Rehab

The following list will enable you to get out of Coach Soares’s rehab and begin running quicker and easier than you think.

1. 20 iron crosses, lie down in a supine (face up) position with your arms straight out, next take your right leg and bring it over toward you left hand for a count of one, now reverse and bring you left leg to your right hand for a count of 2, repeat until you get to 10.
2. 15 isolated sit ups both legs, get on your back, with your right knees at 90 degrees and your left leg straight about 10 to 20 inches off the ground, and your arms folded across your body, point your elbows to the sky and reach toward the sky, as you reach toward the sky raise your left leg about 10 to 15 inches.
3. 30-60 second split leg stretch, get on your hands and knees, separate/split your knees as a far as possible, feel the stretch, now push your butt back for more of a stretch, count to yourself to 30
4. Front plank for 60 sec
5. Back plank for 60 sec.
6. 15 single leg bridges each leg, on your back, arms at your side, heels close to your butt, get on your right toe and straighten out your left leg, now raise your butt off the ground making your body straight, switch after 15 reps.
7. 3 x 30 second bird dog poses, with your hands and knees touching the ground, raise up your right arm straight in front of your and bring your left leg straight out behind you and your head is straight down looking at the ground.
8. 15 isolated sit ups both legs, get on your back, with your right knees at 90 degrees and your left leg straight about 10 to 20 inches off the ground, and your arms folded across your body, point your elbows to the sky and reach toward the sky, as you reach toward the sky raise your left leg about 10 to 15 inches.
9. Side lunge stretch position, place your hand above the knee of the straight leg, place the elbow above the knee of the bent leg, now press on the knee with the elbow counting to 40 by, 1000 and 1, 1000 and 2, 1000 and 3.
10. 40 body squats
11. 2 sets of 10 lateral leg raises, laying on your side left, left leg bent 90o, right leg in line with your body, right foot in toe pointing down position, raise right let 6 – 10 inches, stressing heel behind body line.
12. Get in the front plank pose and lift the right leg up and down 10-15 times then the left leg 10-15 times.
13. Get in a back plank pose and lift the right leg up and down 10-15 times then the left leg 10-15 times.
14. 20 scorpions, lie down in a prone (face down) position with your arms straight out, next take your right leg and bring it over toward you left hand for a count of one, now reverse and bring you left leg to your right hand for a count of 2, repeat until you get to 20.
15. 30 seconds lower body crawl. Lying in a prone position, palms in contact with the ground, chest on or close to the ground, just bring one leg out to the side with the knee coming up to the level of the hip.
16. 30 seconds do Australian Crawl/swim. In a prone position, pretend you are swimming.
17. Lateral plank or pedestal for 30 seconds both sides
18. Single leg balance drills, stand on your right leg, bring your left leg up to 90 degrees, raise your right arm straight over your head. Hold this position for one minute and switch positions. close your eyes for added difficulity.
19. Lunges 20-40. Lunge forward with your right foot, while keeping your left foot in one position on the ground, and under control using proper arm position as you would running, now backward with your right foot, this counts as 1 lunge. Now switch and repeat with your right foot in a planted position after 20-40.
20. 30 side and back touches. Standing step to the right and place all your weight on your right leg, now swing your left leg behind your right planted leg as far as possible, keeping your hips and shoulders squarely facing forward, lightly place your left toe on the ground and repeat going to the other side this counts as one.
21. In a prone position (face down) and your chin slightly off the ground, make your arms to form a Y, now raise your arms while your thumb is pointing up slowly and down slowly 10 times, this will not be very far and depends upon your flexibility. Now repeat with your arms making a making a T, W and L.