

MONTHLY WORKOUT PLANNER

December 1-31, 2021

Welcome to Vestibular Group Fit on your own workouts!

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.

Karaoke Step

Step right with your right foot, cross the left foot over, then straight with your left, and cross in back with your left.

30 seconds

Side Crunches

Place 1 hand behind your head. Then stand on 1 foot and crunch your knee up toward your elbow, using your abs to help you.

30 seconds

Butt Kickers

Shift your weight to one foot, lift the other and kick your heel up to your bottom. Repeat on the other side. You can do this either jogging in place or

Repeat 10 on each side.

Arm circles

Arms out to the side at 90°. Then make circles with your arms, small, then larger as time goes on.

Repeat 30 seconds

Air Squats

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)

Worlds Greatest Stretch

Lunge forward with both hands on the ground. Reach your hand up in the air and twist. Hold for 5-10s. Repeat on the opposite side.

Repeat 8 total (4 on each side)

FULL BODY ROUTINE ONE

Repeat 3 rounds

Rest 1 min between rounds

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.

Wall Plank Comando's

Begin in a wall plank position. Hands on the 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 entirely.

Repeat 10 total.

Bicep Curls

Do these with your bands. Place the band under your feet 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 backward until your legs get to parallel.

16 alternating lunges

Tricep Kickbacks

Do these with your bands. Place the band under your feet. Bend forward, place your elbows near your hip, bend your arms, and extend them backward. This should not cause shoulder pain.

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.

Complete 8 repetitions

FULL BODY ROUTINE TWO

Set 20 minute timer. Repeat as many as possible

Rest 1 min between rounds

Squat to Reverse Lunge

Perform a squat, then return to stand and do a reverse lunge. This can be done with or without weight.

10 total (5 on each side)

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

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.

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 12 times.

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. Press overhead. Then reverse to return to start position

Repeat 12 times.

Dead Bugs

Lay on your back and bring your legs & arms up to a 90° angle. Slowly lower your left leg and right arm, engaging your core. Then alternate. If this is too much for your shoulders, perform only with your legs.

Complete 10 on each side

FULL BODY ROUTINE THREE

Repeat 3 rounds
Rest 1 min between rounds

'Jump' Squats

Perform a squat, and when you stand back up either squat or elevate onto your toes. You may also jump if that feels good to your body!

Repeat 10 times

Reverse Shoulder Raise

Stand shoulder-width apart and hinge forward at your hips to about 45*. Hold a weight (canned food etc.), in each hand. Raise them behind you.

Complete 16 repetitions (8 in each direction)

Side Plank

Forearm plank on your side

Do on your knees if necessary

Complete 15-30s on each side

Lateral Lunge with Bicep Curl

With light to medium weights (water bottles, or 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.

Skaters

Begin on one side of the mat, jump to the other side, stick the landing for 1-2s, then jump to the other side.

Complete 16 repetitions (8 on each side)

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.

COOL DOWN

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. Or, clasp your hands behind you and pull them up toward the sky.

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

Calf stretch

Lean on the wall, with 1 leg behind you and 1 underneath you. Keep your heels on the ground; no need to bend your knees far. You should feel a stretch in the back of your lower leg.

Repeat 2 times for 45 seconds

Trapzius Stretch

Sit on a chair, and sit on one hand. With the other, gently pull your head in the opposite direction and down toward your chest. you should feel a gentle stretch in the back/side of your neck.

Hold 45 seconds on each side.

Forward Fold Stretch

Fold yourself forward, let your body hand down, stretching the back of your legs.

Hold 45 seconds on 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.