

MONTHLY WORKOUT PLANNER

November 1-30, 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!

Having an issue? Let one of us know and we are happy to help!

Drs. Madison & Jenna

WARM UP

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

High knees

Standing still, bring your knee up to a 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.

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.

Hamstring Sweeps

Stand up straight, place one foot out in front of you on your heel. Bend over at your hips, 'sweep' down your leg, then squeeze your glutes and stand up. You should feel a stretch in your hamstring.

Repeat 10 on each side.

Calf raises

Near a sturdy chair for balance, lift your heels in the air up and down as high as you can go, squeezing your calf muscles.

Repeat 15 total

Side Lunge

Lunge to the side, sit your hips back and knee forward. Your standing leg should stay straight throughout this exercise.

Repeat 10 total (5 on each side)

Squat with Overhead Circle

Perform a squat and when you stand up, bring your arms up and overhead.

Repeat 10 total (5 on each side)

FULL BODY ROUTINE ONE

Set 20 minute timer. Repeat as many as possible

Take breaks as necessary.

Tippy Birds

Stand on 1 leg, holding onto something sturdy. Tip your body forward and put your other leg backward.

**This one may cause very mild dizziness and imbalance, be somewhere safe and take breaks as necessary.

Repeat 8 reps on each leg.

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.

1.5 Squats

Squat up and down so your thighs are parallel to the ground, then stand halfway up, then squat again, then stand fully up.

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

Repeat 10 times.

Supine Pull Overs

Lay on your back holding a small to medium weight 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.

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

Hammer Curls - In Lunge Position

Do these like a bicep curl, but with your palms pointed toward each other. Stand in a lunge position to make this more difficult/full body

Balance challenge: do these on 1 foot

Complete 10 repetitions

FULL BODY ROUTINE TWO

Set 20 minute timer. Repeat as many as possible

Take breaks as necessary.

Lateral Lunge with Bicep Curl

With light to medium weights (water bottles, any object you can find), hold in each hand by your shoulders or at chest. Perform a squat and then press overhead as you stand.

Repeat 10 reps.

90* open & closes

Place weights/cans/water bottles 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

Plank Hip Dips

Start in a forearm plank position, then rotate your core/hips to drop your hips down to the right. Then to the left.

Repeat 12 alternating, 24 total.

Russian Twists

Sit on your tailbone/coccyx and balance. Lift your left and arms in the air and slowly move your arms right and left keeping your eyes focused on your arms.

Complete 24 repetitions on each side.

Uneven Squat

Perform air squats on an uneven/soft surface like a balance pad or a pillow.

Challenge: do this with your eyes closed.

Complete 10 total

Mountain Climber

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

Repeat 24 (12 on each side)

FULL BODY ROUTINE THREE

Set 20 minute timer. Repeat as many as possible

Take breaks as necessary.

Single-Leg Squat

Stand on one foot, hold onto a wall, door jam, or sturdy chair. Drop your hips back and bend your knee. Push through your quads and glutes to stand back up.

Complete 12 repetitions on each side

Overhead Press

Hold a light weight in both hands, place your hands in front of your shoulders. Then, press your hands up over your head. Return to starting position. Don't let your neck become involved. If it does, drop the weights or do a smaller range of motion

Complete 10 repetitions

Dead Lifts

Hold a 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 glutes and return to standing. This should not cause back pain.

Repeat 12 total

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 extend them backward.

Complete 12 repetitions

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.

Or do air squats.

Complete 8 repetitions

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.

You may also try regular pushups or knee pushups.

Repeat 12 times.

COOL DOWN

Thread the Needle

On hands and knees, lift one arm by twisting into the air. Then following your hand, bring your gaze and arm down through the opposite arm. Follow your hand with your eyes for extra vestibular difficulty.

Repeat 5 on each side, holding each for 3s at the top and 5s at the bottom.

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

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

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

World's Greatest Stretch

Lunge forward with the 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 the center and stand.

Repeat 4 total (2 each side)

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.