

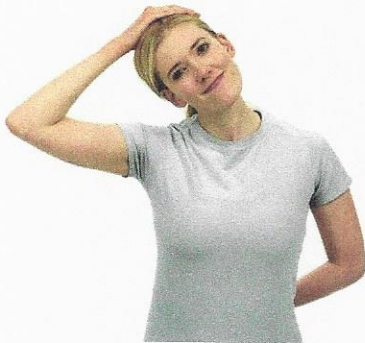


CLASS WORKBOOK

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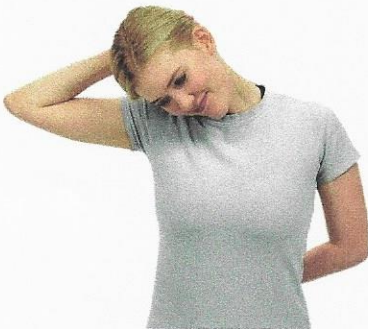
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**UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD**

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm. Video # VVUDY3AES

Repeat 1 Time
Complete 2 Sets

Hold 20 Seconds
Perform 1 Times a Day

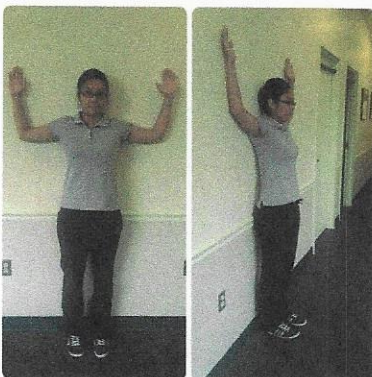
**LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD**

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the target side. Video # VV3UM5RU6

Repeat 1 Time
Complete 2 Sets

Hold 20 Seconds
Perform 1 Times a Day

**Wall Snow Angel**

Begin standing against wall with elbows abducted to 90 degrees and shoulder blades retracted (pulled in and down) and cervical spine in a chin tuck. Without shrugging shoulders, slide bent arms up the wall as if making a snow angel. Return to starting position without allowing shoulder blades to protract.

Repeat 10 Times
Complete 2 Sets

Perform 3 Times a Week



High Pec Stretch

Step into doorway with one foot in front of other. Elbows above shoulders, use hips to push forward into doorway.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 2 Times a Day



SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort. Video # VV9BWMBMJ

Repeat 20 Times
Complete 2 Sets

Hold 1 Second
Perform 2 Times a Day

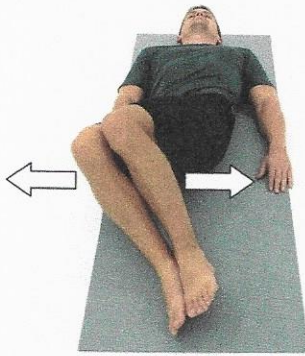


SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 2 Times a Day



LOWER TRUNK ROTATIONS - LTR - WIG WAGS

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. □

Morning Stretch before getting out of bed! Video # VVHFZ3NCW

Repeat 20 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat. Video # VVTJZ7GYR

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week

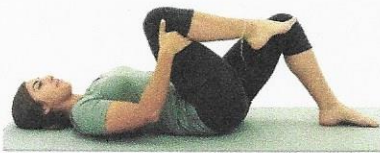


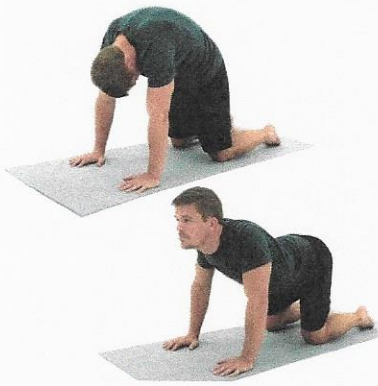
SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat. Video # VV3W4RJUU

Repeat 10 Times
Complete 2 Sets

Hold 3 Seconds
Perform 4 Times a Week





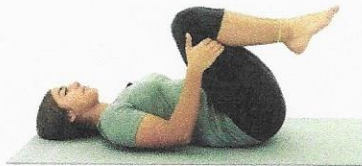
CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction. Video # VVWPCEBAB

Repeat 12 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest. Video # VVSHPUFNG

Repeat 1 Time
Complete 2 Sets

Hold 20 Seconds
Perform 1 Times a Day

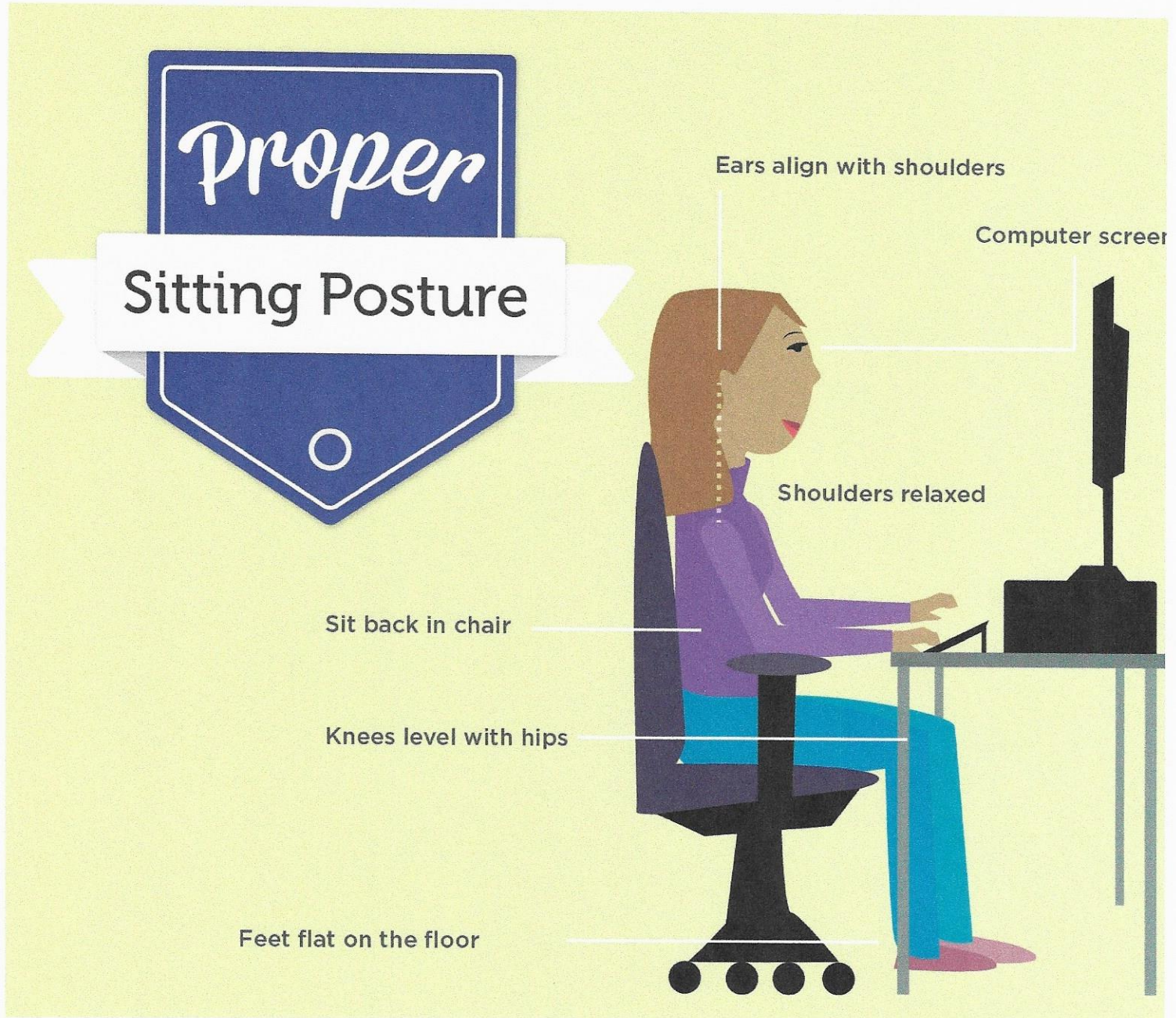


SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand. Video # VVBAH3Q36

Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



Which type of pain are you experiencing?

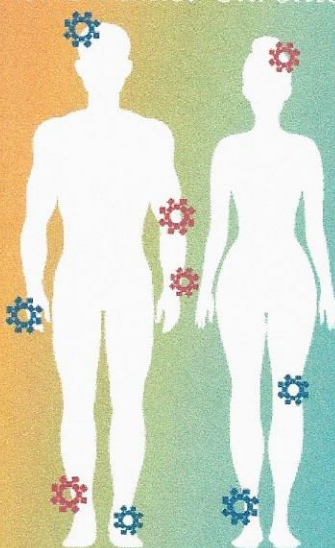
Sprains? Strains? Chronic Pain?

HEAT Therapy

- ⚙️ Arthritis chronic stiffness
- ⚙️ Tension headaches
- ⚙️ Chronic sprains
- ⚙️ Chronic tendinitis

COLD Therapy

- ⚙️ Arthritis flaring joints
- ⚙️ Gout flare-ups
- ⚙️ Vascular headaches
- ⚙️ Acute sprains
- ⚙️ Acute tendinitis



Hackensack
Meridian Health

