



Réadaptation Cardiaque Hôpital Richardson

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Bodyweight Live 3

Client ID
26677190

Online access
login.wibbi.com

Notes :

You may choose to do the upper body exercises in a seated or standing position. Start slowly with a few repetitions and increase them as you feel more comfortable. Try to increase gradually the range of motion and avoid painful movements. You might feel some tensions in your joints or muscles but you should not be feeling any increasing pain.

1 Lateral step-touch



Duration: 30-60sec.

2 Front-back step-touch



Duration: 30-60sec.

3 Marching on the spot



Duration: 30-60 sec.

4 Lateral butt kick



Duration: 30-60sec.

5 Side squat



Sets: 2 Reps: 10 Tempo: slow

6 Proprioception clock



Sets: 2 Reps: 10 Tempo: slow

7 Squat on chair



Sets: 2 Reps: 10 Tempo: slow

8 Wall hip hinge



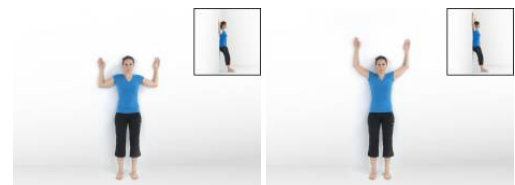
Sets: 2 Reps: 10 Tempo: slow

9 Bent-over 90/90 ER



Sets: 2 Reps: 10 Tempo: slow

10 Wall slide, feet in front



Sets: 2 Reps: 10 Tempo: slow



11 Incline push-up



Sets: 2 Reps: 10 Tempo: slow

12 Upper trunk rotation



Sets: 2 Reps: 10 Tempo: slow

13 Mountain climber



Sets: 2 Reps: 10 Tempo: slow

14 Hamstrings stretch



Duration: 30-60 sec.

15 Pectorals flexibility



Duration: 30-60 sec.

16 Lateral muscles stretch



Duration: 30-60 sec.

17 Quadriceps stretch



Duration: 30-60 sec.