

# MONTHLY WORKOUT PLANNER

Step 1-30 2021

Welcome to Vestibular Group Fit!

This is the first-ever month of Group Fit, and we are SO excited you are here!

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.

## 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.

OR, jog in place

**Repeat 20 times total.**

## Arm Circles

Standing still, bring your arms up to a 'T' position. In medium circles, move your arms forward in a circle. Then, reverse and rotate them backward.

**Repeat 20 times total. (10 one way, 10 the other)**

## 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 Push-Ups

Place your hands on the wall. Walk your feet back a little bit so you're at an angle, bend your shoulders and arms to bring your chest and head toward the wall. Then press back into the plank position.

**Repeat 10 times.**

## Bridges

Lay on your back on the floor or on a mat. Place your feet flat and your knees bent. Squeeze your glute muscles to lift your hips in the air.

**Repeat 10 total.**

## Lateral (Band) Walks

Place a light to medium band around above your knees (or no band, with or without great!). Stand with the band on slight tension, point your toes straight forward, and take 5 steps to the right. Then, take 5 steps to the left back to starting position. You can do this either with or without a band around your knees.

**10 steps in each direction.**

# FULL BODY ROUTINE ONE

Set 20 minute timer. Repeat as many as possible

Take breaks as necessary.

## Dead Lifts

Hold medium-weight or household item (or nothing at all!). Fold forward at your hips, aiming your bottom at the wall behind you. Keep your head and chest up. Then squeeze your glutes and return to standing. This should not cause back pain.

**Repeat 12 total**

## Squat Step outs

Stand feet together, take a small step out to the left, perform a squat, stand back up, feet together, then to the right, squat, and repeat.

**10 total squats.**

## Bridges with Marching

Lay on the ground with your legs bent. Lift your hips in the air, and then balance on one leg and try to bend one knee toward your stomach. You only need to lift your heel an inch or two. The higher you lift, the more difficult it is.

**Repeat 15 times.**

## Russian Twists

Sit on the floor with your knees up and feet flat. Raise your knees up so you're balancing on your tail bone/sits bones. reach your arms straight up, and slowly twist left and right.

**Repeat 24 times (12 to each side)**

## 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**

## Saw planks

Hold a plank position, then use your shoulders and ankles to move forward and backward as if you're a saw. Back and forth is 1 repetition.

*You can do this on your knees if a plank on your toes is uncomfortable.*

**Complete 10 repetitions**

# FULL BODY ROUTINE TWO

Set 20 minute timer. Repeat as many as possible

Take breaks as necessary.

## Bicep Curls

Do these with your bands, canned food, or weights. Place the band under your feet, or place a weight in your hands, and stand up straight. Curl your hands up toward your shoulders. This should not cause shoulder pain.

**Complete 12 repetitions**

## Lateral Lunges

Stand with feet shoulder width apart. Bend your hips and knees and sit backwards until your legs get to parallel.

**12 alternating lunges**

## Tricep Kickbacks

Do these with your bands, canned food, or weights. Place the band under your feet if with bands or weight in your hands. Bend forward, place your elbows near your hip, bend your arms, and then extend them toward your hips. This should not cause shoulder pain.

**Complete 12 repetitions**

## 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)**

## Supine Pull Overs

Lay on your back holding a small weight, a pillow, or nothing, in both hands. Straighten your arms and put your arms straight up. Then engage your ab muscles, lower your arms over your head, and then pull them back to starting position.

**Repeat 12 reps.**

## Russian Twists

Sit on your tailbone/coccyx and balance. Lift your legs (or keep your feet flat) and arms in the air in front of you. Slowly move your arms right and left, keeping your eyes focused on your arms.

**Complete 10 repetitions on each side (20 total)**

# 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**

## 90\* open & closes

Place weights/canned food/water bottles/nothing in your hands. and arms at 90\* like a field goal position. Bring both arms in toward your chest, and then out to 90\*.

**Repeat 12 times**

## 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.**

## 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!*

## 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)**

# COOL DOWN

## Child's Pose

Sit back on your knees, fold forward so your head is toward the floor, with your arms either extended in front of your head, or by your sides.

**45 seconds**

## Forward Fold

Stand tall, 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**

## Piriformis Stretch

Sit on the ground, outstretch one leg, bend the other and place it crossed over the straight leg. Then, bend both legs toward you, pulling gently in toward your body.

**Repeat 2 times for 45 seconds, 1 each leg**

## 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**

## Quad Stretch

Stand on one leg, place the opposite foot in your hand. Stretch the front of your quad.

**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**

## Arm across stretch

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

**Repeat 2 times 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.**