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| 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.

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| --- | --- | --- |
| 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 |