

BP56

PROVEN PLAN

- Follow the plan closely; it works! Diarise and prioritise.
- With weight-bearing rhythmic action proven to be best (mostly), please; walk, shuffle, trot, jog, run, whatever! A mix of everything works!
- If possible, change up your courses, the surface, the terrain, etc.
- Out & Back courses work! Eg. Take it out holding your AZ and swing around at the 15-minute mark, returning along the same route.
- Regardless of your moving type, BE CERTAIN TO POLICE YOUR AZ (Aerobic Zone)! Always.
- Your Spinal Strength Sets are listed below.
- Tick off your three meals and sleep compliance.
- Bring this planner to the final testing date.

Me:		Starting Date:		Finishing Date:		Re-Testing Date:		
Day	AZ Workout	Time	Strength Set	Completed	Breakfast	Lunch	Dinner	Sleep
1	Walk/Run	30	1	✓	✓	✓	✓	✓
2								
3	Walk/Run	30	1					
4								
5	Walk/Run	30	1					
6	Walk/Run	60	1					
7								
Weekly Total Minutes in AZ: 120								
8	Walk/Run	30	1					
9								
10	Walk/Run	30	1					
11								
12	Walk/Run	30	1					
13	Walk/Run	60	1					
14								
Weekly Total Minutes in AZ: 120								
15	Walk/Run	30	2					
16								
17	Walk/Run	30	2					
18								
19	Walk/Run	30	2					
20	Walk/Run	60	2					

21								
Weekly Total Minutes in AZ: 120								
22	Walk/Run	30	2					
23								
24	Walk/Run	30	2					
25								
26	Walk/Run	30	2					
27	Walk/Run	60	2					
28								
Weekly Total Minutes in AZ: 120								
29	Walk/Run	25	3					
30								
31	Walk/Run	40	3					
32								
33	Walk/Run	25	3					
34	Walk/Run	60	3					
35								
Weekly Total Minutes in AZ: 120								
36	Walk/Run	25	3					
37								
38	Walk/Run	40	3					
39								
40	Walk/Run	25	3					
41	Walk/Run	60	3					
42								
Weekly Total Minutes in AZ: 120								
43	Walk/Run	20	4					
44								
45	Walk/Run	40	4					
46								
47	Walk/Run	30	4					
48	Walk/Run	60	4					
49								
Weekly Total Minutes in AZ: 120								
50	Walk/Run	20	4					
51								
52	Walk/Run	40	4					
53								

54	Walk/Run	30	4				
55	Walk/Run	60	4				
56							
Weekly Total Minutes in AZ: 120							
Next: 1) Full Health re-Assessment, and, 2) Your Questionnaire Score.							

Spinal Strength Sets – see video for a demonstration.

BP56 Spinal Strength Set One		
Rotate through this set x 2		
1	DB Squat Press	10 Reps
2	DB Push-Ups (feet of knees)	10 Reps
3	DB Lying Rotations	16 Reps
BP56 Spinal Strength Set Two		
Rotate through this set x 2		
1	DB Squatted Arm Curls	10 Reps
2	Kneeling Shoulder Press	10 Reps
3	DB Crunching Press	12 Reps
BP56 Spinal Strength Set Three		
Rotate through this set x 2		
1	DB One-Legged Push Ups (feet of knees)	10 Reps
2	DB Lying Alternate Ladders	16 Reps
3	Back Arches	10 Reps
BP56 Spinal Strength Set Four		
Rotate through this set x 2		
1	DB Straight Arm Forward Extensions	10 Reps
2	DB Side Dips	5/5 Reps
3	DB Standing Rotations	16 Reps