

Appendix 5: Exercise Progressions & Regression, Client Operations

sTable 10: Example of Progressing and Regressing SHOW ME for Bone Health

Body Location	Level 3	Progression (L 4-5)	Regression (L 1-2)	F.I.T.
Spine	Toe Touches 1 legged burpees	Dead lifts or Burpees Hip hip hooray jumps Inch Worms	Bird dogs Hip hinges <i>Head, shoulders, hips & knees...</i>	2x/day 4 day/wk 10-30 rep/session
Hip/ Lower	Body Weight Squat Side steps- BWt	Jump squat Box jumps Side lunges-alt	Hand on Knee squats Chair sits and ups	2x/day 4 day/wk 10-30 rep/session
Wrist/ Upper	Ball squeeze Planks- incline	Medicine Ball catches Push ups- flat or incline Planks- challenged "	Can of food, Dbs wrist curl/ext/lat deviations	2x/day 4 day/wk 10-30 rep/session
Multiplanar	Touch opposite foot, windmills	Lunge with elbow to knee, skaters w/ toe touch, 180 jumps	Windshield wipers with wts, point in- elbow flx, pt out- ext	Hay bailers or chops with lunge or not
Eccentric	Power cleans Fast 3-pt toe touch			

Table 11: Example of Exercise Progressions Using 3 levels

Exercise	1	2	3
Walk	Walk	Bounce Walk	Jog in place- or slow
Bend over	Hip hinge	Dead lift	Dead lift- Jump
Push Up/Away	Wall Push	Bench Push Up	Bench Push Up & Away
Twister	Twist w/ elbows in	Partial Windmill	Windmill or Chop
Lunge	Partial Lunge	Lunge Walk	Lunge with a twist
Medicine Ball pass	Medicine ball hand off	MB Push	MB Launch and catch
Step Down	Asstd slow- step down	Step down 1 leg	Jump down 2 legs
Side step	Stepping sideways easy	Fast Side step	Skaters w/ arms and not
Overhead	Overhead arm raise	Weighted overhead	Overhead MB SquatnToss
Burpee	One leg burpee- slow	Inclined 2 leg burpee	Standard burpee w jump
Lat pull down	Wt machine easy	Wt machine	Hang or pull up- jerk up
Get out of Chair	Armed chair get ups	No arm chair fast	Low chair/bench fast



Figure 21: Order of Operations in Client matters