

ASH PROGRAM

Program for

Trainer: carol jabbour

Introduction

Warm Up

10 minute warm up on treadmill at speed 7.0

Cardio Program

Activity	Intensity	Duration	Comments
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Summary of the program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Basic Squat	Exercise	3	15-20			moderate	60 sec sec
Lunge - Lateral Anterior	Exercise	3	15			moderate	60 sec
Lat Pulldown	Exercise	3	12			moderate	60 sec sec
Push-Up	Exercise	3	10			moderate	60 sec sec
Overhead Reach – Sitting Against Wall	Flexibility						
Spinal Rotation - Supine Contract Relax (Assisted)	Flexibility						
Reach, Roll, and Lift - Kneeling	Flexibility	3			slow	easy	5 sec

Cool Down

10 minute treadmill jog at speed 7

Basic Squat

Reps: 15-20

Sets: 3

Intensity: moderate

Tempo:

Rest: 60 sec sec

Duration:

Preparation

- Ensure the individual has strength in the posterior chain (glutes, hamstrings and erector spinae) before prescribing this exercise.

Movement

- Stand tall with the gaze straight ahead.
- Initiate a squat with a knee bend.
- As the knees bend past 10°, push the hips back and keep bending the knees.
- Only descend into the squat half way as shown.
- Squat back up and repeat pattern.



Lunge - Lateral Anterior

Reps: 15

Sets: 3

Intensity: moderate

Tempo:

Rest: 60 sec

Duration:

Preparation

- Begin standing with optimal posture.
- Hands on hips or comfortably at the sides.

Movement

- Step to the front approximately a femur's length.
- Maintain heel contact with the front foot, drive off of the heel and step back to starting position.
- Repeat the above stepping out at a 45 degree angle from the original position.
- NOTE: Depth of a lunge will be only that which the client can maintain optimal alignment.



Lat Pulldown

Reps: 12
Tempo:

Sets: 3
Rest: 60 sec

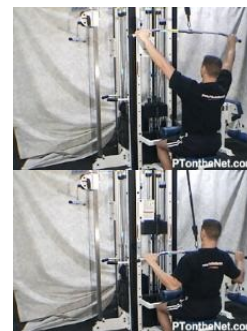
Intensity: moderate
Duration:

Preparation

- Place hands on bar at a grip width that will allow the wrists to be perpendicular to the bar when the elbows are at 90 degrees.
- Lean back just enough so that the bar descends in front of you (NOTE: This will vary from machine to machine).

Movement

- From the start position, draw your belly button inward toward your spine.
- Maintaining optimum spinal alignment, SLOWLY start to pull the shoulder girdle downward. While the shoulder blades continue to move downward, the arms should follow.
- The return motion must include shoulder girdle upward rotation and elevation. Motion should be stopped just before the muscles relax.
- Do not allow head to "jet" forward.



Push-Up

Reps: 10
Tempo:

Sets: 3
Rest: 60 sec

Intensity: moderate
Duration:

Preparation

- In a prone position, place hands at a width that will allow the forearms to be perpendicular to the floor when the elbows are flexed at 90°.
- Come into plank position with elbows extended, make sure the entire body is in a neutral position.

Movement

- Flexing at elbows, lower the body, maintaining neutral spine.
- Push back to starting position without postural compensation.

Notes

modify by dropping knees to floor, if you feel that your form has been compromised



Overhead Reach – Sitting Against Wall

Reps:
Tempo:

Sets:
Rest:

Intensity:
Duration:

Preparation

- Sit against a wall with the butt, lumbar spine and shoulder blades in contact with the wall ... the lumbar curve should be VERY slight.
- Place the bottoms of the feet together (as shown).
- Ensure a slight drawing in with a pelvic floor contraction to maintain spine angles.

Movement

- Start with the arms against the wall so that the shoulders, elbow and hands are in contact.
- The elbow joints should be bent at 90°.
- Trainers: If the client cannot maintain proper spinal alignment when they move their hands into position (i.e., their back arches) a flexibility programme needs to be initiated to increase external rotation at the humerus.
- Perform an overhead press action, while maintaining shoulder, elbow and hand contact with the wall.
- The higher the client can extend the arm, the more functional flexibility they will have in the lats, chest and anterior shoulder girdle.
- ENSURE that the client does NOT arch the back as they raise their arms, and that they maintain a drawing in manoeuvre.



Spinal Rotation - Supine Contract Relax (Assisted)

Reps:

Sets:

Intensity:

Tempo:

Rest:

Duration:

Preparation

- Position trainer and client as pictured.

Movement

- Cross the leg over as pictured, stop when first resistance barrier is noted, hold for 20-30 seconds, relax.
- Next, instruct the client to push statically for 5-7 seconds.
- HOLD AT FIRST RESISTANCE BARRIER FOR 20-30 SECONDS, THEN STATICALLY CONTRACT FOR 5-7 SECONDS, RELAX AND MOVE INTO NEWLY ACQUIRED ROM, REPEAT FOR 2-3 REPS.



Reach, Roll, and Lift - Kneeling

Reps:

Sets: 3

Intensity: easy

Tempo: slow

Rest: 5 sec

Duration:

Preparation

- Start in a prone quadruped position and ensure that client has adequate flexibility in the quads to be able to 'sit' back onto their heels in 'child's pose' (as shown).

Movement

- Relax the body to the ground, with the chin tucked and relaxed, and chest on the thighs.
- Place both arms overhead on the ground.
- Roll upper body to side then center and lift one arm, then client will perform three movements.
- First, reach overhead; Second, externally rotate arm (so that palm faces up); Third, lift arm towards the ceiling (without moving the body).
- Reverse the order down and repeat.
- Perform desired repetitions and repeat on other side.
- Observe relative timing and form on the video.

