

Flexibility Over 40 Handbook

Sitting Routine



ExercisesForInjuries.com

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Disclaimer

Flexibility Over 40 Handbook - Sitting 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 - Sitting Routine

#1 – Assisted Ear to Shoulder Stretch

Begin in an upright sitting position with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Looking for a light stretch along the side of the neck, drop one ear down towards your shoulder. Use your hand to pull your head closer to your shoulder. Hold this position for 20 seconds. Relax and repeat the movement on the opposite side.

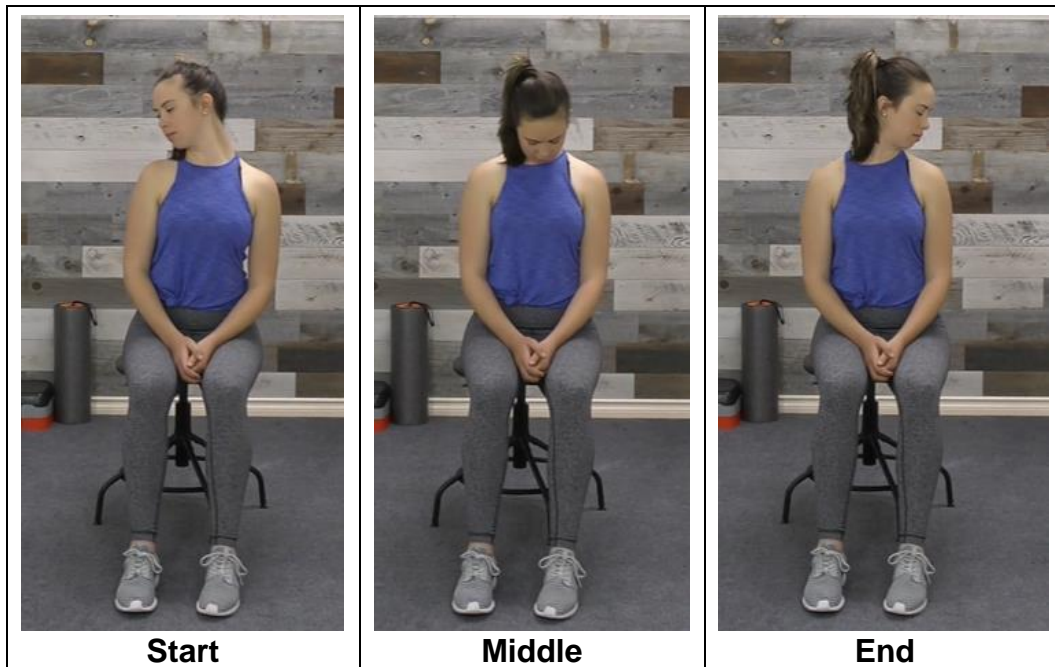


Assisted Ear to Shoulder Stretch

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 statically stretch the neck.

#2 – Neck Half Circle

Begin in an upright sitting position with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Rotate your head to one side, drop your chin towards your shoulder, then roll through to the opposite side. Repeat the movement in the opposite direction.



Neck Half Circle

Start off with 1 set of 2 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 this exercise is to dynamically stretch and improve mobility in the neck.

#3 – Chair Stretch

Begin in an upright sitting position on the front of the chair or bench with your feet flat on the floor. Place your hands at your sides on the chair for support. Contract your core, push from your heels and arms, and arch your back to lift your seat off of the chair. Maintain good alignment with your head, shoulders, hips and knees. Hold this position for 20 seconds. Relax and repeat the movement.

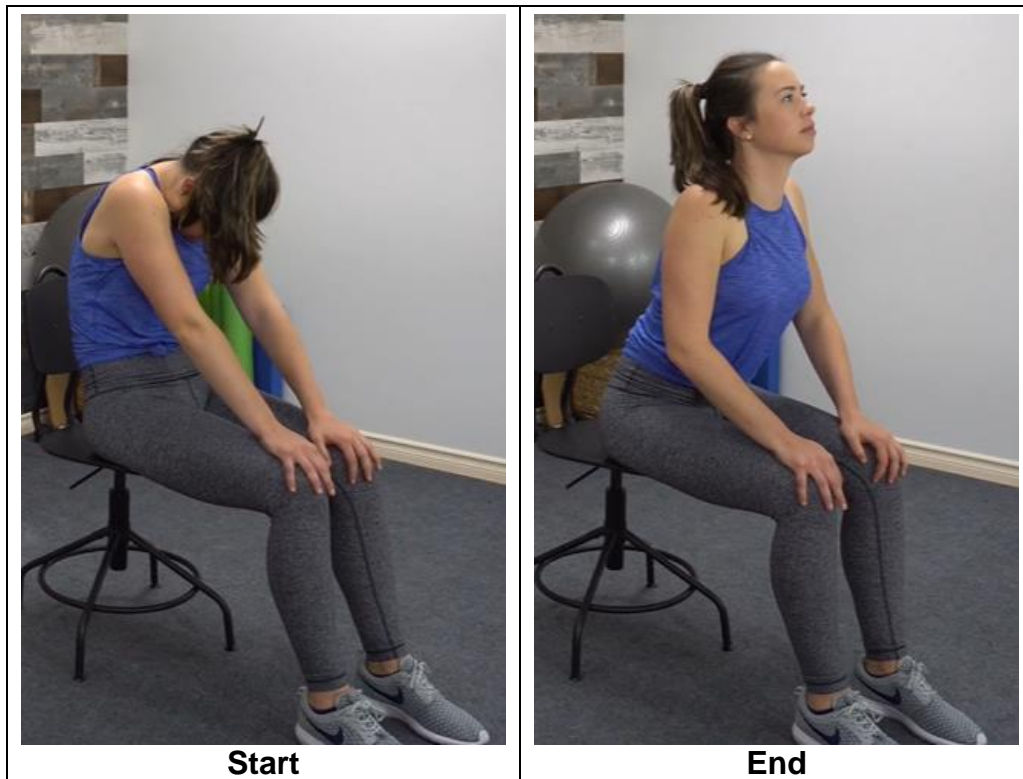


Chair Stretch

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 front of the shoulders and hips, and to improve core and shoulder strength.

#4 – Seated Cat Cow

Begin in an upright sitting position on the front of the chair with your feet flat on the floor, shoulder-width apart. Place your hands on your knees. Tighten your abdominal area, round out your mid back and drop your head. Then, raise your head and slightly arch your mid back. Return to the starting position and repeat the sequence of movements.



Seated Cat Cow

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 in the spine.

#5 – Seated Hip Flexor Stretch

Begin in an upright sitting position with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Turn your body so that you are sitting on the front of the chair with only one half of your seat. Extend your leg back, looking for a stretch in the front of the hip. Engage your core and place your hands on your thigh. Hold this position for 20 seconds. Relax and repeat the movement on the opposite side.



Seated Hip Flexor 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 hip flexors.

#6 – Seated Hamstring Stretch

Begin in an upright sitting position with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Straighten one leg in front of your body, then hinge from your hips to lean your upper body forward. Hold this position for 20 seconds. Return to the starting position and repeat the movement on the opposite side.

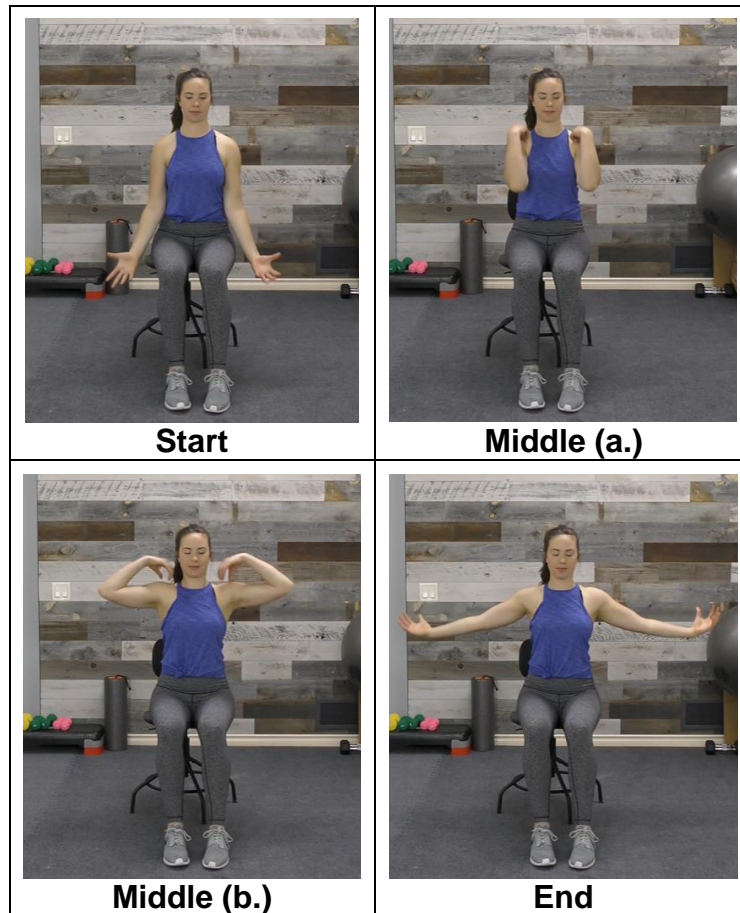


Seated Hamstring Stretch

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 statically stretch the hamstrings.

#7 – Vertical Arm Raise to Half Circle

Begin in an upright sitting position with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Position your hands at your sides with your palms facing outward. Curl your arms to bring your hands to your shoulders. Lift your elbows to be even with your shoulders, then rotate both elbows out to the sides. Straighten your arms as you lower them down to return to the starting position. Repeat the sequence of movements.



Vertical Arm Raise to Half Circle

Start off with 1 set of 5 repetitions. 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 range of motion in the elbows, shoulders and wrists.

#8 – Seated Side Bend

Begin in an upright sitting position with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Cross your arms over your chest. Contract your core, then bend your upper body to one side. Return to the starting position and repeat the movement on the opposite side.

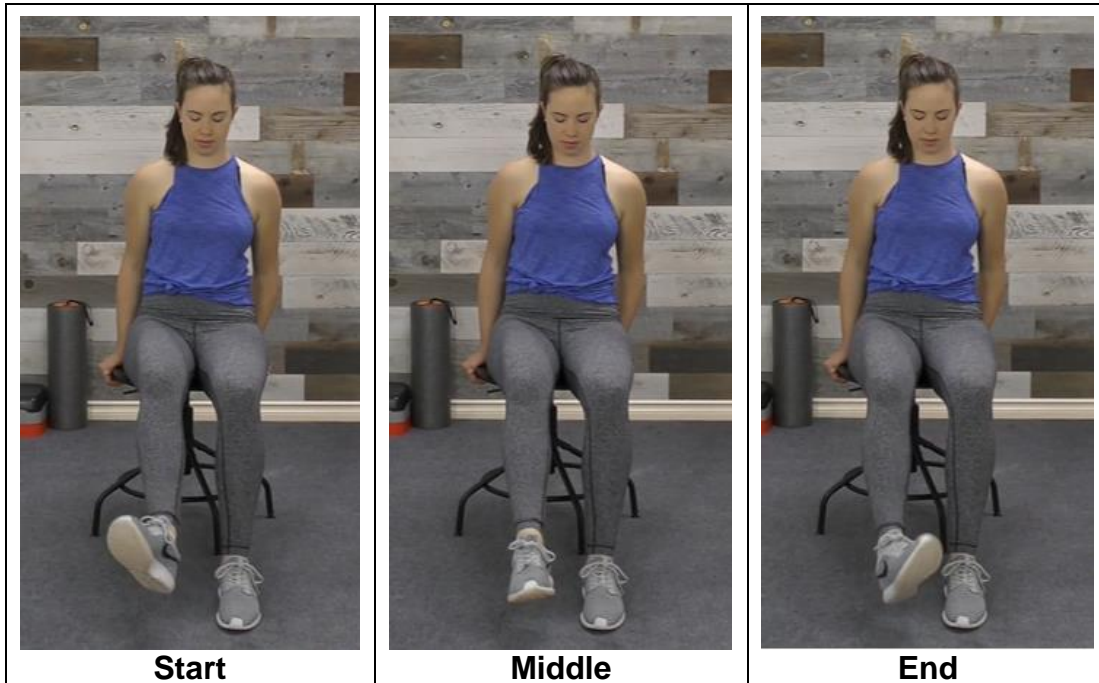


Seated Side Bend

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 improve mobility in the thoracic spine.

#9 – Seated Ankle ABC's

Begin in an upright sitting position with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Lift one leg in front of your body and move your ankle through an ABC pattern. Repeat the movement.



Seated Ankle ABC's

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 improve mobility in the ankles.

#10 – Seated Forward Fold

Begin in an upright sitting position on the front of the chair or bench with your feet slightly wider than shoulder-width apart, maintaining good alignment in your upper body. Tighten your core and hinge through your hips to bend your upper body forward, slowly dropping your head and hands toward the floor. Hold this position for 20 seconds. Relax and return to the starting position. Repeat the movement.



Seated Forward Fold

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 through the neck and spine.

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:

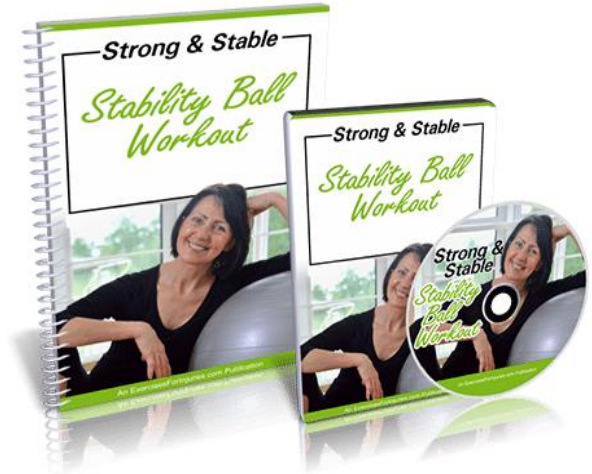
ThePainHacker.com/Free-DVD-2

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.



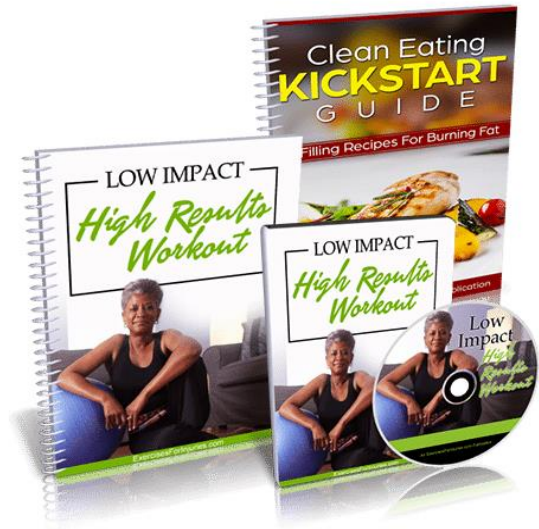
- This program only takes 12 minutes a day!
- Specifically designed for women and men between the ages of 45 and 85
- This entire program is easy, safe, gentle, and it's ACTUALLY FUN too!

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