

THE REHAB TO FITNESS PROGRAM

FOUNDATIONS	SESSION 1	SESSION 2	SESSION 3	Total Minutes
WEEK 1	Posture: Rest position (36)	Upper Chest Breathing (6) & Centering 1(9)	Low Back Release (20)	62 mins
WEEK 2	Posture: Side-lying & All Fours (30) *	Centering 2 (7) Relaxation, Belly Breathing (17)	Upper Body Mobility in Standing (6)	53 mins
WEEK 3	Posture: Prone & High Kneeling (20)	Posture: Seated & Lateral Breathing (7) Seated Class (32)	Head to Toe Stretch & Mobility (34)	86 mins
WEEK 4	Posture: Standing (40)	100s Breath (5)	Upper Back Mobility – beginner (5)	50 mins



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CORE STABILITY	SESSION 1	SESSION 2	SESSION 3	Total Minutes
WEEK 5	Stronger Back Week 1 Centering (28)	Stronger Back Week 2 Class 1 (22) & 2 (27)	Back Mobility (6)	83 mins
WEEK 6	Stronger Back Week 2 Class 1 (22) & 2 (27)	Stronger Back Week 2 Class 1(22) & 2 (27)	Upper Body Mobility in Standing 2 (6)	104 mins
WEEK 7	Stronger Back Week 3 Class 1 (20) & 2 (42)	Upper Body Mobility in Standing (6)	Stronger Back Week 3 Class 1 (20) & 2 (42)	130 mins
WEEK 8	Stronger Back Week 3 Class 1(20) & 2 (42)	Upper Back Mobility -beginner (5)	Stronger Back Week 4 Class 1 (11) & 2 (45)	123 mins
WEEK 9	Stronger Back Week 4 Class 1 (11) & 2 (45)	Back Mobility (5)	Stronger Back Week 4 Class 1(11) & 2 (45)	117 mins



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CORE STRENGTH	SESSION 1	SESSION 2	SESSION 3	Total Minutes
WEEK 10	Stronger Back Week 5 Class 1(18) & 2 (48)	Stronger Back Week 5 Class 1(18) & 2(48)	Upper Body Mobility in Standing 2 (6)	138 mins
WEEK 11	Stronger Back Week 5 Class 1(18) & 2(48)	Stronger Back Week 6 Class 1(18) & 2 (48)	Upper Body Mobility in Standing (6)	140 mins
WEEK 12	Stronger Back Week 6 Class 1(18) & 2 (48)	Stronger Back Week 6 Class 1 (18) & 2 (48)	Upper Back Mobility - beginner (5)	141 mins