



NCRC EXERCISE AS ART

Contact MHealthy:

Call: 734-647-7888

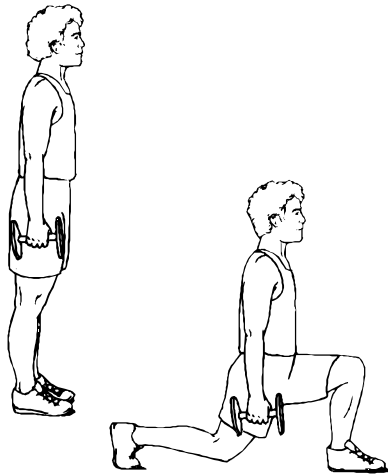
Email: mhealthy@umich.edu

The use of weights is optional.

www.mhealthy.umich.edu

Sculpture 1
LEGS: GLUTS - Lunge

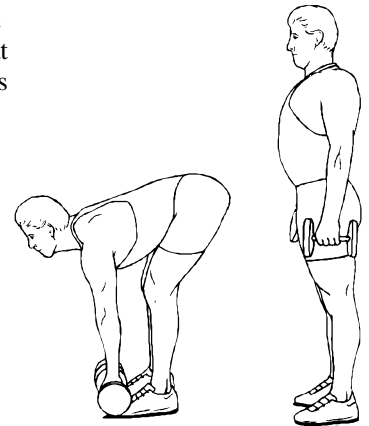
With legs shoulder-width apart, head up, and back straight, step forward, bending the leg until thigh is parallel to floor at most. Look over the front knee and make sure you see your toes. Return and alternate legs.



Do 10 - 15 reps

Sculpture 2
BACK: LOW - Stiff-Legged Deadlift

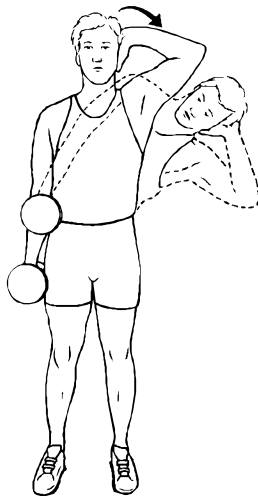
With knees straight but not locked and back flat, bend at the waist, sliding your hands down your legs until you feel a stretch in the lower back and/or hamstrings. Then, begin to stand by leading with the back of your head, lifting it toward the sky, keeping the back flat until you get to an upright position.



Perform 5 - 10 reps.

Sculpture 3
ABS -Side Bend

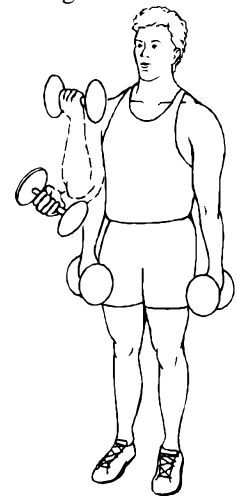
With feet shoulder-width apart, bend sideways as far as possible, then return to straight back position. Complete all repetitions to one side, then repeat to other side.



Perform 15 reps to each side.

Sculpture 4
ARMS: BICEPS - Standing Alternating Curl

Keeping arms close to sides, curl one arm to shoulder and back to straight arm position. Alternate arms.



Perform 15 reps to each side.

Sculpture 5
SHOULDERS - Standing Press

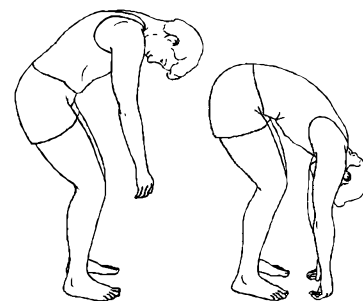
With palms facing ears, press to straight arm position, rotating palms to face forward at top of movement.



Perform 10 - 15 reps with both arms.

Sculpture 6
HAMSTRINGS - Forward Bend

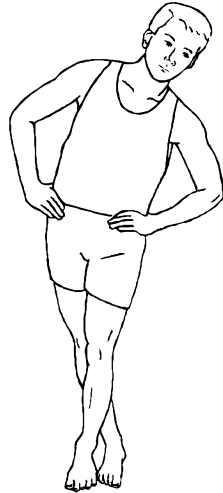
With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold 15 - 30 seconds. Bend knees further to return to standing position.



Perform 1 - 3 times

Sculpture 7
HIP OBLIQUE - Iliotibial Band / Abductors

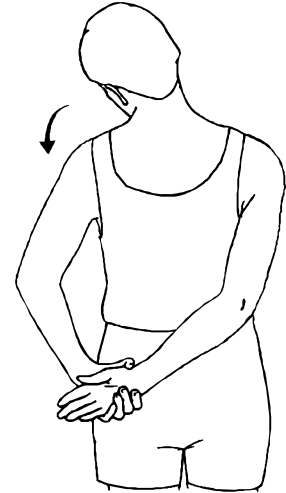
Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold 15 -30 seconds. Repeat to other side, with right leg over left.



Perform 1- 3 times each side

Sculpture 8
SHOULDERS - Rotator Cuff

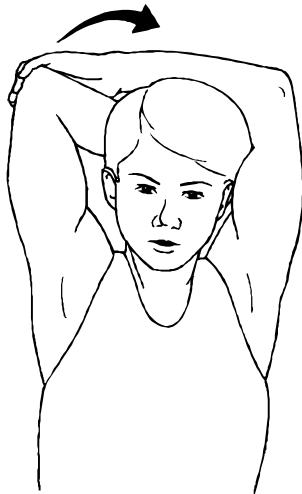
Put your right arm behind your back. Gently grab your right wrist with your left hand. Tilt your left ear towards your left shoulder (don't raise the shoulder). Exhale into the right rotator cuff, pushing down the right shoulder blade. Hold for 15 - 30 seconds. Repeat on the other side.



Perform 1 - 3 times each side

Sculpture 9
ARMS - Triceps

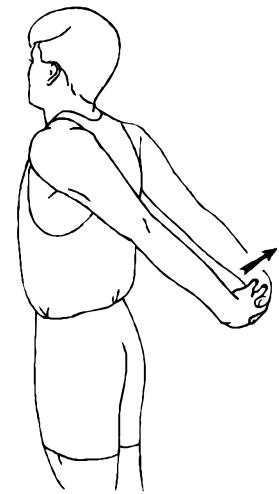
Gently walk your hand down your back with your elbow behind head until stretch is felt. Repeat with other elbow. Hold 15 - 30 seconds.



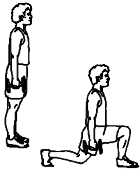
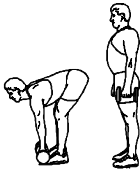



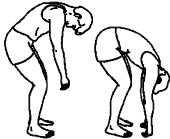
Perform 1 - 3 times each side.





Sculpture 10
ARMS - Biceps

With arms straight but not locked and fingers interlaced, raise arms until stretch is felt. Hold for 15 - 30 seconds.



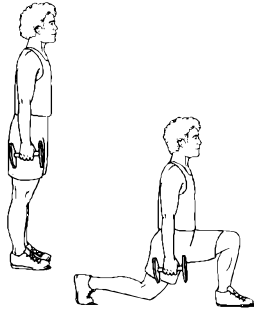
Perform 1 - 3 times

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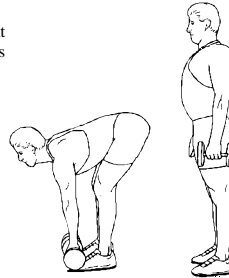
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Do 10 - 15 reps

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BACK: LOW - Stiff-Legged Deadlift

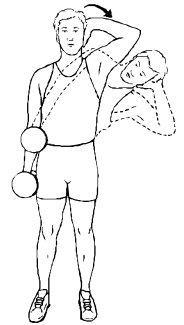
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Perform 5 - 10 reps.

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ABS - Side Bend

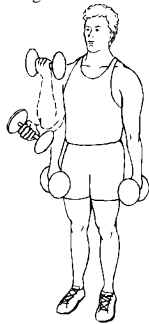
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SHOULDERS - Standing Press

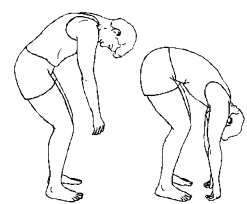
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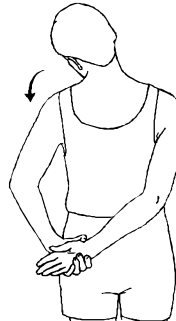
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SHOULDERS - Rotator Cuff

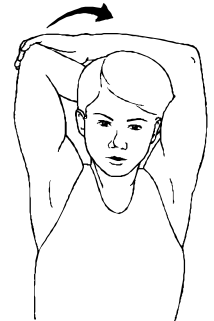
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ARMS - Triceps

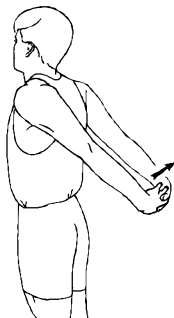
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Sculpture 10
ARMS - Biceps

With arms straight but not locked and fingers interlaced, raise arms until stretch is felt. Hold for 15 - 30 seconds.



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