



## **Performtech System Basics**

### **PRESETS**

#### **Shoulder raises**

Standing with feet hip-socket width apart, shoulders back, head up and low abs tight, raise and lower shoulders. 30 reps



### **Arm circles**

Standing with feet hip-socket width apart, hold arms straight out to the side, parallel to the floor with palms up and shoulder blades squeezed together. Rotate arms backward in small circles 40 times. Then turn palms down and rotate forward 40 times. Keep shoulder blades squeezed back the whole time.





### **Elbow squeezes**

Standing with feet hip-socket width apart, place knocker knuckles at ear lobes with thumbs down. Open elbows as wide as possible and close in front of the face. 15 reps.



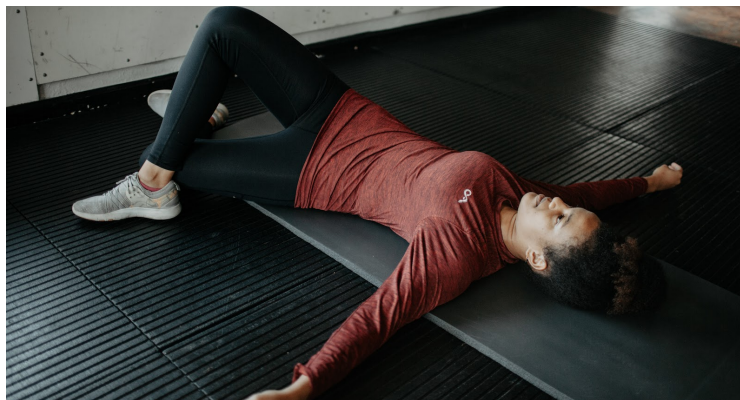
### **Assisted hip lift**

Lying on your back with the right foot against the wall and knee bent at 90 degrees, cross the left ankle over the right knee and spread both arms out to your sides. Press the left knee toward the wall using outer hip muscles only. Hold the position for 45 seconds then switch positions, placing the right ankle over the left knee. Press the right knee toward the wall and hold for 45 sec.



### **Assisted hip lift crossover**

Lying on your back with the right knee bent and foot flat on the floor. Cross left ankle over the right knee. Spread arms out to the side and turn face to the left. Rotate hips over to the right, placing the left foot flat on the floor. Maintain contact between the ankle and the knee and press the left knee away using outer hip muscles. Hold for 45 sec., rotate back, and switch legs.



### **Assisted hip lift abdominal crunch**

With both feet on the wall, knees at 90 degrees, and fingertips behind the neck with head tilted back, pull shoulders off the floor using stomach muscles. Do not pull the head forward and do not allow shoulders to touch the floor on negatives. 25 reps



### **Sitting frog**

Seated on the floor with back against the wall and head up, bring the soles of feet together with knees out to the side. Allow legs to relax as gravity stretches groin muscles. 2 min.





### **Cats and dogs**

On hands and knees, lower head, and arch spine while contracting stomach muscles. This is the cat position. Raise the head slowly while lowering the spine to move into the dog position. DO NOT PRESS DOWN IN DOG POSITION.-10 reps



### **Downward dog**

From a hands and knees position, raise knees off the floor, forming a triangle between hands, hips, and feet. Tighten quads while pressing chest toward the knees. Simultaneously raise hips and press heels toward the floor. 1 min.





### **Ankle rotations with point flexes**

Lying on your back, extend the right leg straight out with toes straight up. Bend the left leg at 90 degrees and place fingertips on the chest cavity. Rotate the left foot in big circles for 40 reps, then switch to the opposite direction for 40 reps. Then point and flex the foot for 20 reps. Repeat on the other leg.





### **Air Bench**

With your back against the wall, lower into a squat position with knees bent at 90 degrees and feet at hip-socket width apart. Keep the head up and shoulders back. Hold position for 2 minutes.



## **RESETS**

### **Sitting wall**

Sitting on the floor with your back against the wall and head up, place both feet straight out in front at hip socket width apart and toes straight up towards Heaven. Tighten quads while pulling toes back and pressing knees into the floor. Hold for 2 min.



### **Frog (with tilt)**

Lying on your back with toes against the wall and soles of feet together, place buttocks as close to heels as possible and spread knees apart. Allow gravity to stretch the groin for 90 sec.



### **Pelvic tilt**

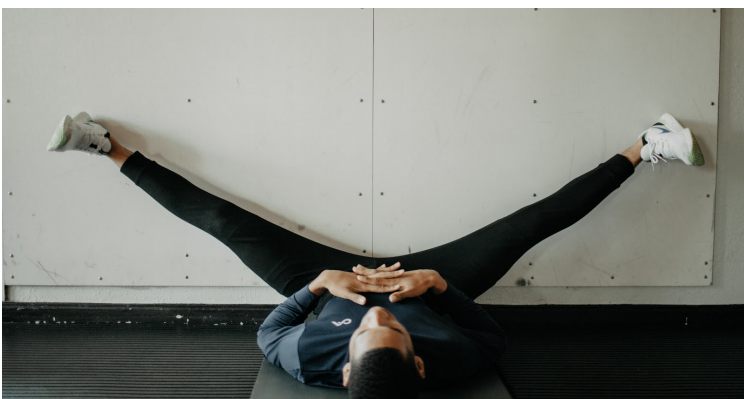
Lying on your back with legs straight and hip-socket width apart and toes straight up, press low back into the floor while pulling pelvis upward. 45 sec.



### **Reverse wall**

Lying on your back, place legs up against the wall at hip-socket width apart and keep butt as close to the wall as possible. Tighten quads, pull toes down, and press knees against the wall. Hold for 2 min. After 2 mins, open feet  $\frac{1}{3}$  wide. Tighten, pull and press as strong as possible for 20 sec. Repeat at  $\frac{2}{3}$  wide for 20 sec. Then at the max split for 20. Splits should be performed at  $\frac{1}{3}$ ,  $\frac{2}{3}$ , and maximum width.





### **Air Bench**

With your back against the wall, lower into a squat position with knees bent at 90 degrees and feet at hip-socket width apart. Keep the head up and shoulders back. Hold the position for 3 minutes.

