**Huntington’s Disease**

HD is caused by a mutation in the gene for a protein called huntingtin. The defect causes the building blocks of DNA called cytosine, adenine, and guanine (CAG) to repeat many more times than they normally do.

**Symptoms**

* Mild clumsiness
* Balance or movement issues(uncontrolled movements)
* Changes in behavior
* cognitive or psychiatric symptoms (problems with thinking or emotion)

**Age group:** 30-55

People with European ancestry are more likely to get affected by HD.

**Sources:**

<https://cshperspectives.cshlp.org/content/3/6/a007476.full>

<https://www.ucsfhealth.org/conditions/huntingtons-disease#:~:text=It%20affects%20males%20and%20females,of%20inheriting%20the%20HD%20gene>.

<https://www.ninds.nih.gov/health-information/disorders/huntingtons-disease#:~:text=Early%20signs%20of%20HD%20can,increases%20the%20chances%20of%20falling>.

**Balance**

**Core:5**

1. Planks
2. Crunches
3. Superman
4. Dead bug
5. Glute bridge
6. Side Plank
7. Bird Dog
8. Deadlift
9. Pullups

**Back:5**

1. Resistance band pull-apart
2. Deadlift
3. Lat pulldown
4. Back extension
5. Dumbbell rows
6. Superman
7. Pullup
8. Dumbbell pullover
9. Romanian Deadlift

**Chest:**

1. Cable Crossover
2. Barbell Bench press
3. Chest flyes
4. Chest dips
5. Incline bench press
6. Pushups
7. Dumbbell pullover
8. Decline bench press
9. Incline pushup

**Quads:5**

1. Single leg squat
2. Bulgarian split squats
3. Deadlift
4. barbell-Squat
5. Pistol squats
6. Reverse lunges
7. Leg press
8. Kettlebell sumo squat
9. Forward Lunges

**Hamstring/Glutes:**

1. Single-Leg Romanian Deadlift (RDL)

2. Bulgarian Split Squat

3. Glute Bridge

4. Single-Leg Squat

5. Hip Thrust

6. Walking Lunges

7. Glute Hamstring Raise

8. Step-ups

9. Kettlebell Swing

**Tricep:3**

1. Tricep Dips

2. Rope Pushdowns

3. Tricep Extensions

4. Tricep Kickbacks

5. Close-Grip Bench Press

6. Diamond Push-Ups

7. Overhead Tricep Extensions

8. Skull Crushers

9. Tricep Rope Pull-downs

**Biceps/forearm:**

1. Pullups

2. Bicep Curls

3. Preacher Curls

4. Hammer Curls

5. Chin-ups

6. Reverse Curls

7. Concentration Curls

8. Zottman Curls

9. Farmer's Walk

**Calves?Abductors:**

1. Standing Calf Raises

2. Side Leg Raises (Standing or lying)

3. Seated Calf Raises

4. Clamshell Exercises

5. Donkey Calf Raises

6. Cable Hip Abduction

7. Calf Press on Leg Press Machine

8. Resistance Band Lateral Walks

9. Jump Rope (Skipping)

**Mobility:**

1. Single-Leg Balance

2. Heel-to-Toe Walk

3. Yoga Poses

4. Tai Chi Movements

5. Standing Leg Swings

6. Tandem Stance

7. Hip Circles

8. Ankle Circles

9. Balance Board Exercises

**Movement:**

**Core:**

1. Planks

2. Bird Dog

3. Side Plank

4. Superman

5. Glute Bridge

6. Hanging Leg Raises

7. V-ups

8. Crunches

9. Dead Bug Exercises

**Back:**

1. Cat-Cow Stretch

2. Child's Pose

3. Cobra Stretch

4. Bird Dog

5. Deadlifts

6. Lat Pulldowns

7. Pull-ups

8. Romanian Deadlifts

9. Bent-over Rows

**Quads:**

1. Squats (Back or Front)

2. Lunges (Walking or Stationary)

3. Leg Press

4. Bulgarian Split Squats

5. Step-ups

6. Leg Extensions

7. Hack Squats

8. Pistol Squats

9. Box Jumps

**Hamstrings/Glutes:**

1. Romanian Deadlifts

2. Hip Thrusts

3. Single-Leg Romanian Deadlifts

4. Bulgarian Split Squats

5. Glute Bridges

6. Walking Lunges

7. Hamstring Curls (Machine or Swiss ball)

8. Good Mornings

9. Glute-Ham Raises

**Biceps:3**

1. Bicep Curls

2. Chin-ups

3. Preacher Curls

4. Hammer Curls

5. Reverse Curls

6. Chin-up Hang

7. Wrist Curls

8. Concentration Curls

9. Farmer's Walk

**Tricep:3**

1. Close-Grip Bench Press

2. Tricep Dips

3. Tricep Rope Pushdowns

4. Overhead Tricep Extensions

5. Skull Crushers

6. Tricep Extensions

7. Tricep Kickbacks

8. Bench Dips

9. Diamond Push-Ups

**Chest:**

1. Push-ups

2. Bench Press

3. Chest Flyes

4. Dumbbell Press

5. Incline Bench Press

6. Cable Crossovers

7. Decline Bench Press

8. Dips

9. narrow-grip-pushup

**Calves/Abductors:**

1. Standing Calf Raises

2. Seated Calf Raises

3. Side Leg Raises (Standing or lying)

4. Donkey Calf Raises

5. Cable Hip Abduction

6. Glute-Ham Raises

7. Clamshell Exercises

8. Resistance Band Lateral Walks

9. Walking Lunges

**Mobility:**

1. Dynamic Stretching

2. Cat-Cow Stretch

3. Walking Lunges

4. Hip Flexor Stretch

5. Shoulder Mobility Drills

6. Thoracic Rotation

7. Ankle Mobility Drills

8. Quadruped Rocking

9. Knee-to-Chest Stretch