment throughout movement.

\* Progress to Ball Push Ups.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



### Push Ups

In push up position with ball under shins. Keep shoulders back, elbows slightly bent, pelvic tilt and an abdominal hollow. With control, perform push ups while maintaining postural alignment.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



### Shoulder Diagonal Abduction

Stand on tubing and grasp with opposite hand from across body with palm facing hip. Pull tubing to raise arm up overhead and across body in an arc like motion. Lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3x /week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



### Bent Over Row - Bilat.

Standing half bent over at the hips with knees bent. Place tubing under front foot and hold tubing in each hand with relaxed arms. Pull tubing up and apart until elbows are bent 90° and level with shoulders. Keep chest up and avoid shrugging shoulders. Slowly return to start position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

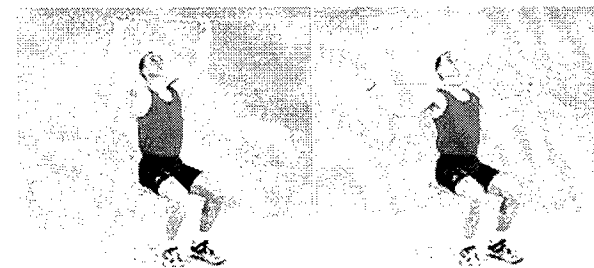


### Bilat Shoulder Extension

Attach tubing above head height in front of body. Reach arms above head level, holding one end of tubing in each hand keeping elbows straight. Pull tubing down to sides keeping elbows straight and maintaining a neutral low back curvature. Slowly return to start position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



### Lat Pull Down - In-front

Hold a piece of tubing above head height with elbows straight and palms facing forward. Sit tall with chest up keeping mid back tight and shoulder blades down. Pull tubing down toward collarbone, squeezing through the mid back. With control, return to starting position, keeping mid back tight.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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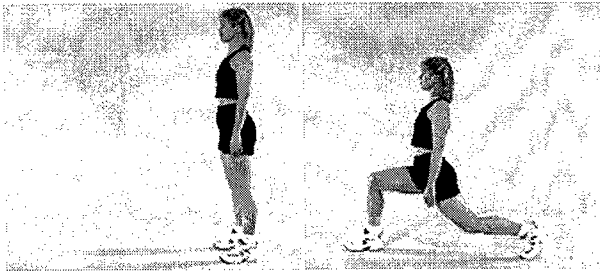
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**Forward Lunge**

Stand tall maintaining readiness position.  
Step forward with one foot (longer than a normal stride, heel/toe).  
Keeping upper body upright, slowly lower body down until back knee almost touches the floor.  
Front knee should not bend past 90°.  
With control, return to starting position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Wall Squats**

Standing with ball just below small of the back and feet placed slightly in front.  
Lower body down into a squat position (do not bend knees passed 90°) letting ball guide movement. Push up to starting position and repeat.

\* Progress to Dead Lift.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Dead Lift**

In a squat position, bent over at the waist with arms straight down holding tubing at knee level.  
Slowly stand up into readiness position keeping hands close along body. Maintain an abdominal hollow throughout the movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	
3 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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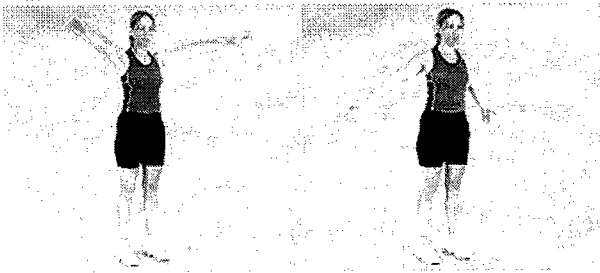
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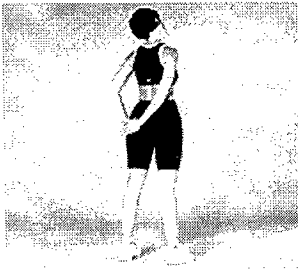


**Warm-up: Shoulder Circles**

Standing with arms out at sides. Make small circles with the arms gradually progressing to bigger circles. Repeat in the opposite direction.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

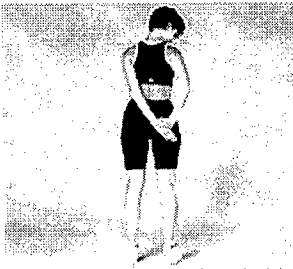


**Traps - Standing**

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side. Turn head toward the side to be stretched and tilt head away (ear to shoulder) to feel a stretch in the side of the neck.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Levator - Standing Self Traction**

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side. Turn head away from side being stretched and let head hang forward to feel a stretch in the side and back of the neck.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Shoulder 'Apley's' - Towel**

Holding a towel or your paddle in one hand, reach that hand behind the head and place it down the back. With the opposite hand behind the lower back, grasp other end of towel and try to walk hands together. Hold where comfortable and breath.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

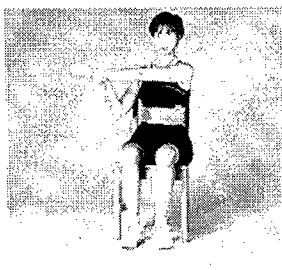


**Lats Elbow Reach**

Fold arms together on top of head. Bend slightly to one side and direct the top elbow towards the ceiling to feel a stretch in the side and 'arm pit' area. Inhale deeply to increase stretch.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Rotator Cuff Self Traction**

Keeping shoulders square, reach one arm in front and across body and grasp wrist with opposite hand. Gently pull forward on wrist and take a deep breath in to feel a stretch in the back of the shoulder joint.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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## Pectorals - Wall

Stand level with a doorway or wall and raise one arm as if to wave.

Place forearm along door jam placing elbow approximately at shoulder height.

Step one foot forward (keeping feet shoulder width apart), bend front knee.

Gently lean chest straight forward to feel a stretch in the front of the chest.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Biceps - Wall

Standing about 1 foot past a wall or doorway, reach back to grasp the door jam with one hand, keeping arm just lower than shoulder height.

Step one foot forward (keeping feet shoulder width apart) and bend front knee slightly.

Keep shoulders and pelvis square and elbow straight, lean body straight forward to feel a stretch in the front of the arm.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Triangle pose

Standing with arms and legs spread wide. Shift upper body weight to one side, shifting at the pelvis and keeping arms level. Now bend straight sideways toward that side to grasp above the ankle and direct the opposite hand toward the ceiling. You should feel a stretch in the hamstrings and obliques. Breath, hold and then return to start position. Repeat bending to the opposite side.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Cobra position / Low back Extension

Lying on stomach with hands on floor at shoulder level. Slowly push upper body up off floor keeping pelvis in contact with floor.

Keep buttocks relaxed and allow low back to 'sag'.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Lumbar Rotation - Supine

Lying on floor with arms out at shoulder level. Bend one knee and cross that leg over opposite leg. Let knee drop across and over toward floor while turning the head to the opposite side. Feel a stretch in the hip and low back.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Knee to Chest

Lying on back with legs out straight. Hug one knee up toward chest, hugging under the knee joint. Keep opposite leg out straight. Hold, relax and repeat.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

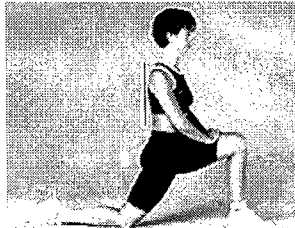


**Fig.4 Knee to Chest - Supine**

Lying on back, knees bent with feet flat on the floor. Cross one ankle onto opposite knee. Bring the knee (that is under the ankle) straight up towards the same side shoulder to feel a stretch in the buttocks.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

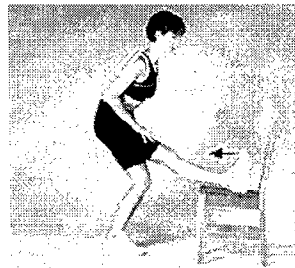


**Hip Flexors / Low Lunge**

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor. Lunge position should be long enough so that the front knee should not bend past 90°. Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hamstrings - Chair**

Stand facing square to a chair, feet shoulder width apart. Place heel of one foot up on chair, keeping knee straight and toes pulled back. Slightly bend knee of supporting leg and direct buttocks backwards to feel a stretch in the back of the thigh.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Gastrocs / Calves - Wall**

Standing in a lunge position, supporting upper body against wall. Keeping back foot heel on floor and knee straight, bend front knee. Shift body weight forward through pelvis to feel a stretch in the upper calf area.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Soleus / Achilles Tendon - Wall**

Standing in a lunge position, supporting upper body against wall. Keeping back foot heel on floor and knee slightly bent, bend front knee. Shift body weight forward through pelvis to feel a stretch in the lower calf area.

Sets:	
Reps:	
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31