

Off Day Routine

Welcome from Mike Whitfield...



“What can I do on my off day”? This is the #1 question I get on a weekly basis.

Here’s the deal – you really don’t need more than 4 workouts per week. In fact, 3 is ideal.

Your mission between workouts is to recover so you can give each workout your maximum effort.

Now what can you do to help with recovery while staying active at the same time? That’s what this manual is all about.

It’s just a simple circuit you can do on your off day to feel and look better, while at the same time keeping your head in the game.

Do this on your OFF day between workouts.

Be safe and recover wisely,
Mike Whitfield, Master CTT

PS – Any questions about exercises and the workouts? Let me know on my Facebook page here:

www.Facebook.com/WorkoutFinishers

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

OFF DAY ROUTINE

I believe in staying active on your off days, but keeping it low intensity. The idea is to **stay off the couch**.

You can do anything, but here are a few ideas:

- A brisk walk or light jog
- Taking your kids to the park
- Yoga
- Swimming
- Taking your dog for a walk
- Mobility/Recovery routine

As for the last option, this is how it works:

Do the following circuit ONE time:

Bodyweight Squat (10 reps)
Arm Crosses (15 reps)
Stick-up (12 reps)
Neck Rolls (5 reps per side)
Bird Dog (5 reps per side)
1-Leg Lying Hip Extensions (5 reps per side)
SCREACH (5 reps per side)
Bodyweight 1-Leg Romanian Deadlift (10 reps per side)
Pushups (6 reps – take 2 seconds to go down and 2 seconds to come up)
Step-Overs (5 reps per side)
Leg Swings (20 reps per side)

Stretches (optional if you're feeling tight):

Psoas Stretch (30 seconds per side)
Chest Stretch (30 seconds per side)
Lying Quad Stretch (30 seconds per side)
Lying Hamstring Stretch (30 seconds per side)
Lying Glute Stretch (30 seconds per side)

The photos and exercise descriptions are below on the next page:

Mobility Exercises and Descriptions are Shown in Order of Appearance

Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Arm Crosses

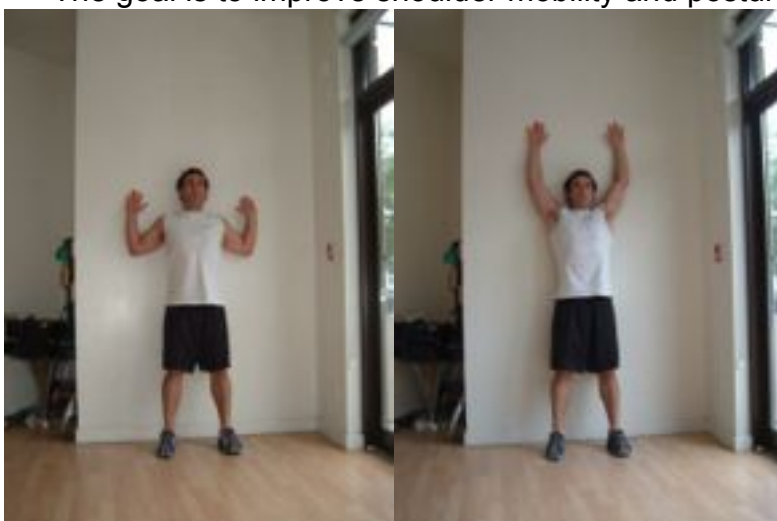
- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.



Off Day Routine

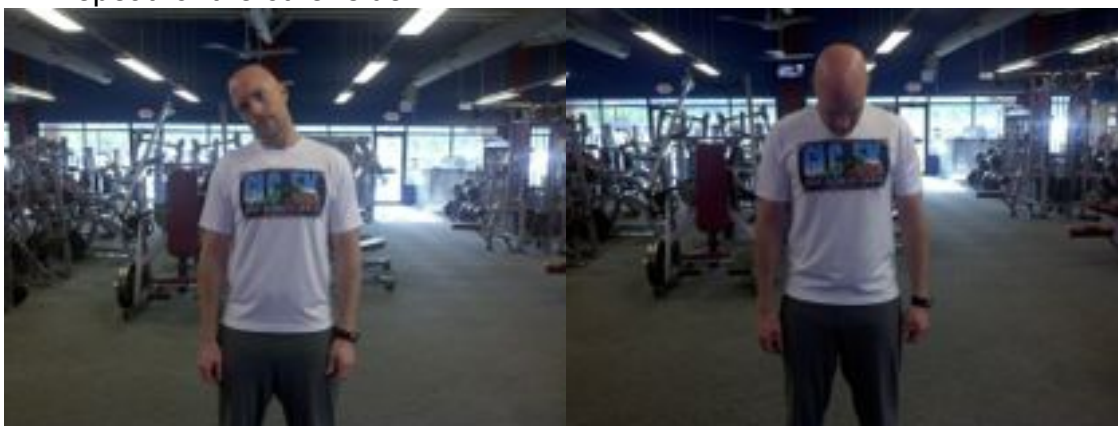
Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



Neck Rolls

- Tilt your head toward your right shoulder.
- Tuck your chin in and slowly roll your head to your chest.
- Repeat for the other side.



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Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours”. Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn't have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.



1-Leg Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



Off Day Routine

Spiderman Climb with a Reach (SCREACH)

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- As you reach the top of the motion, rotate your upper body to point your arm toward the ceiling.
- Keep your abs braced and slowly return to the start position.
- Alternate sides until you complete all of the required repetitions.



Bodyweight 1-Leg Romanian Deadlift (RDL)

- Keep your lower back arched and bend forward by pushing your hips back.
- Repeat all reps for one side then switch.
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.



Off Day Routine

Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Off Day Routine

Step Overs

- Stand with your feet about hip width apart.
- Pick up one foot off the ground and bring the knee towards your chest.
- Rotate that knee out to the side as if you were stepping over something.
- Your feet will now be 18-24 inches apart.
- Take the other leg and lift it up and “step over” to the other side.
- Repeat back to the other side.



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Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level). Hold the stretch for 30 seconds and then switch sides.



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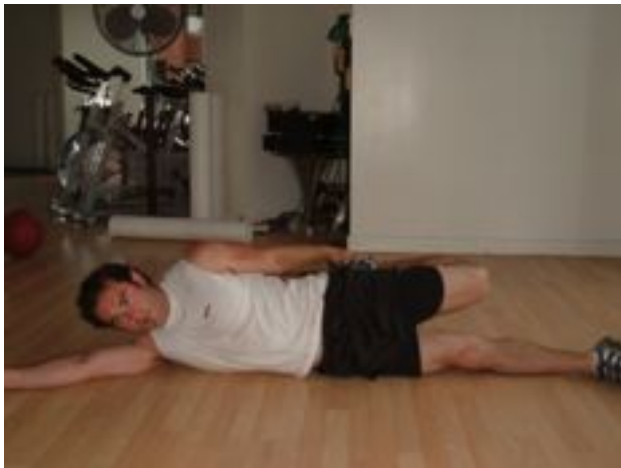
Chest Stretch

- Stand with your arm out-stretched and hand pressed against a wall or support.
- Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle. Hold that position for 20 seconds and then repeat for the other side.



Lying Quad Stretch

- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Off Day Routine

Hamstring Stretch

- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Lie on your back with both legs flat. Slightly bend your right knee.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Hold the stretch for 30 seconds and then switch sides.



Glute Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.

