

Progress Charts

These charts are meant to help you to keep track of the exercises as you complete them. They will help you to remember as there are too many to memorize. They are here for your reference especially when you are in the learning phase of the program.

Consider them 'completed' when you no longer find them difficult to perform and when you can perform them at length. The length refers to the number of repetitions and duration of time. There is no standard for number of repetitions and no fixed maximum time. The standard is your individual level of comfort. You can challenge yourself with your own length designations for the program.

The Maintenance Exercises chart has extra rows in which you can add your own exercises if preferred.

Limited Mobility Exercises	Difficult	Difficult to Moderate	Moderate	Moderate to Easy	Easy
Deep Squat Rest					
Kneeling Bow Rest					
Seated Leg Opener					
Seated Leg Rotation (assisted)					
Seated Twist (assisted)					
Seated Lunge					
Leg Stretch (hamstrings and quads)					
Calf Stretch					
Hangs and Pushes					
Lying Twist					
Abdominal Crunch					
Quadriiceps Stretch					
Seated Knee Raise					

Progressive Exercises	Difficult	Difficult to Moderate	Moderate	Moderate to Easy	Easy
Seated Hip Adjustment (assisted)					
Seated and Floor Hip Shift					
Seated Leg Rotation (assisted with contraction)					
Seated Leg Cross with Forward Lean					
Floor Leg Bend and Shift					
Seated Leg to Chest					
Leaning Hip Shift					
Rail Squat (assisted)					
Seated Hamstring Stretch (in and out)					
Stair Step (up and down)					
Reverse Stair Squat Lean					
Hip Opener (inside and outside)					
Seated Calf Stretch					
Double Leg Rotation					
Deep Abdominal Crunch (leg raised)					
Plank with Steps					
Couch Split					
Outside Hip Stretch					
Standing Abdominal					

Challenging Exercises	Difficult	Difficult to Moderate	Moderate	Moderate to Easy	Easy
Seated Leg Lift (multidirectional)					
Advanced Hamstring Stretch (ankle and floor)					
Squat (holds, leans, circles, steps, walks)					
Lunge with Reverse Kneel					
Reverse Lunge					
Reverse Stair Step					
Sanding Knee to Chest (upright and leaning)					
Standing Hip Shift (leaning and bent knee)					
Forward Stair Step with Hip Shift (assisted 2 riser)					
Standing Leg Raise with Side Kick					
Leg Flex (rail or counter)					
Foot Raise (lean and bend)					
Abdominal Leg Press					

Maintenance Exercises	Difficult	Difficult to Moderate	Moderate	Moderate to Easy	Easy
Squat (walks)					
Abdominal Leg Press					
Seated Leg Rotation					
Standing Abdominals					
Plank with Steps					
Lunge with Reverse Kneel					
Foot Raise (leaning and bent knee)					
Advanced Hamstring Stretch					
Forward Stair Step with Hip Shift (2 riser)					
Reverse Lunge					
Seated Twist (unassisted)					