

Goal for 2025

Do something every day. The goal is to complete 50 reps during the day. It doesn't matter how you break it up - 5 sets of 10. 10 sets of 5. 15 reps, 15 reps, 10 reps, 10 reps. Just do the thing and you will feel better over time. Let time reward you with your decisions. You can literally do this during your lunch break or just randomly during your day when you get water or take a stand-up break from your desk.

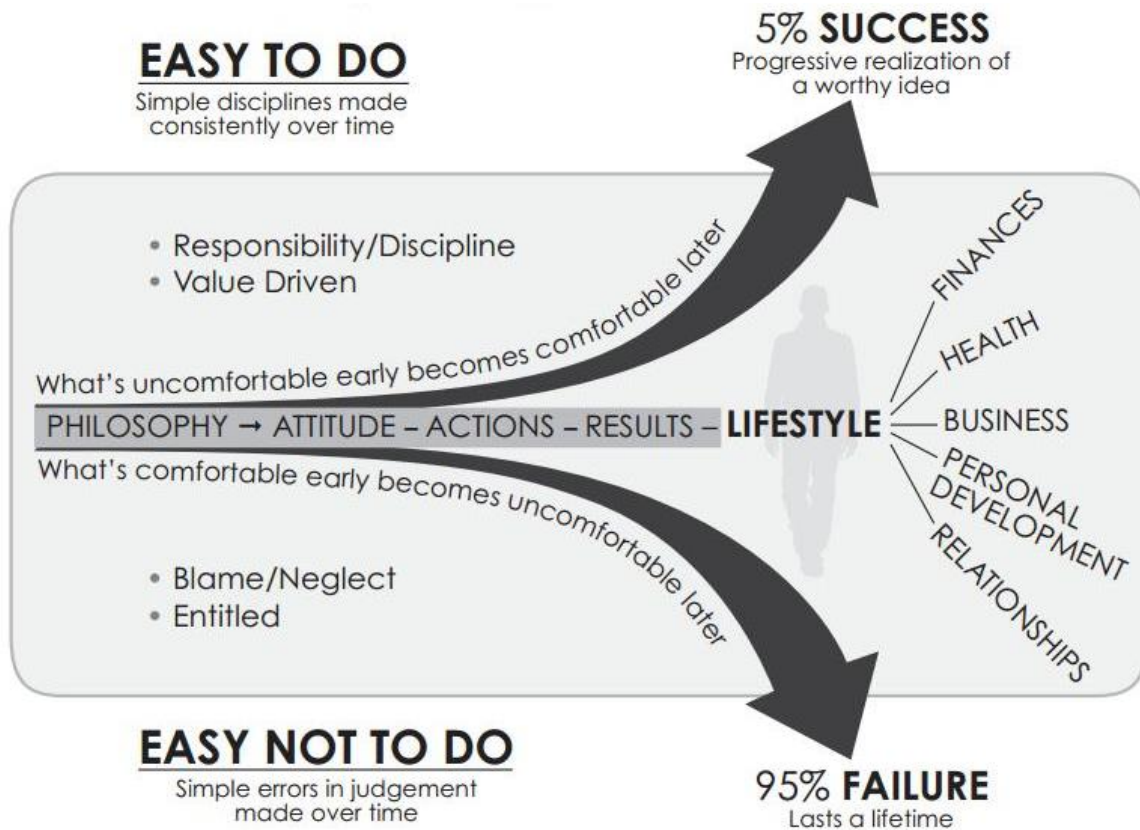


Image from Slight Edge (Olson, 2016)

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Squat instructions:

- [Instructional Video](#)
- Feet around shoulder width (will depend on hip mobility and flexibility of quads, glutes, hamstrings, groin, hamstring, and hip flexors)
- With your toes slightly turned out (the less mobility you have the more you will need to turn your feet out)
- Squat down as low as you can that is NOT painful in hips.
 - If needed do a warmup set holding onto something to allow you to get lower
 - The eventual goal would be for your femur (long bone of the thigh) to be parallel to the floor, distinct from knee to hip.
- Be sure to keep your knees from moving beyond your toe, or in front of your toes.
- Keep your abs and torso tight
- Stand back up.
- How to make it harder:
 - Without adding weight:
 - Go slow down
 - Pause in the bottom
 - Do lots of reps in the set
 - Hold weight:
 - Dumbbell under your chin
 - Bar on back
 - Dumbbells in hands
- How to make it easier:
 - Squat to a chair
 - Hold onto something sturdy with one hand
 - Hold onto something sturdy with two hands
- If you are hurt how to modify
 - Do single leg onto a bench/chair
 - Hold onto something sturdy if needed

Push-Up instructions:

- [Instructional Video](#)
- Hands around shoulder width (will depend on shoulder health)
- Hands slightly turned out
- Keeping your body straight, lower down as low as you can with your chest being 1-2 inches from the ground
 - If needed do a warmup set on your knees or with hands elevated - do so
 - The eventual goal would be for your toes on the ground and chest 1 inch from ground
- Keep your abs and torso tight
- Push back up.
- How to make it harder:
 - Without adding weight:
 - Go slow down
 - Pause in the bottom
 - Do lots of reps in the set
 - Elevate feet with hands on ground
 - Take one leg off ground
 - Elevate feet and take one foot off the ground
 - Adding weight:
 - Band around back
 - Weight on back
 - Dumbbells in hands
- How to make it easier:
 - Elevate your hands by placing them on stairs, a bench, etc.
 - Go from knees
 - If mobility to get to the floor is an issue, you can even do wall push-ups
- If you are hurt, how to modify
 - Single arm hands elevated push up

Lunge Instruction:

- [Instructional Video](#)
- Feet can move or be stationary - but in a split stance
- Lower down as low as you can that is NOT painful in hips, or knees. Most of the pressure should be on the front leg
 - If needed do a warmup set, hold onto something to allow you to get lower
 - An eventual goal would be for your femur (long bone of the thigh) of the front leg to be parallel to the floor with back knee 1-2 inches above the floor
- Keep your abs and torso tight
- Push back up to start position
- How to make it harder:
 - Without adding weight:
 - Go slow down
 - Pause in the bottom
 - Do lots of reps in the set
 - Adding weight:
 - Band around back
 - Weight on back
 - Dumbbells in hands
- How to make it easier:
 - Hold onto something sturdy with one hand
 - Hold onto something sturdy with two hands
- If you are hurt how to modify
 - Do single leg onto a bench/chair
 - Hold onto something sturdy if needed

Sit Up Instruction:

- [Instructional Video](#)
- Lay on back and straighten legs
- Slide hands along the floor and sit up so torso is perpendicular to the floor
- Lay back down to start position
- How to make it harder:
 - Without adding weight:
 - Go slow down
 - Put hands across chest
 - Put hands behind head
 - Put hands over head
 - Do lots of reps in the set
 - Adding weight:
 - Dumbbells in hands
- How to make it easier:
 - Only crunch up
 - If you are hurt, how to modify depends on your injury.

Hip Bridge Instruction:

- [Instructional Video](#)
- Lay on your back with your feet flat and knees bent
- Raise hips up to the ceiling
 - Move through the hips and glutes NOT through the back. Do NOT arch back
- Lower Hips back to ground
- How to make it harder:
 - Without adding weight:
 - Go slow down
 - Pause at the top
 - Do lots of reps in the set
 - Elevate feet
 - Elevate shoulders
 - Adding weight:
 - Dumbbells across waist
 - Barbell across waist
- How to make it easier:
 - Feet on ground and shoulders on ground
- If you are hurt how to modify
 - Single leg hip bridge

Posterior Shoulder Prone Raise Instruction:

- [Instructional Video](#)
- Lay on stomach with head down
- Put arms into position of letter forming
 - T = arms straight and 90° from the body
 - Y = arms straight and 45° from the body
 - I = arms straight and arms by ears
- Raise arms up and lower back to ground
- How to make it harder:
 - Without adding weight:
 - Go slow down
 - Pause at the top
 - Do lots of reps in the set
 - Adding weight:
 - Dumbbells in hand
- How to make it easier:
 - Don't use weights
 - Do fewer reps in set
- If you are hurt how to modify
 - Single arm