

MONTHLY WORKOUT PLANNER

October 1-31 2021

Welcome to Vestibular Group Fit!

Here is a three-day per week, move how you feel best, program! All exercises can be scaled to your needs, and will be gentle movements great for your mind, body, and vestibular system!

You will notice we have 1 other admin here, Dr. Jenna Green. Dr. Jenna is an excellent Vestibular Therapist based in the midwest who will be a big part of Vestibular Group Fit! She and I have been vestibular therapists since the day we graduated from PT school and were trained identically by the same schools, clinical internships, and continuing education programs.

She and I will each be teaching 1 class a week, and will be here to help answer any questions, comments, or concerns!

If any exercise doesn't seem to suit you, skip it and move on! If you have another favorite exercise, feel free to replace it with that instead!

WARM UP

Set a timer for 8 minutes.
Take breaks as necessary.

Jumping Jacks - Or Step outs

Either do jumping jacks, as you would have in elementary school or step-outs. Step outs: move arms from your sides up overhead, and step out 1 leg laterally. Then return to standing, bring hands back down, and repeat.

Repeat 10 reps.

Clam Shells

Lay on the floor on your side. Place a band around your knees, or don't, and bend your hips and knees. Then, keeping your feet together, lift the top knee. Engage your glute muscle (buttock muscle) to perform this.

Repeat 10 reps.

High knees

Standing still, bring your knee up to 90° angle at your hip, tap your opposite hand to your knee. Repeat 20 times alternating arms and legs.

Repeat 20 times total.

Scissor Kicks

Lay on the ground, hands under your hips, contract your core muscles, lift your legs about 6 inches to 1 foot from the floor, move them in and out like scissors.

Repeat 25 reps

Mountain Climber

Begin in a plank position but bring your knees in slightly closer toward your chest. Keep your hands still and core engaged.

You can do these hands on the wall and bring your knees up to your chest instead!

30 seconds

World's Greatest Stretch

Lunge forward with back leg straight. Squeeze your glute muscles hard. Then move your front knee to the side slightly. Then place your forward knee hand on the ground, lift the other in the air to twist, hold 5s. Then return to center and stand.

Repeat 4 total (2 each side)

FULL BODY ROUTINE ONE

Set 20 minute timer. Repeat as many as possible

Take breaks as necessary.

Reverse Lunges

Begin with feet hip-width apart. Step backward and bend your knee down toward the floor. Then return to standing. Hold something heavy for an extra challenge.

20 alternating (10 on each side)

Bicep Curls

Do these with bands or weights. Place the band under your feet and stand up straight, or stand with weights in your hands, palms up. Curl your hands up toward your shoulders. Then return to starting position.

Complete 12 repetitions

Standing Elbow to Knee Crunch

Stand feet hip width apart with elbows at a 90 degree, cactus, position. Then march one knee toward your chest and elbow down toward your knee. Aim your elbow toward your knee, but don't worry about them getting super close. Engage your abs muscles to help.

10 each side, alternating

Tricep Kickbacks

Do these with your bands or weights. Place the band under your feet. Bend forward, place your elbows near your hip, bend your arms, and then extend them backward.

Complete 12 repetitions

Air Squats

Squat up and down so your legs are parallel to the ground, moving like you're sitting back into the chair. Then stand back up.

OR: perform a wall sit, up to 30seconds.

Repeat 10 times.

Wall Plank Comando's

Begin in a wall plank position. Hands-on-wall, feet on the floor, core engaged. Then, bend one arm, place your forearm on the wall, then the next. Then reverse and place your hands back on the wall. See video :)

You can also do these on the floor if on the wall isn't your speed!

Repeat 10 total. (up-down =1)

FULL BODY ROUTINE TWO

Set 20 minute timer. Repeat as many as possible

Take breaks as necessary.

Squat Jacks

Start with feet hip-width apart, jump your feet out into a squat, and then jump back up and return to a standing position.

You may perform air squats instead if jumping isn't for you today

Complete 8 repetitions

Standing Chest Press

Stand with feet hip-width apart and hold a medium to heavy-weight between both hands. engage your core muscles, and press the weight out in front of you. Then return to starting position.

Repeat 10 reps.

Dead Lifts

Hold medium weight in each hand. Fold forward at your hips, aiming your bottom at the wall behind you. Keep your head and chest up. Then squeeze your gluts and return to standing. This should not cause back pain.

Repeat 12 total

Fire Hydrant to Donkey Kick

Go onto hands and knees. Place your hands under your shoulders and knees under your hips. Then, kick your knee and heel up and back, then out to the side. 1 Donkey Kick and 1 Fire Hydrant combined is 1 repetition.

Repeat 12 repetitions, 6 each side

Elevated Plank Taps - or Regular Plank Taps

Place your forearms on the floor, and straighten your body into a full plank position onto your toes. Your elbows are under your shoulders and your knees are straight.

Option: plank from your knees if holding from your toes is too difficult.

Hold for 20s.

Hammer Curls

Do these like a bicep curl, but with your palms pointed toward each other. Stand on the band if using one, or place a medium weight/canned good in each hand.

Balance challenge: do these on 1 foot

Complete 10 repetitions

FULL BODY ROUTINE THREE

Set 20 minute timer. Repeat as many as possible

Take breaks as necessary.

Air Squats

Stand with feet shoulder-width apart. Bend your hips and knees and sit backward until your legs get to parallel. For an increased vestibular challenge, move your head right, left, and to the center at the bottom of the squat.

Complete 12 repetitions

Lateral (Band) Walks

Place a light to medium band around your legs above your knees. Stand with the band on slight tension, point your toes straight forward, bend your hips and knees, and take 5 steps to the right and 5 to the left. You can do this either with or without a band around your knees.

Repeat 3 laps.

Arnold Presses

Sit in a chair. Place medium weight in both hands, palms facing you with elbows bent. Then, rotate your elbows to the side, palms will be facing away from you, and press over head. Then reverse to return to start position

Repeat 12 times.

Standing Abduction

Stand with your hands on a table for balance. Stand on one foot, and raise the opposite foot out approximately 8-10" then bring it back in. Repeat 10 on each side, Squeeze your glut muscles to do this.

Repeat 12 times, move slowly.

Bridge & Press

Begin on your back with your shoulders at 90°, elbows flat, and hands in the air. Lift your hips to a bridge position, and then press your hands up toward the ceiling. Hold the bridge the whole time, only moving your arms.

Complete 12 repetitions

Single Leg Triple Reaches

Stand on 1 foot. With the other, reach forward, sideways, and then backwards. Reach as far as you can. Hold 1 full second, return to center. Try not to touch the floor, but do so if you lose your balance. No worries, just restart!

Complete 24 repetitions (12 each side)

COOL DOWN

Forward Fold

Stand tall, or sit, then fold forward keeping your back flat. Keep a slight bend in your knees if necessary. You should feel a stretch in the back of your legs.

Repeat 2 times for 30 seconds

Pec Stretch

Stand in a doorway, place your arms in an 'A' position. Step forward through the doorway and feel a gentle stretch through your chest.

Repeat 2 times for 45 seconds, 1 each leg

Side Bend Stretch

Stand with your hand on 1 hip, and the other up overhead, stretching in the direction of the hand on your hip

Repeat 2 times for 45 seconds

Neck Stretch

Seated on a chair or the floor, hold your head in one hand and gently pull your neck with your head down and to the side.

Repeat 1 time each for 45 seconds

Arm across stretch

Place one arm across your chest, then give yourself a hug with your other arm. You should feel a stretch in the back of your shoulder.

Repeat 2 times for 45 seconds

Quad Stretch

Stand on 1 foot and bring the other up so your foot is in your hand. Feel a stretch in the front of your leg/quad muscle.

Repeat 1 time each for 45 seconds

Grounding

Sit on the floor back to the wall or in a firm chair. Take deep breaths, think about your stillness. Reflect on your workout, how successful you are!

Great job today!

Complete for 3-5 minutes.