



# Fitness with PJ

MAKING YOU FIT. FOR LIFE.

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## Cindy

When Cindy first came to me she had been suffering for a few years with headaches, on and off, due to tight neck muscles and weak upper back/postural muscles. She expressed concern that the training, in particular weight training, might trigger her headaches some more. After a complete Health History I devised a program that allowed for a slow progression for her upper back and neck muscles with the exercises, but a more rapid progression for the rest of her body, since she had no history of pain or injury anywhere else.

I am pleased to say that I now train her like she never had an injury to begin with. This is all due to her hard work in the sessions with me and at home while performing her home workouts. She is one fit lady, with a mean right jab!

### **Warm-up:** Stairmaster Level 5, 8 minutes

1. Dumbbell presses on ball -alternating 10x ea arm 15lb
2. Chest flye on ball with ab crunch x15 8lb
3. Squats - fast, deep x40
4. Do 1-3 two times thru
5. Plank 30 sec hold
6. Push ups x8
7. Side Plank with outer leg raise x10 ea leg
8. Plank 30 sec hold
9. Burpees x10
10. Sumo Squats x50
11. Do 5-10 once
12. Tubing row - standing x20
13. Bent over row (hands coming to armpits) x15 15lb (supported off incline bench)
14. Alternating lunges x26
15. Bent over row (hands coming to sides) x15 12lb (unsupported, neutral spine)
16. Reverse flyes - incline bench x10 8lb
17. Bicycle crunches x40
18. Superwoman's x20
19. Do 12-19 two times thru

**Stretch:** levator scap, sternocleidomastoid, scalenes, pecs, hamstring, hip flexor + tfl, piriformis

View Cindy's exercises by logging onto [bur own trainer](#) and try them out for yourself! Print the exercises off, or download them onto your i-pod or mp3 player.