

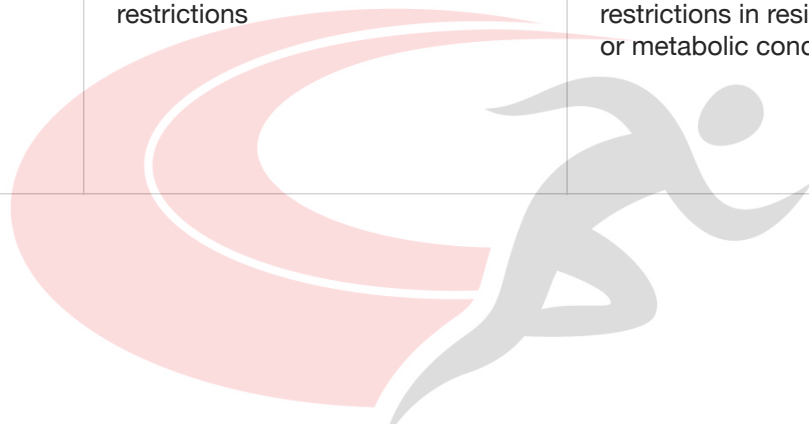


Resistance & Metabolic Training

Exertion Phase	Cardio	Balance/Strength
Phase 1 15-20 minutes	<ul style="list-style-type: none"> • Walking Outside • Treadmill Walking • Stationary Bike • Arm Bike 	<ul style="list-style-type: none"> • Single leg balance • Tandem Stance <ul style="list-style-type: none"> - (One foot in front of the other) • Neck Strengthening
Phase 2 20-30 Minutes	<ul style="list-style-type: none"> • Walking <ul style="list-style-type: none"> - Speed/Uphill • Elliptical • Stairmaster • Swim with kick board • Light Jump rope • Light Jogging 	<ul style="list-style-type: none"> • Core exercises <ul style="list-style-type: none"> - Minimize head movements Planks, leg lifts • Body Weight exercises <ul style="list-style-type: none"> - Lunges, squats, puss-ups, step-ups, tricep dips • Yoga and Pilates <ul style="list-style-type: none"> - Minimize head movements • Balance Exercises
Phase 3 30-40 Minutes	<ul style="list-style-type: none"> • Running and Sprinting • Footwork and cutting • Jumping 	<ul style="list-style-type: none"> • Core exercise with head movement <ul style="list-style-type: none"> - Bicycle crunches, planks with head rotation • Low weight high repetition lifting • Squats, curls, bench press, lunges • Dynamic warm up <ul style="list-style-type: none"> - Jogging, high knees • Jumping exercises <ul style="list-style-type: none"> - Squat jumps, jumping jacks, box jumps • Balance exercises <ul style="list-style-type: none"> - Single leg balance with forward reach to floor

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Exertion Phase	Cardio	Balance/Strength
<p>Phase 4</p> <p>40-60 Minutes</p>	<ul style="list-style-type: none"> • Continue Phase 3 Cardio while increasing duration 	<ul style="list-style-type: none"> • Advanced core exercises <ul style="list-style-type: none"> - Burpees, mountain climbers • Higher weight lower repetition lifting • Continue Balance Exercises
<p>Phase 5</p> <p>> 60 Minutes</p>	<ul style="list-style-type: none"> • Full practice participation without restrictions 	<ul style="list-style-type: none"> • Full practice participation without restrictions in resistance training and/or metabolic conditioning



If headache, dizziness, or any other symptom occurs during the progression, stop exercising, wait 24 hours, then resume activity at the previous symptom free level.