

# Rehab plan

**Orthopaedic  
Disorders****4 per week****from 11/5/2021  
to 1/28/2022****Carlos Jimenez**

## Workout 2

**5 exercises 31 minutes 200 MOVEs 98 kcal**

### 1 - Dumbbells - Squat



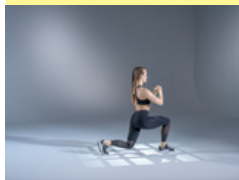
10 reps x 5 lb x 60 sec  
10 reps x 5 lb x 60 sec  
10 reps x 5 lb x 60 sec

### 2 - Dumbbells - Overhead press - seated on bench



10 reps x 7.5 lb x 60 sec  
10 reps x 7.5 lb x 60 sec  
10 reps x 7.5 lb x 60 sec

### 3 - Free Exercise - Split squat



8 reps x 60 sec  
8 reps x 60 sec  
8 reps x 60 sec

### 4 - Dumbbells - Arm curl - twisting - alternating



7 reps x 7.5 lb x 60 sec  
7 reps x 7.5 lb x 60 sec  
7 reps x 7.5 lb x 60 sec

### 5 - Dumbbells - Stiff leg deadlift



10 reps x 7 lb x 60 sec  
10 reps x 7 lb x 60 sec  
10 reps x 7 lb x 60 sec