

NCRC EXERCISE AS ART

Contact MHealthy:

Call: 734-647-7888

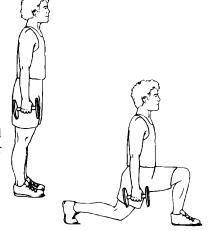
Email: mhealthy@umich.edu

The use of weights is optional.

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Sculpture 1 LEGS: GLUTS - Lunge

With legs shoulder-width apart, head up, and back straight, step forward, bending the leg until thigh is parallel to floor at most. Look over the front knee and make sure you see your toes. Return and alternate legs.

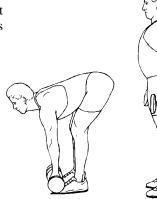


Do 10 - 15 reps

Sculpture 2

BACK: LOW - Stiff-Legged Deadlift

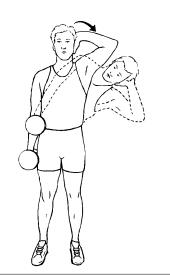
With knees straight but not locked and back flat, bend at the waist, sliding your hands down your legs until you feel a stretch in the lower back and/or hamstrings. Then, begin to stand by leading with the back of your head, lifting it toward the sky, keeping the back flat until you get to an upright position.



Perform 5 - 10 reps.

Sculpture 3 ABS -Side Bend

With feet shoulder-width apart, bend sideways as far as possible, then return to straight back position. Complete all repetitions to one side, then repeat to other side.



Sculpture 4

ARMS: BICEPS - Standing Alternating Curl

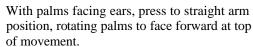
Keeping arms close to sides, curl one arm to shoulder and back to straight arm position. Alternate arms.



Perform 15 reps to each side.

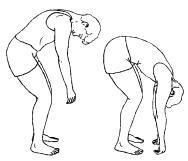
Perform 15 reps to each side.

Sculpture 5 SHOULDERS - Standing Press





Sculpture 6 HAMSTRINGS - Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold 15 - 30 seconds. Bend knees further to return to standing position.

Perform 1 - 3 times

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Sculpture 7 HIP OBLIQUE - Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold 15 -30 seconds. Repeat to other side, with right leg over left.



Sculpture 8 SHOULDERS - Rotator Cuff

Put your right arm behind your back. Gently grab your right wrist with your left hand. Tilt your left ear towards your left shoulder (don't raise the shoulder). Exhale into the right rotator cuff, pushing down the right shoulder blade. Hold for 15 - 30 seconds. Repeat on the other side.



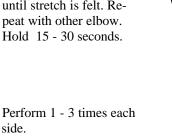
Perform 1 - 3 times each side

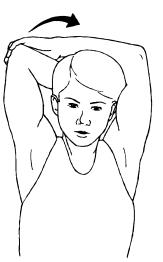
Perform 1-3 times each side

Sculpture 9 ARMS - Triceps

Gently walk your hand down your back with your elbow behind head until stretch is felt. Repeat with other elbow. Hold 15 - 30 seconds.

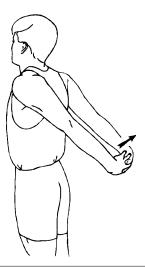
side.





Sculpture 10 ARMS - Biceps

With arms straight but not locked and fingers interlaced, raise arms until stretch is felt. Hold for 15 - 30 seconds.



Perform 1 - 3 times

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Sculpture 2 BACK: LOW - Stiff-Legged Deadlift Sculpture 1 LEGS: GLUTS - Lunge Sculpture 3 ABS -Side Bend With legs With knees straight but not shoulder-width locked and back flat, bend at the waist, sliding your hands apart, head up, With feet shoulder-width and back straight, down your legs until you apart, bend sideways as step forward, bendfeel a stretch in the lower far as possible, then return ing the leg until back and/or hamstrings. to straight back position. thigh is parallel Then, begin to stand by leading with the back of Complete all repetitions to floor at most. Look to one side, then repeat over the front knee and your head, lifting it toward to other side. make sure you see your the sky, keeping the back toes. Return flat until you get to an and alternate legs upright position. Do 10 - 15 reps Perform 5 - 10 reps. Perform 15 reps to each side. Sculpture 4 Sculpture 5 Sculpture 6 ARMS: BICEPS - Standing Alternating Curl SHOULDERS - Standing Press HAMSTRINGS - Forward Bend from from Keeping arms close to sides, With palms facing ears, press to straight arm curl one arm to shoulder and position, rotating palms to face forward at top back to straight arm position. Alternate arms. With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold 15 - 30 seconds. Bend knees further to return to standing position. Perform 15 reps to each side. Perform 10 - 15 reps with both arms. Perform 1 - 3 times Sculpture 9 ARMS - Triceps Sculpture 7 HIP OBLIQUE - Iliotibial Band / Abductors Sculpture 8 SHOULDERS - Rotator Cuff Put your right arm behind your back. Gently grab your right wrist with your Gently walk your hand left hand. Tilt your left ear down your back with your Cross left leg over right leg. Bend towards your left shoulder left knee slightly. Lean to left until elbow behind head (don't raise the shoulder). stretch is felt over outside of right until stretch is felt. Re-Exhale into the right rotator peat with other elbow. hip. Hold 15 -30 seconds. Repeat cuff, pushing down the to other side, with right leg over left. Hold 15 - 30 seconds. right shoulder blade. Hold for 15 - 30 seconds. Repeat on the other side. Perform 1 - 3 times each Perform 1 - 3 times each Perform 1- 3 times each side side side Sculpture 10 ARMS - Biceps With arms straight but not locked and fingers interlaced, raise arms until stretch is felt. Hold for 15 - 30 seconds.

COMMENTS: MHealthy

Perform 1 - 3 times

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