

PROGRESSIVE RESISTANCE TRAINING (PRT) AMHERST

Warm-ups: All four repetitions

Finger touches
Finger crunches, part way down
Fist crunches, all the way down
Wrist curls, inward & outward
Shoulder rolls, forward & backward
Alternating foot slides
Alternating toe taps
Alternating heel digs
Alternating shoulder taps with heel & toe taps (twice on right, then twice on left & repeat)

Lower Body PRT Exercises: All two sets of 6-8 repetitions, resting ~30-60 sec between sets

Chair stands
Knee Extensions with ankle rotations (two sets resting ~30 sec between sets)
Alternating Toe raises (Plantar Flexions) and Heel raises (Plantar Extensions)
Hip extensions (8-10 times right side, 8-10 times left side): Two sets, second with arm extended on same side as supporting leg)

Upper Body PRT Exercises: All two sets of 6-8 repetitions, resting ~30-60 sec between sets

Side arm raises (out to side: Shoulder Abductions)
Bicep curls with overhead arm extensions (Shoulder Presses)
Front arm raises (Shoulder Flexion) with rear extensions (behind body)
Upward Rows (standing)
One arm triceps extensions (arm behind head & then raised)

Lower Body PRT Exercises: All two sets of 6-8 repetitions, resting ~30-60 sec between sets

Side leg raises
Knee Flexions
Hip Flexions

Cool Downs: All 2-3 repetitions except meditation at end

"Helicopter body turns", feet should width apart, knees soft, arms extended to sides
Ulnar Nerve Stretches
Neck Dips (turning head to left & right)
Bent forward Fly
Standing spinal alignment reaches
Shoulder H scrolls, to front & back
Following your breath meditation