

ADVANCED EXERCISE Worksheet

Answer the following questionnaire and bring it back to your next chiropractic appointment to receive 1 attendance credit for a workshop!!!

1. Proper Structure = Proper _____!
2. Name one benefit from doing Peak 8: _____
3. How do you do Peak 8?
_____ mins of warm-up
_____ seconds of blast
_____ seconds of cool down
Repeat _____ times
4. Do NOT do Peak 8 until you build up a _____!
5. _____ workout means to work 1 muscle while you rest the opposite muscle (ex: push/pull).
6. Traditional workout (long duration/slow recovery) improves _____ and decreases stress level.
7. When doing the Foundation exercise, you are working your largest muscles to increase metabolism. Answer True or False:
_____ Perform 5 reps in this exercise.
_____ Do the first set to burnout.
8. _____ lunge exercise is an example of a proprioception and balance exercise which helps regain balance and decrease falls and injuries due to balance issues.
9. _____ before and after a workout.