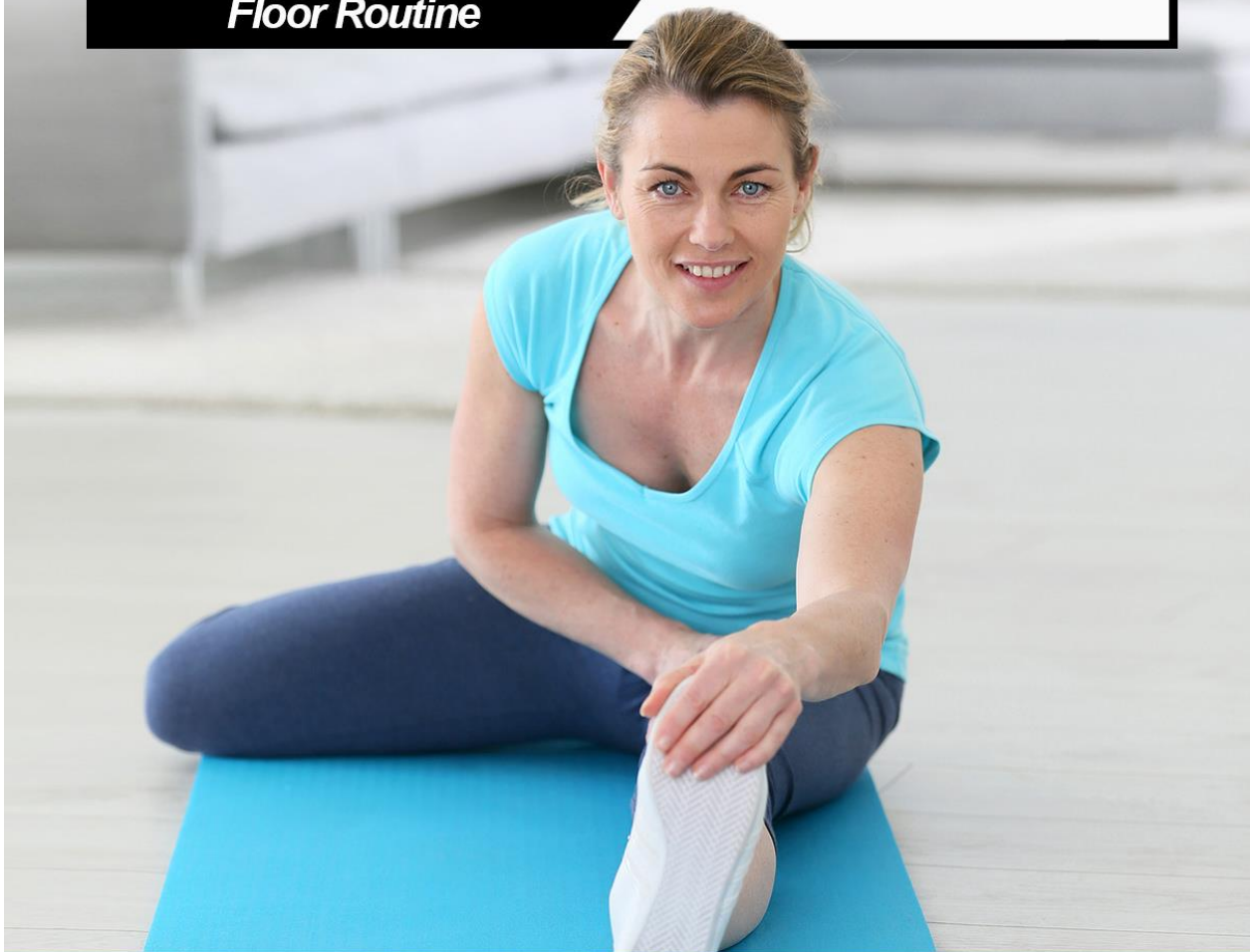


Flexibility Over 40 Handbook

Floor Routine



ExercisesForInjuries.com

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Disclaimer

Flexibility Over 40 Handbook - Floor Routine is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you may have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

However, health nutrition is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in diet and nutrition prescriptions are inevitable. In view of the possibility of human error or changes in health nutrition, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

Guarantee

My passion is to help people achieve a healthy and happy life. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact our team via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let us know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail us at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.



Flexibility Over 40 Handbook - Floor Routine

#1 – Childs Pose

Begin in a 4-point position with your hands beneath your shoulders and your knees under your hips. Tighten your abdominal area and widen your knees. Shift your hips back to your feet while extending both arms in front of your body. Lower your head to the floor, relaxing your midback area for a light stretch. Hold for 20 seconds. Return to the starting position and repeat the movement.



Childs Pose

Start off with 1 set of 2 repetitions, holding for 20 seconds. Perform the exercise in a smooth controlled movement with a good hold at the end position. The intensity of this exercise is light. The purpose of this exercise is to improve range of motion in the ankles, knees, hips, spine and shoulders. This exercise also stretches the shoulders.

#2 – Childs Pose with Lat Stretch

Begin in a 4-point position with your hands beneath your shoulders and your knees under your hips. Tighten your abdominal area and widen your knees. Shift your hips back to your feet while extending both arms in front of your body. Lower your head to the floor, then shuffle your hands to one side to intensify the stretch in the lat area. Hold this position for 20 seconds. Return to the starting position and repeat the movement on the opposite side.



Childs Pose with Lat Stretch

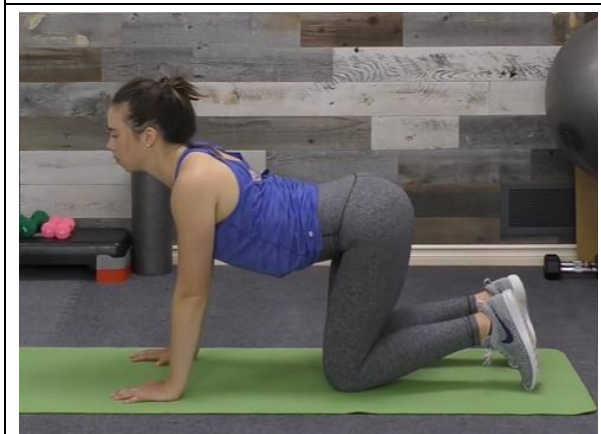
Start off with 1 set of 2 repetitions on each side, holding for 20 seconds. Perform the exercise in a smooth controlled movement with a good hold at the end position. The intensity of this exercise is light. The purpose of this exercise is to intensify the stretch in the lat area and to improve mobility throughout the spine.

#3 – Cat Cow Stretch

Begin in a 4-point position with your hands beneath your shoulders and your knees under your hips. Contract your abdominal area. Slowly round out your mid back as you lower your head towards the floor. Then alternate by raising your head as you arch your mid back. Repeat the movement, alternating directions.



Start



End

Cat Cow Stretch

Start off with 1 set of 5 repetitions in each direction. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity of this exercise is light. The purpose of the exercise is to improve mobility throughout the spine.

#4 – Knees to Chest

Lie on your back on the floor with your knees bent and your feet flat on the floor. Bring both knees up towards your chest, looking for a light stretch in the lower back and glutes. Use your hands to pull your knees closer to your chest. Hold this position for 20 seconds. Lower both knees down to return to the starting position and repeat the movement.



Knees to Chest

Start off with 1 set of 2 repetitions, holding for 20 seconds. Perform the exercise in a smooth controlled movement with a good hold at the end position. The intensity of this exercise is light. The purpose of the exercise is to stretch the low back, glutes and hamstrings. This exercise also improves mobility in the pelvis, hips, knees and low back area.

#5 – Windshield Wipers

Lie on your back on the floor with your knees bent and feet flat on the floor. Place your arms at your sides, relaxing your upper body. Tighten your core, then rotate through the low back, pelvis, and spine to drop your knees to one side. Return to the starting position, then repeat the movement on the opposite side.



Start



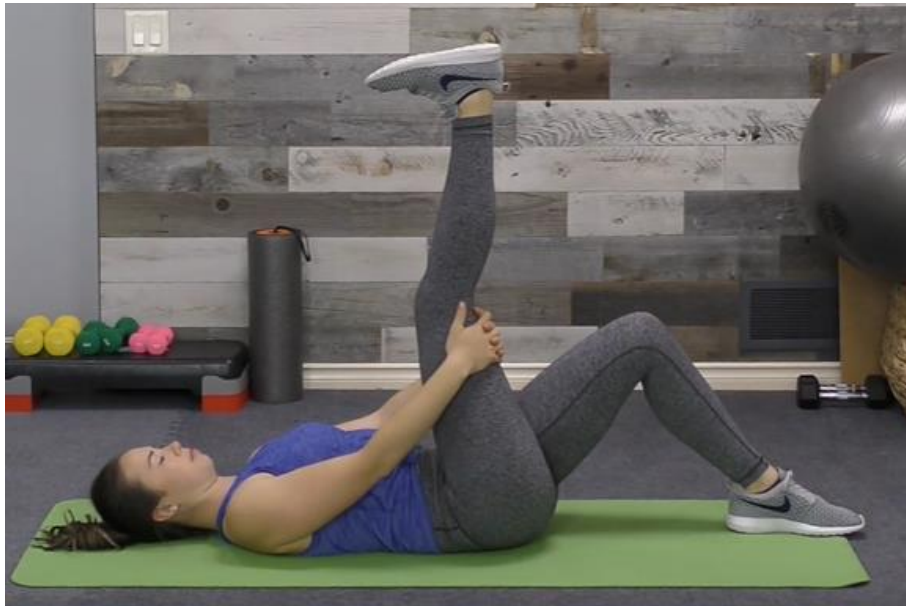
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Windshield Wipers

Start off with 1 set of 5 repetitions on each side. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity of this exercise is light. The purpose of the exercise is to stretch the muscles in the outer part of the hips, improve mobility in the pelvis and low back area; and to target the internal and exterior rotators of the hips.

#6 – Hamstring Stretch

Lie on your back on the floor, maintaining good alignment with your head, shoulders, hips, and legs. Extend one leg towards the ceiling with your toes pointing towards you. Use your hands to pull your leg closer to your chest. Hold this position for 20 seconds. Slowly lower your leg down to return to the starting position. Repeat the movement on the opposite side.



Hamstring Stretch

Start off with 1 set of 2 repetitions on each side, holding for 20 seconds. Perform the exercise in a smooth controlled movement with a good hold at the end position. The intensity of this exercise is light. The purpose of the exercise is to stretch the hamstrings.

#7 – Figure 4 Stretch

Lie on your back with your knees bent and your feet flat on the floor. Cross one ankle over the opposite knee and raise both legs, holding your lower leg with both hands. Pull your knee closer to your chest to intensify the stretch. Hold this position for 20 seconds. Relax, return to the starting position and repeat the movement on the opposite side.



Figure 4 Stretch

Start off with 1 set of 2 repetitions on each side, holding for 20 seconds. Perform the exercise in a smooth controlled movement with a good hold at the end position. The intensity of this exercise is light. The purpose of the exercise is to stretch the muscles deep in the hips.

#8 – Side Lying Quad Stretch

Lie on your side with your head resting on your outstretched arm, keeping your shoulders, hips, and legs in alignment. Contract your core, bend your knee and bring your heel up against your seat, holding your foot with your hand. Hold this position for 20 seconds. Relax and repeat the movement on the opposite side.



Side Lying Quad Stretch

Start off with 1 set of 2 repetitions on each side, holding for 20 seconds. Perform the exercise in a smooth controlled movement with a good hold at the end position. The intensity of this exercise is light. The purpose of the exercise is to stretch the quadriceps.

#9 – Bird Dogs

Move into a 4-point position, with your knees below your hips and your hands beneath your shoulders. Tighten your core and reach forward with one arm as you extend the opposite leg back. Lower your arm and leg back down and touch your knee with your hand. Repeat the movement.



Start



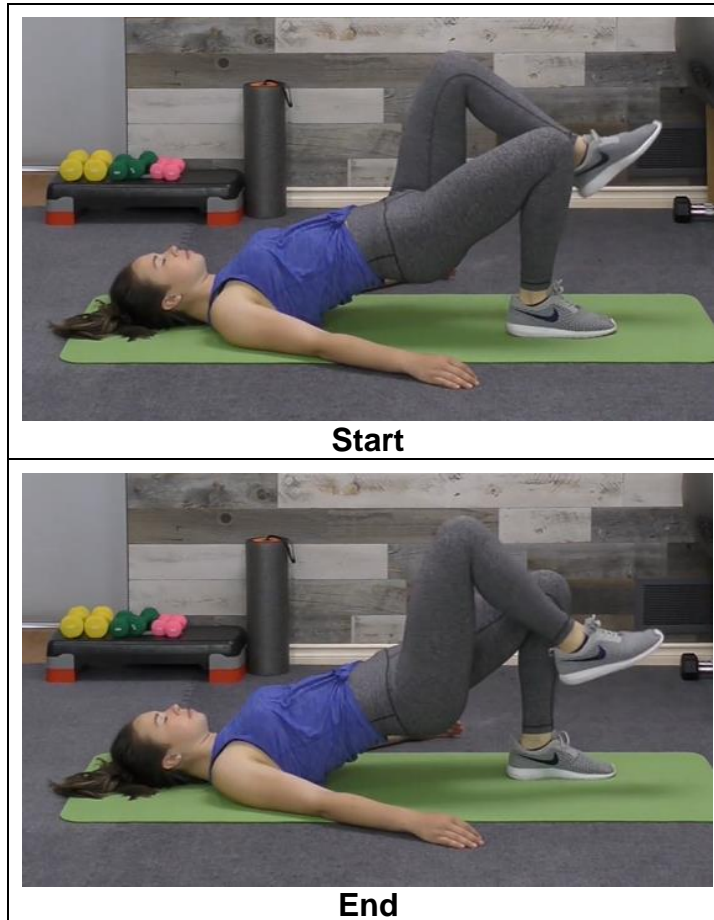
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Bird Dogs

Start off with 1 set of 5 repetitions on each side. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity of this exercise is light. The purpose of the exercise is to dynamically stretch the muscles in the shoulders and hips. This exercise also activates the core and the muscles around the glutes.

#10 – Bridge March

Lie on your back on the floor with your arms at your sides, relaxing your upper body. Bend your knees and flatten your feet on the floor. Push from your heels to lift your hips. Lift and lower one foot, then repeat the movement with the opposite foot in a marching movement. Repeat the movement, alternating back and forth.



Bridge March

Start off with 1 set of 5 repetitions on each side. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity of this exercise is light to moderate. The purpose of the exercise is to improve core stability.

About Exercises For Injuries

Exercises For Injuries – Your Trusted Resource for Pain-Free Living

Recognized as a global leader in injury prevention and recovery since 2008!

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, without expensive appointments, addictive prescriptions, or risk-laden surgery.

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at: ExercisesForInjuries.com

About Rick Kaselj

Hi, I'm Rick Kaselj. I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more... so they can go back to living a full, active, healthy life.

Here are a few relevant facts about me:

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent 6 years at university studying Kinesiology, Corrective Exercise and Therapeutic Exercise, and got my Master's Degree in Exercise Science.
- I have over 20+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN

I'm all about finding what works... and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!

Some of the most effective methods I've discovered for eliminating pain and healing injuries are *counterintuitive* - they required extensive research, testing, and *creativity* to discover.

People get the best results when they follow a program that's been *properly designed*. The best programs include only the exercises that are necessary, instructions on how to perform them properly, the proper order in which to perform them, and instructions on what the right amount of rest is, and when to take it.

What My Clients and Customers Say

"Your exercises have changed my life. I have been in constant pain for 15 years."

-- **Shelley Watson, Carmel, CA**

"I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months."

-- **Tracy Walker, North Carolina**

"Before I used the information, I couldn't walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention."

-- **Cher Anderson, Athens, TN**

"Thank you Rick, you saved my career!"

-- **Marco Mura, Professional Forester, Sardegna, Italy**

"I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

-- **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free."

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

"I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I'm able to do exercises that I have been unable to perform for some time now."

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

-- **Sue, Former Fitness Instructor**

Free DVD Offer

I HAVE A FREE GIFT FOR YOU... THAT WILL START DECREASING YOUR PAIN NOW!

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and **I want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...

- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.



We have limited supplies right now... so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

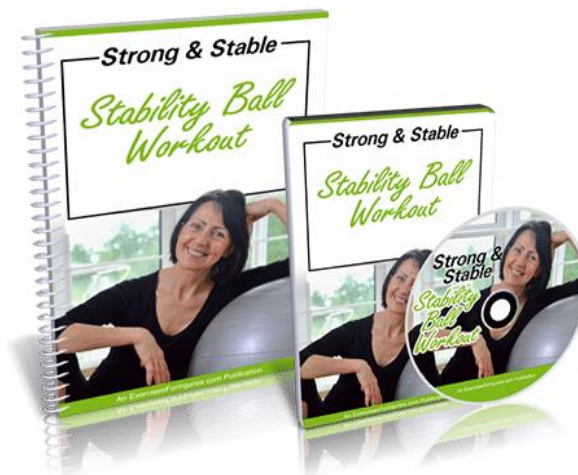
ThePainHacker.com/Free-DVD-2

Our TOP 5 Best Selling Exercise Programs

#1: Strong & Stable Stability Ball Workout

Have some stubborn pounds that are IMPOSSIBLE to lose?

Using a stability ball is SCIENTIFICALLY PROVEN to increase the effectiveness of your exercise routine. One study showed that just adding a stability ball to your workouts can increase your exercise results by 247%! All WITHOUT adding any extra time, and WITHOUT increasing the intensity or difficulty of your workouts. Another study proved that adding this item to your exercise is safe and easy... even for seniors over the age of 78.



- This program only takes 12 minutes a day!
- Specifically designed for women and men between the ages of 45 and 85
- This entire program is easy, safe, gentle, and it's ACTUALLY FUN too!

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Strong & Stable Stability Ball Workout.**

#2: Low Impact - High Results Workout

If you're in your 40s, 50s, or 60s and you'd like to trim some fat. This program can help you lose 12 pounds in 21 days! These new, gentle, yoga-based movements can help you lose weight fast, without heavy weights, grueling workouts, or endless cardio. These low-impact movements also help reduce muscle soreness and joint pain!



- This easy sequence only takes 15 minutes or less each day
- You can do it on your own, in the comfort of your own home—no equipment needed

This could be the easiest, most gentle way to unlock a SLIMMER, SEXIER YOU.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Low Impact - High Results @ Home Workout**

#3: Balance Training Handbook

Regain Your Balance and Your CONFIDENCE with the Balance Training Handbook.

This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.” Replace your fears of falling and physical activity with confidence! Strengthen your legs, stabilize and strengthen your core and get back to doing the things you love in life. Get back to doing the day-to-day things you NEED to do, and doing them YOURSELF, so you don’t have to depend on or burden other people!



Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Balance Training Handbook**

#4: 14-Day Joint Recovery Quick Start Program

Is chronic joint pain and stiffness your constant companion?

Whether your joint pain is mild or excruciating, it can severely limit your daily activities and drastically lower your overall quality of life.

We've combined the most powerful and science-based exercise, diet and lifestyle techniques that increase joint function, flexibility and strength, and also relieve chronic pain.

By following this groundbreaking system, you'll ensure your joints stay strong and healthy well into your "golden years," and beyond.

And since these strategies heal the root cause of your joint problems, you'll finally obtain permanent relief... even if you've been living with miserable joint pain and stiffness for years, even decades.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **14-Day Joint Recovery Quick Start Program**



#5: Best Gluteus Maximus Exercises

Most doctors have NO IDEA what really causes low back, hip and knee pain. Your “butt” muscle - the Gluteus Maximus, is the key. If you stretch it and strengthen it the right way, you can rapidly reduce and eliminate lower back, hip and knee pain, and finally return to your normal, pain-free life!



- This amazing pain-relieving program only takes 15 minutes a day
- You're finally going to be addressing the real cause of your pain
- This program isn't just *made up* - it's based on scientific research and medical studies
- You don't need a gym membership or any expensive equipment to do this program

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Best Gluteus Maximus Exercises**

GOT PAIN? We Have a Program for You

If you have a specific pain or injury you need help with... *you're in the right place*. For more than 25+ years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **Below are just some of Rick's programs, categorized by pain and injury:**

BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)

FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)

SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)

NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

MISCELLANEOUS

- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these
or our other pain, injury or exercise programs, go to:**

ExercisesForInjuries.com/Shop