

#### AN INCLUSIVE TRAINING PROGRAM TO HELP YOU...





**◆** BE PREPARED. BE FLUID. BE STRONG. BE RESTORED **◆** 





# FEATURING FOUR UNIQUE ROUTINES TO HELP YOU . . . BE PREPARED. BE FLUID. BE STRONG. BE RESTORED

Choose one or more routines per workout depending on your goals and abilities.

#### **BE PREPARED Routine -**

Perform on its own or before other workouts; repeat up to 3x

### **BE FLUID and BE STRONG Routines -**

Perform to build upper body range of motion and strength. For best results, perform the Be Strong Routine between the Be Prepared and Be Restored Routines (1x each)

- Level 1 (to build your foundation): repeat up to 2x
- Level 2 (to elevate your fitness): repeat up to 3x
- Level 3 (to optimize your results): repeat up to 4x

#### **BE RESTORED Routine -**

Perform on its own or after other workouts: repeat up to 3x

#### IF NEEDED:

- Use assistance with any exercise.
- Adjust recommended repetitions to your ability level.

#### IF APPROPRIATE:

- Incorporate weights with the BE STRONG routine.
- Perform shoulder exercises with both arms simultaneously.
- Execute exercises from a standing position.

A GUIDE TO FOLLOWING THE DEMONSTRATED EXERCISES

FOLLOW ARROW TO NEXT POSITION

HOLD BODY IN THE SHOWN POSITION

ROTATE BODY TO SHOWN POSITION AND HOLD



Please consult with your healthcare provider before starting this workout program to determine if it is right for you. Do not start this workout program if your healthcare provider advises against it. If you experience pain, shortness of breath, faintness, or dizziness while performing these workouts, you should stop immediately. This workout does not replace professional medical advice, diagnosis, or treatment. You are engaging in this workout program solely at your own risk, and by accessing and performing the workouts you assume all risks and full responsibility for all related damages, injuries, illnesses, or other losses to the fullest extent allowed by applicable law. This workout is for personal use only. All rights are reserved to P&A / ASNW.

## PRIME YOUR BODY AND MIND FOR PEAK ACTIVITY





1. Single-Arm Bent-Arm Rotations (15x each arm)





2. Shoulder Shrug & Reach (15x total)





3. Single-Arm Overhead Lateral Raises (15x each arm)



4. Alternating Side Bends (10x total)





5. Alternating Torso Twists (10x total)





6. Cats & Dogs (5x total)



# FIND FREEDOM OF MOVEMENT BY UNWINDING TENSION





1. Single-Arm Shoulder Rotations (15x each arm)



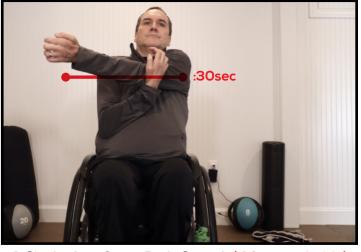


2. Single-Arm Chest Expansion (15x each arm)





3. Active Chest Openers (15x total)



4. Single-Arm Cross-Body Stretch (:30sec each side)





5. Alternating Torso Twists (10x total)

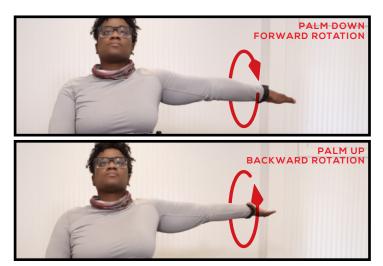




6. Cats & Dogs (5x total)



## BUILD RESILIENCY THROUGH POWERFUL MOVEMENTS



1. Single-Arm Circles (15x each arm & direction)





2. Single-Arm Reach & Row\* (15x each arm)
\*(Use weights only when appropriate)





3. Shoulder Blade Contractions (15x total)



4. Single-Arm Curl & Press\* (15x each arm)
\*(Use weights only when appropriate)



5. Single-Arm Lateral Raise Hold\* (:30sec each arm)
\*(Use weights only when appropriate)





6. Cats & Dogs (5x total)



# UNWIND AS YOU RESET FOR YOUR NEXT GOAL





1. Shoulder Rolls (15x each direction)







2. Single-Arm Diagonal Raises (15x each arm)



3. Chest Opener Hold (:30sec total)



4. Alternating Torso Twists (10x total)



5. Torso Twist Hold (:30sec each side)





6. Cats & Dogs (5x total)

