

Exercise Report For:
Καραγιάννης Ανδρέας



Feel Fit @ BioFit

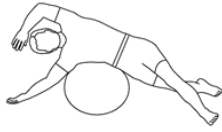
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Stretch lumbar sidebend kneel w/ball



- Half kneel on right knee with ball next to right side.
- Lie with right side on ball and left arm over head..
- Keep legs apart with knees slightly bent for stability.
- Repeat with left side.

Special Instructions:

For more stretch, push shoulder and hip against the ball.

Perform 4 sets of 4 Repetitions, once every other day.

Use Ball.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

Stretch lumbar sidebend sit w/ball



- Sit on floor with right side next to ball.
- Place right arm on ball.
- Push against ball and let ball roll slightly to right.
- Repeat with left side.

Perform 4 sets of 4 Repetitions, once every other day.

Use Ball.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

Stretch shld/Lats overhead w/ball



- Stand facing wall with ball in hands
- Lift ball overhead and push ball upward.
- Lean into wall to increase stretch.

Special Instructions:

Do not hold breath.

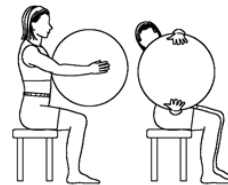
Perform 4 sets of 4 Repetition, once every other day.

Use Ball.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

Stretch thoracic rotn sit w/ball



- Sit upright without back support, holding ball in hands as shown.
- Turn ball to right bringing right hand upward while twisting to right.
- Return to start position and perform to left.
- Repeat sequence.

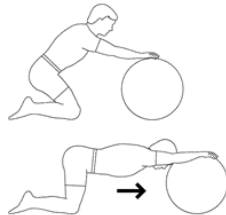
Perform 4 sets of 4 Repetitions, once every other day.

Use Ball.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

AROM lumbar ext kneel w/ball



- Kneel with hands on ball as shown.
- Lean forward while pushing ball forward.
- Pelvis should rotate forward.
- Return to start position and rotate pelvic bone backward.
- Repeat.

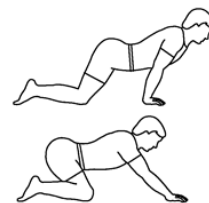
Perform 4 sets of 20 Repetitions, once every other day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar ext quadruped rocking



- Begin in four point kneeling.
- Lean forward on hands while arching back.
- Shift weight back to knees maintaining the arch.
- Return to start position and repeat.

Perform 4 sets of 20 Repetitions, once every other day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

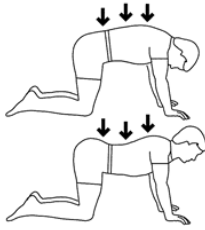
Issued By: Dr. George Vavetsis

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AROM lumbar flx/ext quadruped (Cat-Camel combo)



- Begin in 4 point kneeling, back in neutral position.
- Tuck chin in and continue by rounding back upward one segment at a time.
- Reverse by letting back arch one segment at a time, but keep neck in neutral at the end.

Perform 4 sets of 20 Repetitions, once every other day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar ext tall kneel

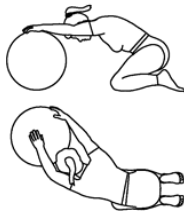


- Begin in tall kneeling position.
- Have chair behind you.
- Reach back and place hands on chair.
- Bend backwards lifting chest upward and squeezing shoulder blades together.
- Repeat.

Perform 4 sets of 20 Repetitions, once every other day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar sidebend kneel w/ball

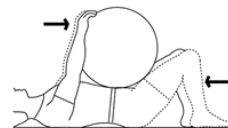


- Begin in kneeling with hands on top of ball as shown.
- Keep hands on ball and bend trunk to left.
- Bend trunk to right.
- Return to start position and repeat.

Perform 4 sets of 20 Repetitions, once every other day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM trunk flx alt supine w/ball



- Lie on back with knees bent holding ball between arms and thighs as shown.
- Press left arm and right thigh into ball.
- Hold for 5 seconds.
- Relax, and then press right arm and left thigh into ball.
- Hold for 5 seconds.
- Repeat.

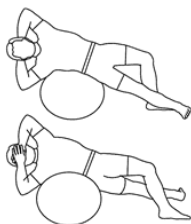
Special Instructions:

Maintain neutral spine.

Perform 4 sets of 20 Repetitions, once every other day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM trunk rotn supine w/ball

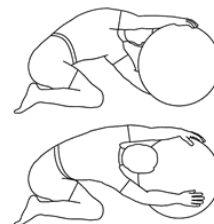


- Lie on side on ball.
 - Move legs apart and place on floor.
 - Bend upper knee slightly to provide stability.
 - Place hands behind neck.
 - Twist forward.
 - Twist backward.
- Repeat.

Perform 4 sets of 20 Repetitions, once every other day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM trunk rotn kneel w/ball



- Kneel with buttocks on heels and hands on side of ball.
- Twist to right, rolling the ball.
- Twist to left, rolling the ball.
- Repeat.

Perform 4 sets of 20 Repetitions, once every other day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.