

# COT PT Card

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## MUSCULAR FITNESS

<b>Brisk Walk (completed in transit to PT pad)</b>	5-7 minutes
<b>Warm-up exercises (See below)</b>	8-10 minutes

SEQ	Warm-up exercises	Reps	SEQ	Warm-up exercises	Reps
1	Jog in Place	30 sec	6	Knee Lift	5
2	Arm Rotation	20 sec	7	Knee to Chest (lying)	5
3	Hip Rotations	20 sec	8	Leg Over	5
4	Knee and Ankle Rota.	20 sec	9	Knee Over	5
5	Torso Twist	5	10	Personal Stretch	5

### Muscular Fitness (40-45 minutes)

WOT		1	2	3	4/5	COUNTS
SEQ	EXERCISE	SETS	REPS	REPS	REPS	
1	Sit-Ups (P)	3	Target is 20 - count is 30			2
2-A	Push-Ups (P)	3	Target is 20 - count is 30			2
2-B	Arm Rotation (S)	2	20 seconds each			N/A
3-A	Partial Squats (S)	3	20			2
3-B	Standing Knee Lifts (S)	2	20 seconds each (5)			4
4-A	Squat Thrusts (S)	2	20			4
4-B	Arm Rotation (S)	1	20 seconds each (5)			N/A

### HYDRATE (30 SECONDS)

5-A	Cross-Knee Crunches (P)	3	Target is 20 - count is 30			4	
5-B	Pyramid Push-Ups (S)	1	5	6	7	8	2
6-A	Leg Lifts (S)	2	Target is 20 - count is 30			4	
6-B	Knee Overs (S)	1	20 seconds each (5)			4	

### Post Exercise Stretches (10 minutes)

#### HYDRATE (1 MINUTE)

SEQ	NAME OF STRETCHES	SEQ	NAME OF STRETCHES
1	Upper Back	6	Hamstring
2	Abdominal	7	Calf (left, right)
3	Chest	8	Knee to Chest
4	Overhead Arm	9	Lower Back and Hip
5	Quad	10	Groin

1 minute individual stretch at the end of cooldowns

# COT PT Card

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## AEROBIC

<b>Brisk Walk (completed in transit to PT pad)</b>	5-7 minutes
<b>Warm-up exercises (See below)</b>	3 minutes

SEQ	Warm-up exercises	Reps	SEQ	Warm-up exercises	Reps
1	Jog in Place	30 sec	6	Knee Lift	5
2	Arm Rotation	20 sec	7	Knee to Chest (lying)	5
3	Hip Rotations	20 sec	8	Leg Over	5
4	Knee and Ankle Rota.	20 sec	9	Knee Over	5
5	Torso Twist	5	10	Personal Stretch	5

### Running Program (34 minutes)

1) Paced Run - 2:15 timed laps	15 minutes
2) Self-Paced Run	10 minutes
3) Brisk Walk	1 minute
4) Interval Run	6 minutes (6 reps of 30 sec. runs, then walk for 30 sec.)
5) Cool down Walk	1 minute

### Post Exercise Stretches (10 minutes)

#### HYDRATE (1 MINUTE)

SEQ	NAME OF STRETCHES	SEQ	NAME OF STRETCHES
1	Upper Back	6	Hamstring
2	Abdominal	7	Calf (left, right)
3	Chest	8	Knee to Chest
4	Overhead Arm	9	Lower Back and Hip
5	Quad	10	Groin

1 minute individual stretch at the end of cooldowns