

**1****Airbench**

**prepared for Testpeople Workshop**



Hold this eCise for 02 min.

**Instructions:**

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight.
2. Walk your feet away from the wall while sliding your body down at the same time.
  - You will be "seated" in an invisible chair, with your knees bent to 105 degrees.
  - Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees.
  - Your lower back should be completely flat against the wall.
  - Your arms can hang down to your sides, or rest your hands gently on your lap.
3. Hold as directed on your menu
  - Keep the weight in your heels, do not press forward on your toes
4. DO NOT DO THIS E-CISE IN SOCKS!
5. DO THIS EXERCISE IN ATHLETIC SHOES OR ON A YOGA MAT!

# 1

## Airbench

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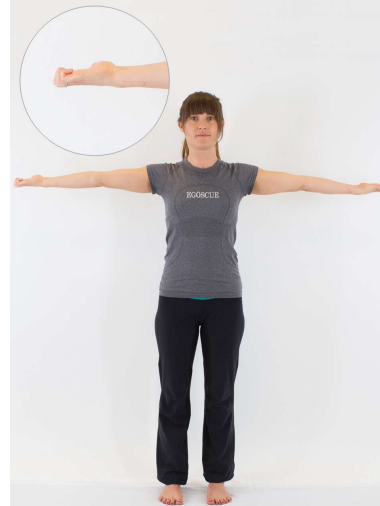
### Fun Facts:

- A key component in walking is Quad strength. In this E-cise we are increasing the strength of this muscle group.

## 2

## Standing Arm Circles

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Repeat this eCise 40 times

### Instructions:

1. Stand with your feet pointed straight and hip-width apart.
2. Place your finger tips into the pad of each hand and point your thumbs straight out.
  - This is referred to as golfers's grip and maintaining this hand position is important for the exercise to be done correctly.
3. Pull your shoulders back by squeezing your shoulder blades together and down, then bring your arms out straight from your sides up to shoulder level.
4. With palms facing down and thumbs pointing straight forward rotate your hands up and forward in approx. 6 inch circles and continue as directed.
5. Then reverse direction: palms should now face up, with thumbs pointed straight backward. Rotate your hands up and backward, continue as directed.

### Fun Facts:

This exercise promotes bilateral lumbar function through thoracic stabilization.

### 3

## Sitting Overhead Extension

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Hold this eCise for 01 min.

### Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Roll your hips forward to place an arch in your low back.
3. Interlace your fingers together and reach your arms overhead, pressing your hands to the ceiling with palms up.
4. Look up toward your hands and keep your arms straight, do not bend at the elbow.
5. Hold as directed on your menu.

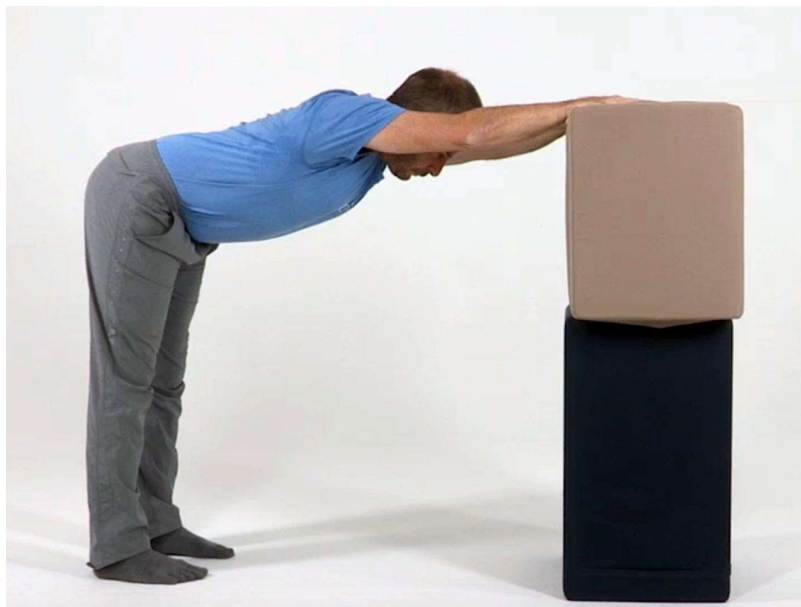
### Fun Facts:

This exercise promotes bilateral pelvic extension and encourages proper function of the upper body in relation to the lower body

## 4

### Counter Stretch

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Hold this eCise for 01 min.

#### Instructions:

1. Stand facing a table or counter that is about waist high
  - The table/counter can be lower than your waist if you are more advanced, higher if you are just starting
  - Keep your feet pointed straight and place your hands on the table/counter you are facing
2. Walk your feet back so that your weight is in your toes
  - Keep the hips, knees and feet in alignment
3. Kick your buttocks/hips back to place an arch in your lower back
  - Keep your elbows locked out and tighten your quads
4. Hold as directed on your menu

#### Notes:

- The key is to keep your hips tilted forward, and continue attempting to place an arch in your lower back throughout the e-cise

## 4

### Counter Stretch

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#### **Fun Facts:**

- Most of our everyday movements, such as driving and typing, do not require us to extend our arms straight. This E-cise will keep you functional by introducing and maintaining movements that are not typical in your daily life.