

Surge Day 1 Exercises:

- 1.) **Push-ups**
- 2.) **Shoulder Presses** Do seated in a chair with dumbbells (choose your weight) soup cans, or 1 gallon jugs filled with water.
- 3.) **Running in Place**

Bonus Ab's:

- 1.) **Crunches**
- 2.) **Leg Raisers**

Surge Day 2 Exercises:

- 1.) **Biceps Curls** (with dumbbells (choose your weight) or soup cans, 1 gallon jugs filled with water)
- 2.) **Dumbbell Pulls** Do seated in a chair with dumbbells (choose your weight) soup cans, or 1 gallon jugs filled with water.
- 3.) **Jumping Jacks**

Bonus Ab's:

- 1.) **Planks**
- 2.) **Side Plank**

Surge Day 3 Exercises:

- 1.) **Squats** (you can use a chair behind you to support you)
- 2.) **Lunges** (you can use two chairs to either side of you for support)
- 3.) **Running in Place**

Bonus Ab's:

- 1.) **Obliques**
- 2.) **Scissors**

Surge Day 4 Exercises:

- 1.) **Dips** (Use a sturdy chair when doing this exercise)
- 2.) **Jump Turns**
- 3.) **Jumping Jacks**

Bonus Ab's:

- 1.) **Crunches**
- 2.) **Leg Raisers**



MaximizedLiving

Discover Chiropractic

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Basic Surge Plan (4-days per week):

3 Exercises per day +bonus Ab's
Warm Up: 1 Minute

Exercise #1

- 20 second surge
- 20 second rest
- 20 second surge
- 20 second rest
- 20 second surge
- 2 minute rest

Exercise #2

- 20 second surge
- 20 second rest
- 20 second surge
- 20 second rest
- 20 second surge
- 2 minute rest

Exercise #3

- 20 second surge
- 20 second rest
- 20 second surge
- 20 second rest
- 20 second surge
- 2 minute rest

+

Bonus Ab's Exercises (2 of them)

****Join us every Saturday from 8am-8:30am for Surge Training Classes****
Location: Dr. Osborne's Office (Discover Chiropractic) Time: 8:00am