

# Unlock Your Health Journey: The Home Exercise Guide Pre & Post Rehab and Nutrition

## HOME GYM EXERCISES

### SHOULDER PRESS

- Adjust handles so both hands are at ear level.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

**FRONT DELTOID RAISE**

- Stand with feet hip-width apart, knees slightly bent.
- Grasp handles with one or two hands, light weight, slight swing down.
- Stand with feet hip-width apart, knees slightly bent.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

**Anterior**      **Posterior**

### STANDING BICE RAISE

- Stand with feet hip-width apart, knees slightly bent.
- Grasp handles with right hand, palm facing forward.
- Stand with feet hip-width apart, knees slightly bent.
- Shoulder height, keep elbow slightly bent.
- Pause, slowly return to start.

Note: Avoid letting metal plates touch between repetitions.

### BENCH PRESS

- Adjusting on the handle and/or your elbows will adjust the angle of your elbows (horizontal or vertical) or the angle of the handle (vertical or horizontal).
- Stand with feet hip-width apart, knees slightly bent.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

### LAT PULLDOWN WIDE GRIP

- Stand with feet hip-width apart, knees slightly bent.
- Grasp the handles with both hands, palms facing up, arms slightly bent and palms down.
- Lower body slightly, slowly pull bar down using only your upper body.
- Pause, slowly return to start.

### MID ROW

- Stand with feet hip-width apart, knees slightly bent.
- Place chair on backrest, grip handles.
- Stand with feet hip-width apart, knees slightly bent.
- Pause, slowly return to start.

### LOW ROW

- Stand with feet hip-width apart, knees slightly bent.
- Place chair on backrest, grip handles.
- Stand with feet hip-width apart, knees slightly bent.
- Pause, slowly return to start.

### TRICEP PULLDOWN

- Stand with feet hip-width apart, knees slightly bent.
- Grasp handles with one or two hands, light weight, slight swing down.
- Stand with feet hip-width apart, knees slightly bent.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

### STANDING BICEP CURL

- Stand with feet hip-width apart, knees slightly bent.
- Grasp handles with one or two hands, light weight, slight swing down.
- Stand with feet hip-width apart, knees slightly bent.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

### PREACHER CURL

- Stand with feet hip-width apart, knees slightly bent.
- Grasp handles with both hands, palms up, arms slightly bent.
- Stand with feet hip-width apart, knees slightly bent.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

### CRUNCH

- Stand with feet hip-width apart, knees slightly bent.
- Grasp handles with both hands, palms up, arms slightly bent.
- Stand with feet hip-width apart, knees slightly bent.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

### KNEE EXTENSION

- Adjust seat so the handle of your knees touch seat's edge and backrest are in front of ankles.
- Stand with feet hip-width apart, knees slightly bent.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

### STANDING LEG CURL

- Stand with feet hip-width apart, knees slightly bent.
- Grasp handles with both hands, palms up, arms slightly bent.
- Stand with feet hip-width apart, knees slightly bent.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

### LEG PRESS

- Adjust seat, and knees are bent at 90 degrees and feet are shoulder width apart on the foot plate.
- Stand with feet hip-width apart, knees slightly bent.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

### STANDING CALF RAISE

- Stand with feet hip-width apart, knees slightly bent.
- Grasp handles with both hands, palms up, arms slightly bent.
- Stand with feet hip-width apart, knees slightly bent.
- Push handles up, do not look off to the side of the motion.
- Pause, slowly return to start.

**Safety Rules:**

- Handle properly, do not use as a weapon or throw an object.
- Use proper form and technique.
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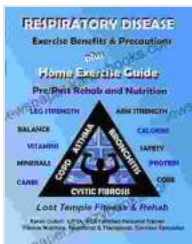
[www.productivefitness.com](http://www.productivefitness.com)

Embark on a transformative health journey with "Home Exercise Guide Pre & Post Rehab and Nutrition," your comprehensive companion for post-

rehabilitation recovery and optimal well-being. Discover the secrets to restoring your body, reclaiming your vitality, and nourishing it from the inside out.

## Pre-Rehabilitation Exercises: Preparing Your Body

Before undergoing rehabilitation, it's crucial to prepare your body for the healing process. This guide provides a tailored exercise regimen designed to:



### Respiratory Disease: Exercise Benefits & Precautions: Lost Temple Fitness: Home Exercise Guide, Pre/Post Rehab and Nutrition by Karen Cutler

★★★★☆ 4.8 out of 5

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Lending : Enabled



- Improve flexibility and range of motion
- Strengthen muscles
- Enhance balance and coordination
- Reduce pain and inflammation

Follow these循序渐进的 exercises to prepare your body for a successful rehabilitation journey.

## **Post-Rehabilitation Exercises: Restoring Your Body**

After rehabilitation, it's time to regain your strength and mobility. Our guide offers a comprehensive program that addresses common post-rehab challenges, such as:

- Muscle weakness
- Joint stiffness
- Reduced balance and coordination
- Pain and discomfort

These exercises are designed to:

- Restore muscle function
- Increase joint mobility
- Improve balance and coordination
- Reduce pain and inflammation

With consistency and dedication, you'll gradually regain your strength, function, and overall well-being.

## **Nutrition: Fueling Your Recovery**

Nutrition plays a pivotal role in your recovery. This guide provides a detailed nutritional plan that includes:

- Optimal macronutrient ratios
- Recommended calorie intake

- Essential vitamins and minerals
- Hydration guidelines

Our plan is tailored to support:

- Muscle recovery
- Tissue repair
- Reduced inflammation
- Boosted immunity

Nourish your body with the right nutrients to accelerate your recovery and regain your vitality.

### **Additional Features**

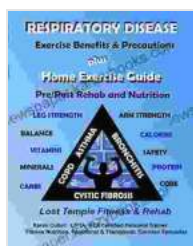
- **Clear instructions and illustrations:** Step-by-step guidance and visually appealing illustrations make it easy to perform exercises correctly.
- **Progress tracking:** Track your progress and stay motivated with printable progress charts.
- **Expert advice:** Tips, insights, and valuable advice from experienced healthcare professionals.
- **Printable resources:** Downloadable worksheets, exercises sheets, and nutritional guides for your convenience.

**Empower Your Health Today**

"Home Exercise Guide Pre & Post Rehab and Nutrition" is your ultimate companion for a successful rehabilitation and a healthier, more fulfilling life. Whether you're recovering from an injury or simply looking to improve your overall well-being, this guide provides the knowledge, tools, and support you need to:

- Restore your physical function
- Enhance your mobility
- Nourish your body from within
- Live an active and fulfilling life

Take the first step towards your health journey today and Free Download your copy of "Home Exercise Guide Pre & Post Rehab and Nutrition." Embrace the power of rehabilitation and nutrition to unlock your full potential and live a life of optimal health and vitality.



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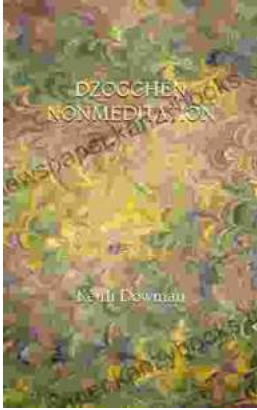
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