

## **PRO CONDITIONING SOFTWARE REHABILITATION MODULE – EXERCISE LIST**

1. Abdominal Brace - Push Up - Kneeling
2. Abdominal Brace - Single Leg Extension - Knees Up
3. Abdominal Brace - Arms Overhead - Lying
4. Abdominal Brace - Single Leg Extension
5. Abdominal Brace - Leg Fall Out - Adductor Release
6. Abdominal Brace - Foot Slides
7. Abdominal Brace - Neutral Spine Setting
8. Abdominal Brace - Leg Lower - Figure 8
9. Abdominal Brace - Leg Curls - Alternate
10. Abdominal Brace - Alternate Leg Extensions - Arms Overhead
11. Abdominal Brace - Flutter Kick - Arms Overhead
12. Abdominal Brace - Back Dish
13. Abdominal Brace - Large Leg Circles
14. Abdominal Brace - Alternate Straight Leg Raises
15. Abdominal Crunch - Mini Curl Ups - Cross Legged
16. Abdominal Crunch - Mini Curl Ups - Legs Up
17. Abdominal Crunch - Alternate Heel Touches
18. Abdominal Curl Up - Straight Legs - Rotation
19. Abdominal Curl Up - Straight Legs
20. Abdominal Double Crunch - Rotation
21. Abdominal Double Crunch -
22. Alternate Back Slaps - Dynamic Stretch
23. Ankle & Knee Proprioception - Foot Touchdowns
24. Ankle Plantar Flexion - Swimmers Ankle Stretch
25. Arabesque - Touchdowns
26. Arabesque - Single Leg Quarter Squats
27. Arabesque - Torso Rotations
28. Arabesque Position - Hold
29. Back & Hip Extension - With Shoulder W Set
30. Back Extension - Front Dish
31. Back Extension - With Shoulder A Set
32. Back Extension & Rotation - Stability Ball
33. Band Walk - Forward - Stretch Cord
34. Band Walk - Sideways - Stretch Cord
35. Bodyblade® - Horizontal Movement
36. Bodyblade® - Elbow Bent - Lateral Raise
37. Bodyblade® - Front Raise
38. Bodyblade® - Arm By Side
39. Bodyblade® - Elbow Bent - Adduction
40. Bodyblade® - Elbow Bent - Abduction
41. Bodyblade® - Overhead
42. Bodyblade® - Front
43. Bodyblade® - Side
44. Bridge - On Wall With Rotation
45. Bridge - On Wall
46. Bridge - Single Leg - On Box
47. Bridge - One Foot on Stability Ball
48. Bridge - Feet on Stability Ball
49. Bridge & Hold - Alternate Leg Extensions
50. Chest Press – Adduction - Single Arm - Stretch Cord
51. Deadlift - Single Arm & Leg - Dumbbell
52. Deadlift With Rotation - Single Arm & Leg - Dumbbell

53. Diagonal Flutters - Stretch Cord
54. Elbow to Knee Crunch - Alternate Leg Extensions
55. Front Raise - Single Arm & Leg - Dumbbell
56. Front Raise - Medicine Ball - Lying Over Stability Ball
57. Glute Stretch - Seated
58. Glute Stretch - Seated - Overhead
59. Hanging Knee Raise - Twist - Medicine Ball
60. Hip Extension - Standing - Stability Ball
61. Hip Flexor Stretch - Hands on Floor
62. Hop, Turn & Stop - Trampoline
63. Knee & Hip Flexion - Standing
64. Knee Extension - Ankle Supported - Seated
65. Knee Extension - Knee Supported
66. Knee Extension - Thigh Supported - Seated
67. Knee Extension Stretch - Ankle Supported - Passive
68. Knee Flexion & Extension - Active Stretch
69. Knee Flexion Stretch - Assisted - On Chair
70. Knee Flexion Stretch - Assisted - Kneeling
71. Knee Flexion Stretch - Assisted
72. Kneeling Punches - Stretch Cord
73. Lateral Raise - Single Arm & Leg - Dumbbell
74. Latissimus Dorsi Stretch - Wall
75. Leg Curl - Drop & Catch - Eccentric
76. Leg Curl - Standing
77. Leg Curl - Seated With Stretch Cord
78. Lunge - Partial Range of Motion
79. Marching - On Mini Trampoline
80. Marching - High Knees
81. Mini Hops - Trampoline
82. Myofascial Release - Latissimus Dorsi
83. Myofascial Release - Pectoralis Minor
84. Neck Extensors - Hangs & Holds
85. Neck Flexors On Towel
86. Opposite Arm & Leg Extension - Kneeling
87. Pilates Hundreds
88. Piriformis Stretch
89. Plank - Hands & Heels
90. Plank - Forearms & One Heel
91. Plank - Hands & Heels - Alternate Leg Lift
92. Posterior Shoulder Stretch - Hands Behind Neck
93. Posterior Shoulder Stretch - Arm Across Chest
94. Pullover - Medicine Ball - Stability Ball
95. Push Up - With Torso Rotation
96. Push Up - Hands On Stability Ball - Feet Elevated
97. Push Up to Side Plank
98. Reverse Crunch - Leg Thrust
99. Roll Out - Wheel - Kneeling
100. Roll Out - Barbell - Standing
101. Roll Out - Barbell - Kneeling
102. Round Arm Punches - Bent Over - Stretch Cord
103. Round Arm Punches - Standing - Stretch Cord
104. Running - Trampoline
105. Scapular Retraction - T Set with Dumbbell
106. Scapular Retraction - Y Set
107. Scapular Retraction - W Set
108. Scapular Retraction - T Set

109. Scapular Retraction - A Set
110. Scapular Retraction - T Set - Standing - Stretch Cords
111. Scapular Retraction & External Rotation - Bent Over
112. Scapular Retraction & External Rotation - On Stability Ball
113. Seated Abdominal Brace - Stability Ball - Single Leg - Arms Overhead
114. Seated Abdominal Brace - Stability Ball - Single Leg
115. Seated Abdominal Brace - Stability Ball
116. Shoulder Adduction - Hand to Hip - Stretch Cord
117. Shoulder Capsule & Pectoral Stretch - Doorway #2
118. Shoulder Capsule & Pectoral Stretch - Doorway #1
119. Shoulder Capsule Stretch - Hands on Head
120. Shoulder Elevation & Internal Rotation - Stretch
121. Shoulder External Rotation - Supine - Stretch Cord
122. Shoulder External Rotation - Hand Lift - Lying
123. Shoulder External Rotation - Assisted - Adduction
124. Shoulder External Rotation - Assisted - Abduction
125. Shoulder External Rotation - 45 Degrees Abduction - Stretch Cord
126. Shoulder External Rotation Stretch - Dumbbell
127. Shoulder Flexion - Assisted - Fingers Up the Wall
128. Shoulder Flexion Stretch - Passive - Cradle
129. Shoulder Flutters - Up & Down
130. Shoulder Flutters - Back & Forth
131. Shoulder Internal Rotation - Lying - Elbow Lifts
132. Shoulder Internal Rotation - 45 Degrees Abduction - Stretch Cord
133. Shoulder Internal Rotation Stretch - Hands Behind Back
134. Shoulder Internal Rotation Stretch - Hand Behind Back
135. Shoulder Mobility - Pendulum Swings
136. Shoulder Press - Single Arm & Leg - Dumbbell
137. Shoulder Press - Back Against Wall
138. Shoulder Rotation – Abduction - Dumbbell Oscillations
139. Shoulder Rotation – Adduction - Dumbbell Oscillations
140. Shoulder Rotators Stretch - Dumbbell
141. Shoulder Stability - Ball on Wall - Facing #2
142. Shoulder Stability - One Hand on Wobble Board - Kneeling
143. Shoulder Stability - Wobble Board
144. Shoulder Stability - One Arm - Stability Ball
145. Shoulder Stability - One Hand on Wobble Board
146. Shoulder Stability - Bounce Ball on Wall
147. Shoulder Stability - Ball on Wall - Facing #1
148. Shoulder Stability - Ball on Wall - Back to Wall
149. Shoulder Stability - Dumbbell - Drop & Catch
150. Shoulder Stability - Wall Press
151. Shoulder Stability - Dumbbell Circles
152. Side Lying Dumbbell Raise
153. Side Lying Leg Lift - Arm Raises
154. Side Lying Leg Lifts - 5 Second Holds
155. Side Lying Leg Swings
156. Side Plank - Hip & Knee Flexion
157. Side Plank - Star Position
158. Single Arm - Torso Rotation - Against Wall
159. Single Arm Row - Stretch Cord
160. Single Leg Balance - Mini Trampoline
161. Single Leg Balance - Eyes Open - Eyes Closed
162. Single Leg Balance - Catch & Throw
163. Single Leg Balance - Foam Roller or Towel
164. Single Leg Landing

165. Single Leg Landing - On Mini Trampoline
166. Split Squat - Back Foot Elevated - Weight Overhead
167. Split Squat - Partial Range of Motion
168. Split Squat - Gluteal Endurance
169. Squat - Single Leg - Quarter Squat on Unstable Surface
170. Squat - Sumo
171. Squat - Single Leg - Side Stance - Stability Ball
172. Squat - Overhead - Single Dumbbell
173. Squat - Overhead - Barbell
174. Squat - Single Leg - Quarter Squat
175. Squat - Single Leg - Sprinter
176. Squat - Single Leg - Onto Bench - Eccentric
177. Step Down - Backward
178. Step Down - Forward
179. Step Up - Body Weight
180. Step Up - Gluteal Endurance
181. Step Up - On Hands
182. Streamline Position - Stretch
183. Swim Action - Stretch Cords
184. Thoracic Extension - Stability Ball #2
185. Thoracic Spine Mobilisation - Foam Roller
186. Thoracic Spine Stretch - Foam Roller
187. Thoracic Spine Stretch - Rack
188. Throw & Catch - Overhead - Medicine Ball
189. Throw & Catch - Single Arm - Medicine Ball
190. Throw & Catch - Medicine Ball
191. Torso Extension - Kneeling Caterpillar Stretch
192. Torso Extension & Rotation - Rotating Cobra Stretch
193. Torso Rotations - Seated With Barbell
194. Torso Rotations - Medicine Ball - Low to High
195. Torso Rotations - Medicine Ball - Standing
196. Torso Rotations - Corkscrew - Lying
197. Torso Rotations - Lying - Legs Straight
198. Torso Rotations - Lying - Alternate Leg Extension
199. Torso Rotations - Lying - Legs Bent
200. V-Sit - Supported - Leg Press
201. V-Sit - Scissors
202. V-Sit - #2
203. V-Sit & Hold - Arms To The Side