



1

Static Back

prepared for Jeffrey Epstein



Hold this eCise for 05 min.

Instructions:

1. Lie on your back with your legs up over a block or chair so your hips and knees are at 90 degrees.
2. Place your arms out to the sides at 45 degrees from your body with palms up.
3. Relax your upper back and notice if your low back flattens to the floor evenly from left to right.
4. Hold this position as directed on your menu.

Fun Facts:

This exercise creates horizontal load between shoulder and pelvis, which contributes to thoracic extension by engaging the stabilizers and flexors of the hip. This position helps prevent compensation from occurring while performing other types of muscular work.

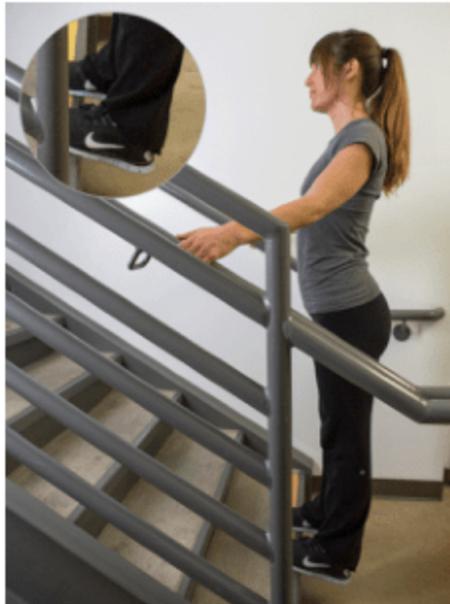




2

Gravity Drop

prepared for Jeffrey Epstein



Hold this eCise for 03 min.

Instructions:

1. Wearing rubber soled shoes for traction (tennis shoes, etc.) stand on a step or stairway as though you were climbing upward
 - Keep your feet parallel, and hip width apart
 - Hold onto a railing or other object for support
2. Edge your feet backward until your heels are off the stairs and you are hanging onto the stair with the balls of your feet
 - Make sure the your feet remain pointed straight ahead
3. Let the weight of your body drop your heels off the stair
 - You will feel a significant stretch in your lower legs
4. Hold as directed on your menu

Notes:

- The key is to keep your hips over your heels and your shoulders in line with your hips
- Keep your weight back on your heels, so that you have to hold on





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2

Gravity Drop

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to something to stay upright

Fun Facts:

- This exercise forces proper loading of all the load joints of the body by physically stacking them one atop the other





3

Standing Shoulder Shrugs

prepared for Jeffrey Epstein



Do 3 sets. Each set consisting of 10 repetitions.

Instructions:

1. Stand with your back to a wall, feet pointing straight ahead and hip width apart, arms hanging down at your sides
2. Your hips, upper back and head should be against the wall
3. Squeeze your shoulder blades together and hold them together while you shrug your shoulders up and down
 - Keeping your shoulder blades together is key for this e-cise
 - You should hear your upper back and shoulder blades gliding on the wall as the shoulders go up and down
4. Continue as directed on your menu

Fun Facts:

This exercise promotes proper position of the scapula and thoracic extension





4

Static Back Reverse Presses

prepared for Jeffrey Epstein



Do 3 sets. Each set consisting of 10 repetitions.

Instructions:

1. Lie on your back with your legs up over a block or chair
2. Relax your legs, back and stomach
3. Place your arms in a bent position directly out from your shoulders
 - Bend 90 degrees at the elbows, hands are in a fist pointed up toward the ceiling
 - Now squeeze your shoulder blades down and together and then release
 - Try to relax your stomach muscles and do NOT try just to push your elbows into the floor - focus on the squeezing and releasing of your shoulder blade muscles
 - Repeat as directed on your menu

Fun Facts:

This exercise promotes shoulder girdle stability for thoracic





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4

Static Back Reverse Presses

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extension. This Static Back position creates horizontal load between shoulder and pelvis, which contributes to thoracic extension by engaging the stabilizers and flexors of the hip. This position helps prevent compensation from occurring while performing other types of muscular work





5

Standing Shoulder Rolls

prepared for Jeffrey Epstein



Do 3 sets. Each set consisting of 10 repetitions.

Instructions:

1. Stand with your feet pointing straight ahead and hip width apart.
2. Your arms are relaxed at your sides.
3. Circle your shoulders forward by pulling your shoulders back then up and then forward.
4. Continue as directed.
5. Now circle backward by raising your shoulders then circling them back and then down.
6. Repeat in both directions as directed on your menu.

Fun Facts:

This exercise promotes the proper position of the scapula and thoracic extension

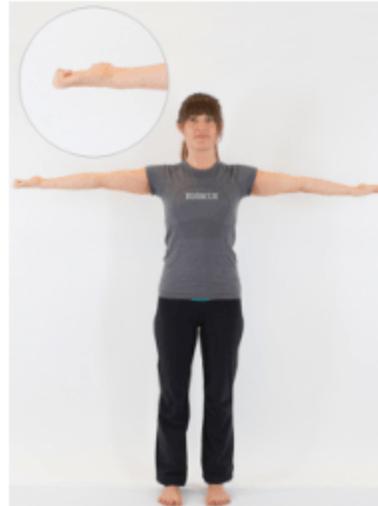




6

Standing Arm Circles

prepared for Jeffrey Epstein



Do 2 sets. Each set consisting of 40 repetitions.

Instructions:

1. Stand with your feet pointed straight and hip-width apart.
2. Place your finger tips into the pad of each hand and point your thumbs straight out.
 - This is referred to as golfers's grip and maintaining this hand position is important for the exercise to be done correctly.
3. Pull your shoulders back by squeezing your shoulder blades together and down, then bring your arms out straight from your sides up to shoulder level.
4. With palms facing down and thumbs pointing straight forward rotate your hands up and forward in approx. 6 inch circles and continue as directed.
5. Then reverse direction: palms should now face up, with thumbs pointed straight backward. Rotate your hands up and backward, continue as directed.

Fun Facts:

This exercise promotes bilateral lumbar function through thoracic stabilization.





7

Hip Crossover Stretch - Palms Down

prepared for Jeffrey Epstein



Hold this eCise for 01 min.

Instructions:

1. Lie on your back with both knees bent and your feet flat on the floor pointed straight ahead.
2. Place your arms out to the side at shoulder level, with your palms flat on the floor.
3. Cross your right ankle over your left knee and rotate the ankle/knee junction down toward the floor.
 - Your right foot should now be flat on the floor, along with the outside of your left leg.
4. Look in the opposite direction and relax your neck and shoulders.
5. Press the right knee away from your body using the right hip muscles.
6. Hold as directed on your menu, then switch sides and repeat.

Fun Facts:

This e-cise promotes hip and spinal rotation with scapular engagement.





8

Pelvic Tilts

prepared for Jeffrey Epstein



Repeat this eCise 10 times

Instructions:

1. Lie on your back with your knees bent
 - Make sure your hips, knees and feet are aligned
 - Your arms should be out to the side, palms up
2. Roll your hips backward to flatten your lower back to the floor
3. Then roll your hips forward to arch your low back
4. Repeat as directed on your menu

Notes:

- Remember to relax your upper back

Fun Facts:

- This exercise takes the lumbar spine through flexion and extension through the pelvic movement





9

Static Back Pull-Overs

prepared for Jeffrey Epstein



Do 3 sets. Each set consisting of 10 repetitions.

Instructions:

1. Lie on your back with your legs up over a large block or chair, knees bent at 90 degrees
2. Relax your legs, lower back and stomach
3. Reach arms straight up above your chest, elbows locked and hands clasped together
4. Now lower your hands down to the floor above your head
 - Do not contract your abdominal muscles, keep the stomach and lower back relaxed
 - Do not let your arms bend at the elbow, keep them straight throughout the exercise
 - If you are unable to lower your hands all the way to the floor behind you, go only as low as you are able while maintaining the straight arm position
5. Return to the starting position and repeat as directed on your menu

Fun Facts:

This exercise re-establishes proper glide of the scapula to promote thoracic extension. This Static Back position creates horizontal load between shoulder





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9

Static Back Pull-Overs

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and pelvis, which contributes to thoracic extension by engaging the stabilizers and flexors of the hip. This position helps prevent compensation from occurring while performing other types of muscular work





10

Sitting Femur Rotations

prepared for Jeffrey Epstein



Do 3 sets. Each set consisting of 20 repetitions.

Instructions:

1. Sit on the floor with both legs extended straight out in front of you with your feet about a foot apart.
2. Place your hands about 4 inches behind your hips with fingers pointed away from your hips.
3. Tighten your thighs and pull your toes back and hold.
4. Roll your hips forward to place an arch in your lower back.
5. Initiating the motion from your hips, rotate your legs and feet in and out
 - Do not lean too heavily onto your hands
 - After 20 repetitions widen your feet about 2 feet apart, after another 20 repetitions widen your feet about 3 feet apart
6. Repeat as directed on your menu

Fun Facts:

This exercise promotes internal and external rotation of the hip while under pelvic / spinal load





11

Hooklying Gluteal Contractions

prepared for Jeffrey Epstein



Do 3 sets. Each set consisting of 20 repetitions.

Instructions:

1. Lie on your back with your knees bent and your feet flat on the floor pointed straight ahead
2. Place your arms out to sides at a 45 degree angle with palms up
3. Squeeze and release your buttocks muscles without contracting your abdominal muscles
4. Repeat as directed on your menu

Notes:

- Keep your stomach relaxed

Fun Facts:

Promotes hip stabilization through engagement of the hip extensors.





12

Hooklying Knee Pillow Squeezes

prepared for Jeffrey Epstein



Do 3 sets. Each set consisting of 20 repetitions.

Instructions:

1. Lie on your back with your knees bent and your feet flat on the floor pointed straight ahead
 - Place a towel under your lower back if instructed to do so on your menu
2. Put a pillow between your knees
3. Place arms out to sides at a 45 degree angle with palms up
4. Squeeze your knees inward into the pillow then release
5. Repeat as directed on your menu

Notes:

- Keep your stomach muscles relaxed
- You should feel the contractions in the inner thighs

Fun Facts:

Promotes bilateral pelvic stabilization through the adductors





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13

Airbench

prepared for Jeffrey Epstein



Hold this eCise for 02 min.

Instructions:

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight
2. Walk your feet away from the wall while sliding your body down at the same time
 - You will be "seated" in an invisible chair, with your knees bent to 105 degrees
 - Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees
 - Your lower back should be completely flat against the wall
 - Your arms can hang down to your sides, or rest your hands gently on your lap
3. Hold as directed on your menu
 - Keep the weight in your heels, do not press forward on your toes
4. DO NOT DO THIS E-CISE IN SOCKS!
5. DO THIS EXERCISE IN ATHLETIC SHOES OR ON A YOGA MAT!





13

Airbench

prepared for Jeffrey Epstein

Notes:

- Your hands and arms should be relaxed down at your sides or resting lightly on your lap
- Once you have lowered yourself into a sitting position your lower back should be flat against the wall

Fun Facts:

This exercise promotes proper function of the lower load joints while stabilizing the opposing pelvis.

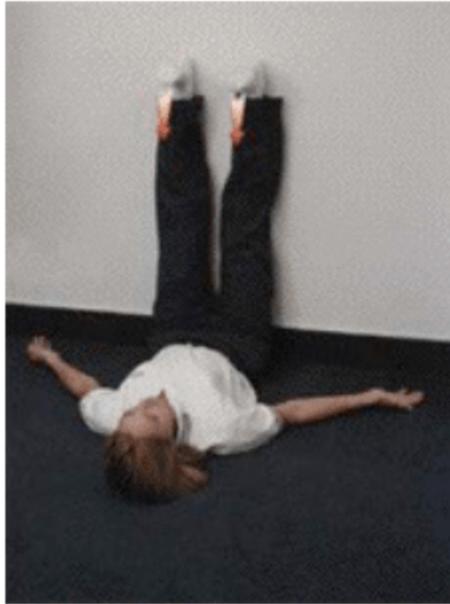




14

Static Wall

prepared for Jeffrey Epstein



Hold this eCise for 04 min.

Instructions:

1. Lie on your back with your legs pointed straight up and against the wall, upper body relaxed with arms out to sides at about 45 degrees and palms facing up feet should be hip width apart.

- When getting into this position, get your hips as close as possible to the wall, so once you are in position your butt is also as close as possible to the wall.

- If your hips are lifting off the floor then scoot your butt back until you are able to place your hips flat. As you get more functional, your hips will sit closer to the wall and be flat on the floor at the same time.

2. In this position tighten your thighs and pull ALL of your toes down and back evenly towards your face.

- Your feet must be pointed straight (parallel) for your hips to properly do the needed work to stabilize your spine.

3. Hold as directed on your menu.

- Be sure to keep your toes pulled back and thighs tight.





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14

Static Wall

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Fun Facts:

This exercise promotes thoracic extension while limiting the rotation ability of the lower load joints





15 **Supine Foot Circles & Point/Flexes**

prepared for Jeffrey Epstein



Repeat this eCise 40 times

Instructions:

1. Lie on your back with one leg extended and the other leg bent and pulled up toward your chest
2. Clasp your hands behind the bent knee
3. Keep the foot on the floor pointed straight up toward the ceiling and your thigh muscles relaxed
4. Circle the lifted foot one way for the indicated number or repetitions, then reverse direction for the same number of reps
 - Make sure the knee stays absolutely still with movement coming from the ankle and not the knee
5. For the point/flexes, bring the toes back toward the shin to flex, then reverse the direction to point the foot forward for the indicated number of reps
6. Switch legs and repeat

Notes:

- Make sure your down leg's foot is pointing to the ceiling.

Fun Facts:

This exercise promotes proper function of the lower leg muscles and





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15

Supine Foot Circles & Point/Flexes

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encourages stabilization of the hip joint on the same leg.

