

Example Template for Group Exercise in a Rehab Setting

Warm Up (5 Minutes)

Exercise:	Duration:	Modifier:	Plane of Motion:
Inch Worm	30 seconds	Bent knees and walk out half way and back in	Frontal
10 Seconds Rest			
High Knees	30 seconds	March in place	Sagittal
10 Seconds Rest			
Jumping Jacks	30 seconds	Lateral Step Outs	Frontal
10 Seconds Rest			
Alternating Low Lunge Twists	30 seconds	Rear Lunge with Side Rotation (with chair if needed)	Transverse
10 Seconds Rest			
Repeat			

1 Minute Rest

Workout (20 Minutes)

Core Component -

Exercise:	Duration:	Modifier:	Plane of Motion:
Russian Twists	30 seconds	Standing Twist to Opposite Knee Lift	Transverse
10 Seconds Rest			
Dead Bugs	30 seconds	Supine Knee Lifts	Sagittal
10 Seconds Rest			
Squirm Crunch	30 seconds	Standing Squirm	Frontal
10 Seconds Rest			
Bird Dogs	30 seconds	Both hands on ground and lift just the legs	Sagittal
10 Seconds Rest			
Repeat			

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1 Minute Rest

Lower Body Component (with or without dumbbells)-

Exercise:	Duration:	Modifier:	Plane of Motion:
Bridges	30 seconds	Sitting to standing in chair	Sagittal
10 Seconds Rest			
Standing Side Leg Lifts	30 seconds	Side leg lifts while holding onto a chair	Frontal
10 Seconds Rest			
1/4 Jump Turns	30 seconds	Turn Squats	Transverse
10 Seconds Rest			
Alternating Lunges	30 seconds	Shallow lunge holding onto chair	Sagittal
10 Seconds Rest			
Repeat			

1 Minute Rest

Upper Body Component (with or without dumbbells)-

Exercise:	Duration:	Modifier:	Plane of Motion:
Blackburn T	30 seconds	Standing Blackburn T	Transverse
10 Seconds Rest			
Lateral Raises	30 seconds	Lateral Raise without weights	Frontal
10 Seconds Rest			
Push-Up	30 seconds	Knee or Wall Push-Up	Transverse
10 Seconds Rest			
Front Raise	30 seconds	Front Raise without weights	Sagittal
10 Seconds Rest			
Repeat			

Example Template for Group Exercise in a Rehab Setting

1 Minute Rest

Cooldown (5 Minutes)

Stretch and hold for approx. 30 seconds each:

Arms	Biceps and Triceps
Shoulders	Deltoids and Scapula
Neck	Including Upper Traps
Legs	Quads, Hamstrings, Calves, Hip Flexors
Glutes	Including the TFL
Trunk	Obliques, Abs, Back, Lats

Music (i.e., Playlist)

Warm up:	Molly (Sponge) We Will Rock You (Queen) It's The End of the World as We Know It (REM) Smooth Criminal (Alien Antfarm) Insane in the Brain (Cypress Hill)
Workout:	Ballroom Blitz (Wayne's World Soundtrack) Heart Shaped Box (Nirvana) You Gotta Fight for Your Right (Beastie Boys) I Wanna Rock (Twisted Sister) T.N.T (AC/DC) Pour Some Sugar on Me (Def Leppard)
Cooldown:	Come Together (The Beatles)