



# Fitness with Katrina

Developed by Katrina Hodgson & Dr. Barry Hendin



**VITALIZE • ENERGIZE • MAXIMIZE**  
**Exercise Instructions**



## VITALIZE WORKOUT

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Provides an **introduction** to the essentials of exercise. The entire workout is performed while **sitting** in a chair and offers a range of challenges and modifications.

# SEATED DYNAMIC FLEXIBILITY

## Engage and Release



With shoulder blades back and down, inhale deeply releasing muscles. Exhale squeezing abdominal muscles (as shown)

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**Goal:** 10 reps

**Modifications:** Maintain posture; Visualize core tightening and abs engaging

**Challenge:** Do 5 additional reps

## Knee Raises



Lift left leg and knee a few inches using your lower abdominal muscles while taking a deep breath (as shown). After a few seconds, exhale and bring leg down. Repeat with right leg

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**Goal:** 10 reps

**Modifications:** Only lift knee halfway; Visualize lifting knee up

**Challenge:** Do 5 additional reps

# SEATED DYNAMIC FLEXIBILITY

## Arm Raises



With shoulder blades back and down, take a deep breath and lift arms up, palms facing outward (as shown). Hold for a few seconds. Exhale and lower arms to resting position

**Goal:** 10-15 reps

**Modification:** Lift arms as far as you are comfortable

**Challenge:** Do 5 additional reps

## Torso Rotation



Take a deep breath. Exhale and twist to left, contracting abdominal muscles (as shown). Inhale once more. Exhale and come back to the center. Repeat by twisting to the right

**Goal:** 10 reps

**Modification:** Only twist halfway

**Challenge:** Do 5 additional reps

# SEATED DYNAMIC FLEXIBILITY

## Scapular Squeezes



Begin with shoulder blades back and down, engaging core. Inhale while squeezing shoulder blades together (as shown). While tight, drop shoulders down and exhale. Hold for 3 breaths and release

**Goal:** 10-15 reps

**Modification:** Do fewer reps

**Challenge:** Do 5 additional reps

## Heel and Toe Raises



Lift toes up, contracting calf muscles and driving heels into the floor (as shown). Hold for a few seconds and then lower. Then, lift heels up, contracting shin muscles and driving toes into floor

**Goal:** 15-20 reps

**Modifications :** Modify range of motion; Visualize lifting toes and then heels

**Challenge:** Do 5 additional reps

# CIRCUIT ONE

## Pelvic Tilts



Take a deep breath with shoulders back and down (as shown). While exhaling, rock your hips to flatten the natural curve of your lower back into the chair. Contract abs, drawing naval into spine and squeeze glutes. Hold for a few seconds and release

**Goal:** 15-20 reps

**Modifications:** Modify range of motion; Visualize flattening lower back and contracting abs

**Challenge:** Do 5 additional reps

## ROWS



Reach arms forward, palms facing downward. In a rowing motion, bring arms back; squeeze shoulder blades back and down and tuck in elbows (as shown). Inhale while rowing forward, exhale while rowing backward

**Goal:** Do 15-20 reps

**Modifications:** Reach as far as you can; Do fewer reps

**Challenge:** Use light weights

# CIRCUIT ONE

## Shoulder Raises



Keeping shoulder blades back and down, exhale and raise arms up so they are parallel with floor (as shown). Hold for a few seconds. Inhale and return arms to side

**Goal:** 15-20 reps

**Modifications:** Bend elbows slightly; Modify range of motion

**Challenge:** Use light weights

## Seated Leg Extensions with a Bicep Curl



Curl hands up to shoulders; exhale and extend left leg at knee (as shown). Hold for a few seconds. Inhale and bring arm and leg down to resting position. Repeat by lifting right leg

**Goal:** 15-20 reps

**Modifications:** Modify range of motion; Visualize leg extension

**Challenge:** Use light weights

# CIRCUIT TWO

## Backward Arm Circles



Maintain good posture with shoulder blades back and down, engaging core. Raise arms to comfortable height (as shown); circle backwards

**Goal:** 15-20 reps

**Modifications:** Bend elbows slightly; Modify range of motion

**Challenge:** Do 5 additional reps

## Knee Raises



Using abdominals, lift left knee up to right elbow (as shown). Repeat, lifting right knee to left elbow

**Goal:** 15-20 reps per side

**Modifications:** Modify range of motion; Visualize lifting one knee at a time

**Challenge:** Twist towards knee while lifting

# CIRCUIT TWO

## Tricep Dips



With shoulder blades back and down, place hands on sides of chair. Inhale while pressing palms firmly into chair. Hold for a few seconds. Release and exhale

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**Goal:** 15-20 reps

**Modifications:** Modify number of reps; Visualize pressing into chair

**Challenge:** Slightly lift off chair while pressing palms into chair (as shown)

# CIRCUIT THREE

## High Reach with Lateral Pulldown



Bend arms in front of body, palms facing outward. Inhale and lift arms upward as high as you can. Exhale and pull down into chest while squeezing shoulder blades together (as shown). Release and return to resting position

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**Goal:** 15-20 reps

**Modification:** Reach to the front

**Challenge:** Do 5 additional reps

## Alternating, Seated Single-Leg Hamstring Curl



Sit on the edge of the chair and bend left knee while driving heel underneath the chair. Engage hamstring and abdominal muscles; release. Alternate using right knee

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**Goal:** 15-20 reps per side

**Modification:** Visualize bending knee and driving your weight into your heel

**Challenge:** Do 5 additional reps

# CIRCUIT THREE

## Shoulder Press



With palms facing downward, inhale and push arms up (as shown). Hold for a few seconds. Exhale and drop arms to resting position

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**Goal:** 15-20 reps

**Modification:** Alternate arms

**Challenge:** Lift one leg up at a time while pressing arms up; Alternate legs

## Core Contracting and Releasing



Take a deep breath while contracting abdominal muscles (as shown). Hold for a few seconds. Exhale and release

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**Goal:** 10 reps

**Modifications:** Do fewer reps

**Challenge:** Do 5 additional reps

# COOL DOWN & STRETCH

## Breathe



Take a deep breath. Inhale through your nose, exhale through your mouth

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**Goal:** 3 deep breaths

## Lower Back Bend Over



Drape torso over knees (as shown). Elongate back

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**Goal:** Hold for 3 breaths

**Modification:** Visualize your lower back releasing and stretching

**Challenge:** Rotate from one side to the other, maintaining bend in back

# COOL DOWN & STRETCH

## Chest and Bicep Stretch



Drape arm over back of chair. Inhale and twist to the left; place right hand on left thigh to deepen stretch (as shown). Hold, exhale and release. Repeat on right side

**Goal:** Hold for 3 breaths

**Modifications:** Modify range of motion; Visualize stretch

**Challenge:** Sit up tall for deeper stretch

## Rear Deltoid and Shoulder Stretch



Bring left arm over chest and place right arm underneath left arm (as shown). Gently push left arm against chest. Repeat with right arm

**Goal:** Hold for 3 breaths per side

**Modifications:** Modify range of motion; Visualize the stretch

**Challenge:** Hold for 3 more breaths per side

# COOL DOWN & STRETCH

## Tricep Stretch



Take left hand and place on left shoulder. Gently press elbow up with right hand until you feel a stretch (as shown). Repeat with right arm

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**Goal:** Hold for 3 breaths

**Modifications:** Modify range of motion; Visualize the stretch

**Challenge:** Bring arm behind head; press gently with other arm

## Neck and Upper Trap Stretch



Rest right hand on right shoulder. Turn head; gently tuck chin into left shoulder and chest. Take left hand and place it on the top of your head, stretching neck (as shown). Repeat on alternate side

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**Goal:** Hold for 3 breaths

**Modifications:** Modify range of motion; Visualize the stretch

**Challenge:** Hold for 30 seconds



## **ENERGIZE** WORKOUT

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**Combines exercises** that are performed with the assistance of a chair. You can incorporate **light weights** for an **added challenge**. Use chair for balance or support as needed.

# DYNAMIC FLEXIBILITY

## Scapular Squeezes



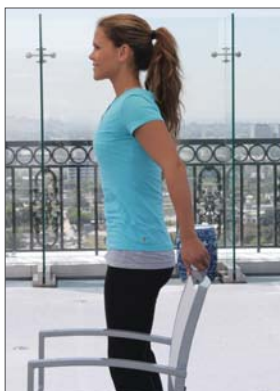
Stand up straight, shoulders back and down. Inhale and squeeze your shoulder blades together (as shown). Hold for 3 breaths. Exhale and return to starting position

**Goal:** 10-15 reps

**Modification:** Modify range of motion

**Challenge:** Do 5 additional reps

## Pelvic Tilts



Take a deep breath in, feet hip-width apart. Exhale and rock your pelvis down flattening the natural curve in the lower back. Squeeze glutes and core. Inhale and exaggerate natural curve (as shown)

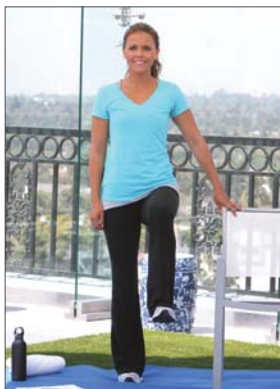
**Goal:** 10 reps

**Modifications:** Reduce range of motion

**Challenge:** Do 5 additional reps

# DYNAMIC FLEXIBILITY

## Alternating Standing Knee Raises



Inhale and lift left knee while squeezing lower abs (as shown). Exhale and return to starting position. Repeat with right leg

**Goal:** 10 reps per side

**Modification:** Modify range of motion

**Challenge:** Do without holding on to chair

## Standing Ankle Circles



Stand on right foot while lifting left foot. Turn ankle in circular motion clockwise (as shown). Then, turn ankle in a circular motion counter-clockwise. Repeat with right ankle

**Goal:** 5 circles each direction, 2 times

**Modification:** Modify range of motion

**Challenge:** Do 5 additional circles per ankle

# DYNAMIC FLEXIBILITY

## Squats (45-Degree)



Stand with feet shoulder-width apart and with shoulders back and down. Inhale and squat down, as if you were about to sit in a chair at a 45-degree angle (as shown). Keep back and shoulders straight. Exhale and return to starting position

**Goal:** 10-15 reps

**Modification:** Bend to 30-degree angle; Only go as far down as you're able while still maintaining balance

**Challenge:** Maintain steady balance during downward and upward motion without holding onto chair

## Bodyweight Deadlifts



Stand upright with abs engaged, shoulders back and one hand on chair. Look straight ahead, keeping back flat, inhale

**Goal:** 10-15 reps

**Modifications:** Fingertips halfway down thighs or until you feel a stretch in your hamstrings

**Challenge:** Maintain balance without holding onto a chair

# CIRCUIT ONE

## Chair Squat



Sit in a chair with shoulders back and down, feet shoulder-width apart, knees and ankles in line (as shown). Inhale and stand up keeping knees in line with ankles, driving weight into heels. Exhale and sit back down

**Goal:** 10-15 reps

**Modifications:** 45-degree squat; Gently rest hands on thighs

**Challenge:** Do 5 additional reps, contracting abs and glutes during exercise

## Single-Arm Bicep Curls to Single-Arm Shoulder Press



Feet shoulder-width apart, palms facing forward. Exhale, bend elbow, curl arm toward shoulder (as shown). Lift arm upright past ears and above head

**Goal:** 10-15 reps per side

**Modifications:** Only do bicep curl or shoulder press

**Challenges:** Lift one leg up, do not hold onto chair; Use weights

# CIRCUIT ONE

## Deadlift to an Upright Row



Feet shoulder-width apart and palms facing your body. Bend at waist letting free hand hang to the floor. Raise body back to start using your hamstrings and glutes. Lift hand by raising elbow to your chest (as shown)

**Goal:** 10-15 reps per side

**Modification:** Only do deadlift or upright row; Vary range of motion

**Challenge:** Incorporate light weights; Place one toe behind you

## Bent-Over Row to Tricep Kickback



Left hand on arm of a chair, right arm at your side. Bend at waist, keeping back straight. Raise right arm by squeezing your shoulder blades together. Keep upper arm still, lift hand until its extended straight back

**Goal:** 10-15 reps

**Modification:** Do fewer reps, remembering to maintain good form

**Challenge:** Incorporate light hand weights

# CIRCUIT TWO

## Back Lunges



While holding onto chair, step back with right foot and bend left knee. Lower your body until left thigh is parallel to the floor, while keeping torso upright (as shown). Make sure knee is behind your toes. Return to starting position and repeat with alternate leg

**Goal:** 10 reps per side

**Modification:** Go halfway down with lunge

**Challenge:** Bend both knees so that front leg is at a 90-degree angle

## Plank on Hands and Knees



Lay facing down with hands and wrists underneath shoulders. Keep abs tight. Push with arms upward into a 45-degree angle (as shown)

**Goal:** Hold for 6 breaths; 10-15 reps

**Modification:** Build up to 10-15 reps while holding position for 6 breaths

**Challenge:** Straighten one or both legs and up onto toes

# CIRCUIT TWO

## Seated V-Sit on the Floor



While sitting down, contract abs, lift legs and lean back so your body makes a V-shaped position (as shown). Pull knees toward chest while

reaching forward with hands

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**Goal:** 10-15 reps

**Modifications:** Keep heels on ground; Modify range of motion

**Challenge:** Straighten knees back further

## Seated V-Sit with a Core Twist



While sitting down, lift legs and lean back so your body makes a V-shaped position, while holding hands in. Twist from side to side (as shown)

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**Goal:** 10-15 reps

**Modification:** Sit all the way upright

**Challenge:** Hold weight between hands; Lift one leg up at a time

# CIRCUIT THREE

## Modified Side Plank with Legs Bent



While sitting, lay down, turning body sideways and resting on elbows. Bend knees and inhale, lifting body upwards (as shown). Exhale and

return to starting position. Repeat on alternate side

**Goal:** Hold for 6 breaths; 10-15 reps per side

**Modifications:** Do fewer reps; Visualize lifting body

**Challenge:** Straighten one or both legs

## Upper-Body Crunches



Lay flat, facing up, with knees bent at a 45-degree angle, arms flat, and palms facing down. Slide hands towards feet, inhale and lift head into

a crunch position (as shown). Exhale and return to starting position

**Goal:** 10-15 reps

**Modifications:** Do fewer reps; Modify range of motion; Visualize reaching forward with hands

**Challenge:** Raise feet so knees are at a 90-degree angle

# CIRCUIT THREE

## Lower-Body Crunches



Lay flat, facing up, with knees bent at a 45-degree angle, arms flat, and palms facing down. Lift knees up, so your legs make a

90-degree angle (as shown). Inhale and lower bent legs until feet are just above floor. Hold for 2 breaths. Exhale and return to starting position

**Goal:** 10-15 reps

**Modification:** Do fewer reps

**Challenge:** Perform same exercise with straight legs

## Glute Hip Lifts



Lay flat, facing up, with knees bent at a 45-degree angle, arms flat, and palms facing down. Lift hips into air, squeezing glutes,

keeping abs tight (as shown). Hold for 3 breaths and return to starting position

**Goal:** 10-15 reps

**Modifications:** Modify range of motion; Visualize lifting hips; Do fewer reps

**Challenge:** Lift one leg into air

# CIRCUIT THREE

## Superman



Lay flat on stomach with arms stretched out in front of your body. Lift arms and legs off ground (as shown). Hold for 2 breaths with abs tight,

and return to starting position

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**Goal:** Hold for 2 breaths; 10 reps

**Modification:** Lift opposite arm and leg, alternate sides

**Challenge:** Hold for 6 breaths

## Child's Pose



Sit on knees. Stretch body forward with palms extending to the floor, head down. Stretch back with lumbar extenders (as shown)

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**Goal:** Hold for 3 breaths

**Modifications:** Modify range of motion; Visualize reaching forward

**Challenge:** Hold for 10 breaths

# COOL DOWN & STRETCH

## Runner's Lunge with a Reach



Stand up straight, shoulders back and down, engaging core. Step forward with right foot. Bring right hand down towards the floor,

and raise left hand up towards the sky (as shown). Arms should be at an 180-degree angle

**Goal:** Hold for 3 breaths per side

**Modification:** Modify range of motion

**Challenge:** Hold for 10 breaths per side

## Hamstring Stretch



Sit up on floor, stretch out left leg, and tuck right leg into body. Reach with left arm towards left foot (as shown). Repeat stretch with right leg

**Goal:** Hold for 3 breaths per side

**Modification:** Reach as far as you can towards your foot

**Challenge:** Reach your nose towards your knee

# COOL DOWN & STRETCH

## IT Band and Gluteal Stretch



Lay flat on back, body facing upward, knees bent at a 45-degree angle, feet on floor. Cross left foot over right knee. Reach between legs and

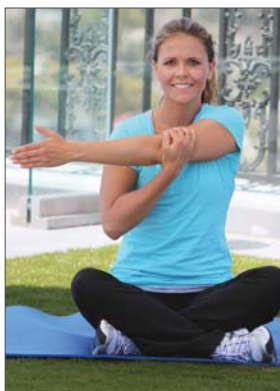
grasp right thigh. Gently pull toward you (as shown). Repeat with left leg

**Goal:** Hold for 3 breaths per side

**Modification:** Modify range of motion

**Challenge:** Stretch further by bringing bent leg closer to chest

## Rear Deltoid and Shoulder Stretch



Sit on the floor, shoulders back and down. Bring left arm over chest and place right arm underneath left arm. Gently pull left arm against chest; hold for 3 breaths (as shown). Repeat with right arm

**Goal:** Hold for 3 breaths per side

**Modification:** Modify range of motion

**Challenge:** Stretch further by pulling raised arm further around body

# COOL DOWN & STRETCH

## Seated Overhead Tricep Stretch



Bend left arm at elbow, lift arm next to your head and hand straight down. Place right arm over head, using your right hand to support your left elbow. Reach toward shoulder blade area with left fingers (as shown). Repeat stretch with right arm

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**Goal:** Hold for 3 breaths per side

**Modification:** Reach as far as you're able

**Challenge:** Reach lower hand further down back

## Chest and Bicep Stretch



Stand up straight, shoulders back and down, engage core. Pull arms behind body and clasp hands together (as shown). Stretch arms upward

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**Goal:** Hold for 3 breaths

**Modification:** Modify range of motion

**Challenge:** Raise arms further upward

# COOL DOWN & STRETCH

## Neck and Traps



Sit on the floor, shoulders back and down. Put left arm on head, elbow bent. Pull head outward, stretching neck (as shown). Repeat stretch with right arm

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**Goal:** Hold for 3 breaths per side

**Modifications:** Modify range of motion; Visualize stretch

**Challenge:** Stretch neck further towards shoulder

## Achilles Stretch-Gastroc and Soleus



Stand up straight, facing a wall. Lunge left leg slightly forward and push into wall, keeping heel down on floor (as shown). Repeat with right leg

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**Goal:** Hold for 3 breaths per side

**Modification:** Take smaller backward step

**Challenge:** Take larger backward step with back leg



## MAXIMIZE WORKOUT

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For days where you want to **challenge** yourself physically. All exercises are performed **standing up**, and **combine strength** and **resistance training**. Most exercises **use light weights**.

# DYNAMIC FLEXIBILITY

## Scapular Squeezes



Stand up straight, shoulder blades back and down, engaging core. Inhale while squeezing shoulder blades together. While tight, drop shoulders down and exhale (as shown). Hold for 3 breaths and release

**Goal:** 10-15 reps

**Modification:** Modify range of motion

**Challenge:** Do 20 reps

## Standing Knee Raises



Lift right leg and knee towards body using arms and lower abdominal muscles (as shown). Take a deep breath. Exhale and bring leg down. Repeat with left leg

**Goal:** 10 reps per side

**Modification:** Modify range of motion

**Challenge:** Bring knee closer to body; Hold for 3-5 breaths

# DYNAMIC FLEXIBILITY

## Standing Ankle Circles



Stand on left leg, lift right foot. Turn ankle in circular motion clockwise (as shown). Then, turn ankle in a circular motion counter-clockwise. Repeat with left ankle

**Goal:** 5-10 circles each direction, 2 times per side

**Modifications:** Rest toe on floor for additional balance support

**Challenge:** Do 5 additional circles each direction

## Squats with Arm Raises



Feet shoulder-width apart, shoulders back and down. Inhale and squat down while raising your arms, as if you were about to sit in a chair at a 45-degree angle (as shown). Keep back and shoulders straight. Exhale and return to starting position

**Goal:** 10-15 reps

**Modifications:** Modify range of motion; Do fewer reps

**Challenge:** Do 5 additional reps

# DYNAMIC FLEXIBILITY

## Bodyweight Deadlifts



Feet shoulder-width apart and palms facing your body. Inhale, bend at waist, run fingertips down thighs until you feel hamstring stretch (as shown). Exhale and come up squeezing glutes and abs. Return to resting position

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**Goal:** 10-15 reps

**Modifications:** Do 10 reps or hold onto chair when going down

**Challenge:** Do 5 additional reps

# CIRCUIT ONE

## Squat to Bicep Curl to Shoulder Press



Hold a light weight in each hand, palms facing forward. Exhale, bend elbows, curl arms toward body, while squatting down as if sitting on a chair. Keep back and shoulders straight. Stand and raise arms, upward past ears and above head (as shown)

**Goal:** 10-15 reps

**Modifications:** Perform exercise without weights

**Challenge:** Do 5 additional reps or use heavier weights

## Overhead Tricep Extension



Hold a weight in each hand and raise arms over head with palms facing forward. Bend arms at 90-degree angle so hands are behind your head (as shown). Raise hands to starting position while keeping your elbows steady

**Goal:** 10-15 reps

**Modifications:** Perform exercise without weights or hold one weight with both hands

**Challenge:** Increase weight

# CIRCUIT ONE

## Deadlift to Upright Row



Feet shoulder-width apart, holding a weight in each hand so that your palms face your body. Bend at waist letting hands hang toward the floor. Raise body back to start using your hamstrings and glutes. Lift hands by raising elbow to your chest (as shown)

**Goal:** 10-15 reps

**Modifications:** Perform exercise without weights

**Challenge:** Do 5 additional reps or use heavier weights

## Bent-Over Row to Tricep Kickback



Bend at waist, keeping back straight. Hold light weight in right hand and place your left hand on your left knee for support. Raise your right arm by squeezing your shoulder blades together (as shown). Keep upper arm still, lift hand until its extended straight back

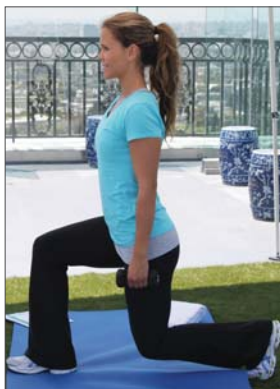
**Goal:** 10-15 reps per side

**Modifications:** Perform exercise without weights

**Challenge:** Do 5 additional reps or use heavier weights

# CIRCUIT TWO

## Back Lunges



Hold a light weight in each hand. Step back with left foot and bend right knee. Lower your body until right thigh is parallel to the floor, while keeping torso upright (as shown). Make sure right knee is behind right toes. Return to starting position and complete with alternate leg

**Goal:** 10-15 reps per side

**Modifications:** Perform exercise without weights

**Challenge:** Do 5 additional reps or use heavier weights

## Seated V-Sit with Bicep Curl to a Chest Press



While sitting, lift legs and lean back so your body makes a V-shaped position. Holding two light weights in hands, lift arms upward (as shown). Hold and return to resting position

**Goal:** 10-15 reps

**Modifications:** Keep heels on ground; Perform without weights

**Challenge:** Straighten legs

# CIRCUIT TWO

## Seated V-Sit with Dumbbell Core Twist



While sitting down, lift legs and lean back so your body makes a V-shaped position, holding a light weight with both hands. Rotate

weight side-to-side (as shown)

**Goal:** 10-15 reps

**Modifications:** Keep heels on ground; Perform without weights

**Challenge:** Straighten legs

## Plank on Hands



Lay facing down with hand and wrist underneath shoulders. Keep abs tight. Push with arms upward into a 45-degree angle

**Goal:** Hold for 6 breaths

**Modification:** Keep knees on ground

**Challenge:** Hold for 10-15 breaths

## CIRCUIT THREE

### Side Plank with Bent Knees with Rear Deltoid Fly



Lay down on right side. Turn body sideways and support weight on your right elbow. Bend knees and inhale, lifting body upwards. Raise left hand

with dumbbell (as shown). Hold for 3 breaths and exhale; return to starting position

**Goal:** 10-15 reps per side

**Modification:** Perform without weights

**Challenge:** Straighten legs

### Tricep Push-Up to Upward Dog



Start in plank position with hands shoulder-width apart (as shown). Lower upper body toward the floor, keep your upper arms parallel

to your sides and elbows pointing straight back. Hold for 2 breaths and raise back up to start

**Goal:** 10-15 reps

**Modifications:** Keep knees on ground

**Challenge:** Do 5 additional reps

# CIRCUIT THREE

## Plank on the Forearms



Lay facing down with hands and wrists underneath shoulders. Keep abs tight. Push upwards keeping wrists and elbows on the

ground (as shown). Hold for 6 breaths

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**Goal:** 6 breaths

**Modifications:** Keep knees on ground

**Challenge:** Hold for 10-15 breaths

# CIRCUIT FOUR

## Sliding-Hand Crunches



Lay flat, facing up, with knees bent at a 45-degree angle, arms flat, and palms facing down. Slide hands towards feet, inhale and lift head into a crunch position (as shown). Exhale and return to starting position

**Goal:** 10-15 reps

**Modification:** Modify range of motion

**Challenge:** Bend knees so legs are at a 90-degree angle

## Lower-Body Crunches



Lay flat, facing up, with knees bent at a 45-degree angle, arms flat, and palms facing down. Lift straight legs without bending knees (as shown). Inhale and lower legs so heels are just above floor. Hold for 2 breaths. Exhale and return to starting position

**Goal:** 10-15 reps

**Modifications:** Legs bent at a 90-degree angle

**Challenge:** Do 5 additional reps

# CIRCUIT FOUR

## Both-Side Crunches



Raise legs to a 90-degree angle. Lower legs to floor and lift shoulder blades off ground simultaneously (as shown). Hold for 2 breaths

**Goal:** 10-15 reps

**Modifications:** Keep heels on floor

**Challenge:** Straighten legs

## Bicycle Crunches



Start with legs at a 90-degree angle. Lift shoulder blades off ground. Bring opposite shoulder to opposite knee (as shown). Hold for

one breath. Alternate with other side

**Goal:** 10-15 reps

**Modification:** Do fewer reps

**Challenge:** Do 5 additional reps

# CIRCUIT FOUR

## Glute Hip Lifts with One Leg Flexed in the Air



Lying on your back, with your legs bent and your heels on the ground, lift your hips into the air, driving your weight into your heels. Straighten shoulders through knees.

Lift one leg flexed into the air (as shown). Hold for 2 breaths. Alternate legs

**Goal:** 10-15 reps

**Modification:** Modify range of motion

**Challenge:** Do 5 additional reps

## Glute Hip Lift March



Lay flat, facing up, with knees bent at a 45-degree angle, arms flat, and palms facing down. Lift hips into air, squeezing glutes and

keeping abs tight (as shown). Hold for 2 breaths and return to starting position

**Goal:** 10-15 reps

**Modification:** Do fewer reps to maintain your form

**Challenge:** Hold for 3-5 breaths

## CIRCUIT FOUR

### Quadruped Lift for the Lower Back and Balance – “Bird/Dog”



Go down on hands and knees. Inhale and lift up opposite arm and leg so they are at a 180-degree angle (as shown). Hold for 2 breaths, exhale and

return to starting position. Repeat with alternate arm and leg

**Goal:** 10-15 reps

**Modifications:** Only lift arm or only lift leg

**Challenge:** Use light hand weight

### Child's Pose



Sit on knees. Stretch body forward with palms extending to the floor, head down. Stretch back with lumbar extenders (as shown)

**Goal:** Hold for 6 breaths

**Modification:** Bend at hips as far as you're able

**Challenge:** Reach hands further forward

# COOL DOWN & STRETCH

## Runner's Lunge with a Reach



Stand up straight, shoulders back and down, engage core. Step forward with right foot. Bring right hand down towards the floor, and raise left hand up

towards the sky (as shown). Arms should be at a 180-degree angle

**Goal:** Hold for 3 breaths per side

**Modification:** Modify range of motion

**Challenge:** Hold for 10 breaths per side

## Hamstring Stretch



Sit up on floor, stretch out left leg, and fold right foot into body. Reach with left arm towards left foot (as shown). Repeat stretch with right leg

**Goal:** Hold for 3 breaths per side

**Modification:** Reach as far as you can towards your foot

**Challenge:** Reach your nose towards your knee

# COOL DOWN & STRETCH

## Laying Gluteal Stretch



Lay flat on back, body facing upward, knees bent at a 45-degree angle, feet on floor. Cross right foot over your left knee. Reach

between legs and grasp left thigh. Gently pull toward you (as shown). Repeat with left leg

**Goal:** Hold for 3 breaths per side

**Modification:** Modify range of motion

**Challenge:** Hold for 10 breaths per side; Stretch further by bringing bent leg closer to chest

## Achilles Stretch – Gastroc and Soleus



Stand up straight, facing a wall. Step right leg back, push weight into hands on wall. Keep your right heel on floor (as shown). Repeat with left leg

**Goal:** Hold for 3 breaths per side

**Modification:** Take smaller step backward

**Challenge:** Take a larger backward step with back leg

# COOL DOWN & STRETCH

## Quad Stretch



Stand up straight, facing a wall. Place left hand on wall for balance. Lift right leg. Hold right foot and pull toe up toward back (as shown). Repeat with left leg

**Goal:** Hold for 3 breaths per side

**Modification:** Modify range of motion

**Challenge:** Don't use wall

## IT Band Stretch



Stand up straight, facing a wall. Lean arm on wall for balance. Rock hip to the right and cross the other leg (as shown). Lean into the stretch while maintaining posture

**Goal:** Hold for 3 breaths per side

**Modification:** Modify range of motion

**Challenge:** Hold for 10 breaths per side

# COOL DOWN & STRETCH

## Lower Back Bend Over



Stand up straight, with abs engaged, shoulders back and down. Drape torso over knees. Elongate back (as shown)

**Goal:** Hold for 3 breaths

**Modification:** Modify range of motion

**Challenge:** Rotate from one side to the other, maintaining bend in back

## Chest and Bicep Stretch



Stand up straight, shoulders back and down, engage core. Pull arms behind body and clasp hands together (as shown). Stretch arms upwards

**Goal:** Hold for 3 breaths

**Modification:** Modify range of motion

**Challenge:** Raise arms further upward

# COOL DOWN & STRETCH

## Rear Deltoid and Shoulder Stretch



Stand up straight, shoulders back and down. Bring left arm over chest and place right arm underneath left arm. Gently pull left arm against chest; hold for 3 breaths (as shown). Repeat with right arm

**Goal:** Hold for 3 breaths per side

**Modification:** Modify range of motion

**Challenge:** Stretch further by pulling raised arm further around body

## Overhead Tricep Stretch



Bend left arm at elbow, lift arm next to your head and hand straight down. Place right arm over head, using your right hand to support your left elbow. Reach toward shoulder blade area with left fingers (as shown). Repeat stretch with right arm

**Goal:** Hold for 3 breaths per side

**Modification:** Reach as far as you're able

**Challenge:** Reach lower hand further down back

# FITNESS WITH KATRINA DVD

## EXERCISE INSTRUCTIONS BOOKLET

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This booklet provides instructions on how to perform the exercises featured in the *Fitness with Katrina* DVD, and is intended to be used as a guide while following along with the DVD. It can also be used to guide your workout when you don't have access to a DVD, like when performing exercises in a pool. The MS Active Wellness fitness program is designed to be accessible to almost anyone with multiple sclerosis. The key is to listen to your body and to pace yourself according to how you feel each day.

This booklet shows how you can adapt your workout to fit your needs and help manage the symptoms that most affect you. Start where you feel comfortable and progress at your own pace. And remember, you can pause the DVD at anytime to have a drink of water, review how to perform each exercise, and check your heart rate or rest when needed.

To download additional copies of this booklet and for more information about the workouts and the participants visit [www.MSActiveWellness.com](http://www.MSActiveWellness.com).