

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

Tempo:

Sets: 3

Rest: 60 sec sec

Intensity: moderate

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

Tempo:

Sets: 3

Rest: 60 sec

Intensity: moderate

Duration:



Preparation

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

Movement

- Step to the front appoximately a femur's length.
- Maintain heel contact with the front foot, drive off of the heel and step back to starting postion.
- 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.

