



ACTIVE100



FLEXIBILITY • STRENGTH • COORDINATION







ACTIVE100

ACTIVE100™ is a trademark of ACTIVE100 Fitness, LLC.
All rights reserved ©2014



FLEXIBILITY • STRENGTH • COORDINATION





WELCOME

Dear **ACTIVE100** Enthusiast,

Congratulations!!! You are about to start a 100-day journey that will improve your health as you get in the most active shape of your life! Over the next 100 days you will see dramatic changes in your range of motion, flexibility, strength, and coordination.

ACTIVE100 was created for Active Adults who want to live Active Futures!

ACTIVE100 is a 100-day exercise program that takes twenty minutes per day, six days a week, and focuses on low-intensity, low-impact exercises. By following the program schedule for the next 100 days, you will:

- Prevent injuries
- Reduce pain
- Increase flexibility
- Strengthen muscles
- Make you feel younger
- Help you stay active
- Improve energy levels
- Improve joint-health
- Improve coordination

You'll see all of these improvements apply to your everyday life. You'll wake up without stiffness, sleep better, increase flexibility, play with kids and grandkids, perform outdoor activities without pain, play better golf, decrease soreness after playing tennis, complete household tasks, reduce the likelihood of joint replacement surgeries, and live without physical restrictions.

You won't be dripping in sweat, you won't be so sore that you can't move the next day, you won't build the biggest muscles, but you will get in the healthiest, most active shape of your life. You will feel better and be healthier. This fitness routine is for everyday people who want to be more active by increasing their flexibility, strength, and coordination with simple and effective movements.

What follows in this book are all of the resources and tools you'll need to make the most of your **ACTIVE100** journey. If you commit to this program, and follow it on a daily basis, I know you will get in the most active and pain-free shape of your life!

Flex, Strength, Coordinate!

Dr. Jake Caldwell

ACTIVE100 is a home fitness program designed for adults to increase their range of motion, flexibility, strength, and coordination. While the workout is low-impact, it does include many movements that some people cannot perform, or cannot perform without pain. If you experience pain at any point during this program you should discontinue its use immediately. If you have a history of health problems, including but not limited to respiratory, surgeries, broken bones or spinal injuries, this program may not be for you. This warning is to be taken seriously and not discounted. Consult your physician before starting any physical workout. The user assumes all risk of injury from the use of this program.

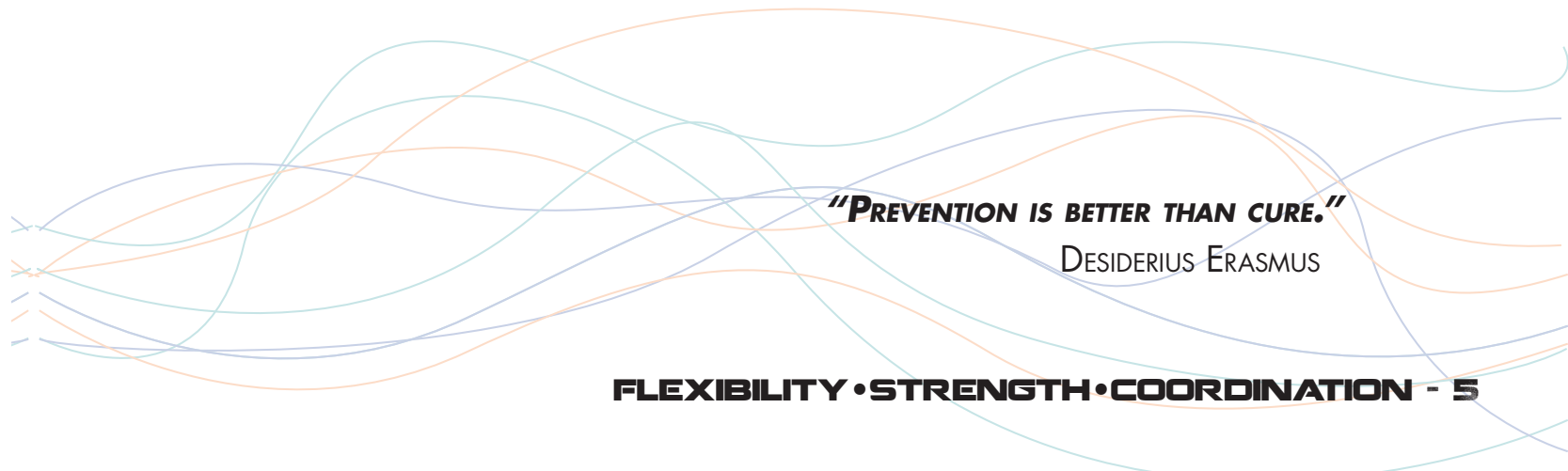
FLEXIBILITY • STRENGTH • COORDINATION





TABLE OF CONTENTS

WHO IS ACTIVE100 FOR?	6
HOW DOES ACTIVE100 WORK?	7
WHY DOES ACTIVE100 WORK?	8
<u>THE ACTIVE INDEX</u> : HOW DO I TRACK MY PROGRESS?	9
THE WORKOUT SCHEDULE	10
DESCRIPTION OF WORKOUTS	11
WORKOUT CALENDAR	14
SPECIFICS CALENDAR	16
ACTIVE INDEXES	18
ACTIVE INDEX GUIDE	28
ACTIVE INDEX SCORING	29
ACTIVE INDEX DETAIL	30
EQUIPMENT YOU WILL NEED	54
LIMITING YOUR CHANCE FOR INJURY	55
WHAT'S NEXT	56
ACKNOWLEDGEMENTS	57



"PREVENTION IS BETTER THAN CURE."
 DESIDERIUS ERASMUS

FLEXIBILITY • STRENGTH • COORDINATION - 5





WHO IS ACTIVE100 FOR?

ACTIVE100 is for everyone. It is for serious athletes that want to improve their recovery time. It is for the weekend warrior who wants to establish a foundation to prevent injuries. It is incredibly effective for everyday adults who want to live with less pain. It is for adults who want to stay active for years to come.

In my physical therapy practice, I see people who are injured, hurt, and limited in their range of motion, flexibility, strength, and coordination. I use specific exercises to help these people recover. But my patients aren't the only ones with these limitations. Just about everyone has fairly significant limitations. These limitations might not yet be causing problems, but they probably will soon. Each person needs to care for his or her body.

Most people are ticking time bombs for major injuries and pain. They are already suffering from at least minor aches and pains. But the average person doesn't have access to the exercises I use with my patients or a daily fitness program to help improve their life. The average person is heading for an inactive, unhealthy future. **ACTIVE100** gives you the opportunity to have the most active future possible with less pain and more flexibility. The **ACTIVE100** program enhances your movement in 20 minutes per day, 6 days a week, for 100 days.

These are simple exercises to help improve your limitations and develop an active and healthy lifestyle, regardless of your age. These exercises can be performed in only twenty minutes per day, and will help improve the root causes of aches and pains, injuries and surgeries. It can help; young athletes prevent injuries and lay a foundation for healthy joints, the middle aged weekend warrior prevent injuries and improve performance, the average guy with a desk job get through the workday with less back and neck pain, the retiree golfer will notice a better swing and less aches the next day and grandparents will be able to pick up their grandkids with ease and possibly prevent the impending joint replacement.

There are plenty of exercise programs that promise to get you in the best shape of your life - to give you ripped abs, sleek legs, and bulging biceps. There are stretching programs, yoga, and Pilates. But none of these programs offer the solution to staying active today and active in the future, because none of these programs address your specific limitations in flexibility, strength, and coordination. None of these programs address the major root causes of aches and pains. The simple exercises of **ACTIVE100** do!

I developed **ACTIVE100** because I believe these simple exercise routines can help eliminate pain today and increase active and healthy lifestyles well into old age. They will help everyone live a healthier, more active life. **ACTIVE100** is for people who want to prevent injuries before they happen, and to move better than they ever have.

FLEXIBILITY • STRENGTH • COORDINATION



HOW DOES ACTIVE100 WORK?

ACTIVE100 is not just a group of exercises. It works because the exercises follow a specific sequence that delivers results. This sequence is the Flexibility, Strength, and Coordination Sequence or **FSC** Sequence.

Flexibility → Strength → Coordination

The exercises will work in any order, but they are more effective when performed in the proper sequence. It will be hard to strengthen a range of motion that is too tight to move through; and we can't coordinate a movement if the muscles are too weak to do it properly. FSC Sequencing is powerful because each exercise builds on the previous exercise. First we gain range of motion by gaining flexibility, then we strengthen that range of motion, and finally we coordinate that range of motion. You don't keep what you don't use; and you don't use range of motion that isn't coordinated.

The power of FSC Sequencing is the coordination that is gained at the end.

If you want to keep it, coordinate it!

Before we can have coordination, we must have strength; and before strength we must have flexibility.

We have to gain flexibility first, and then strengthen that range of motion. Only then can we coordinate the motion. We must follow the sequence to get the full results. We must:

1. Increase flexibility by increasing range of motion,
2. Strengthen that range of motion, and then
3. Coordinate that range now strong range of motion

ACTIVE100 works because of the **FSC** Sequence.

"MAN. BECAUSE HE SACRIFICES HIS HEALTH IN ORDER TO MAKE MONEY. THEN HE SACRIFICES MONEY TO RECUPERATE HIS HEALTH. AND THEN HE IS SO ANXIOUS ABOUT THE FUTURE THAT HE DOES NOT ENJOY THE PRESENT; THE RESULT BEING THAT HE DOES NOT LIVE IN THE PRESENT OR THE FUTURE; HE LIVES AS IF HE IS NEVER GOING TO DIE, AND THEN DIES HAVING NEVER REALLY LIVED."

DALAI LAMA - IN RESPONSE WHEN ASKED WHAT SURPRISES HIM

FLEXIBILITY • STRENGTH • COORDINATION - 7



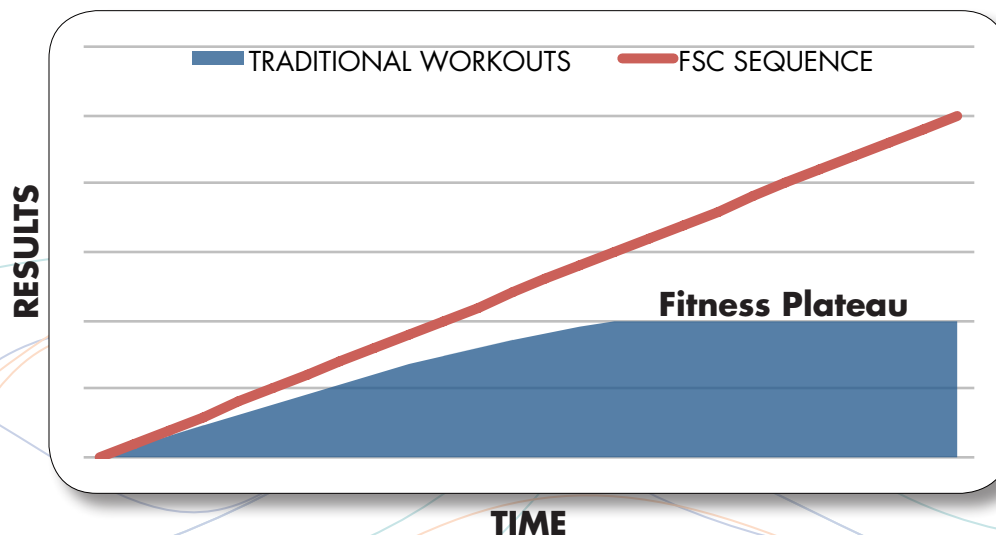
WHY DOES ACTIVE100 WORK?

Just as you must work a muscle to make it stronger, you must use a movement to keep that movement and to use it in everyday life.

If you stop working your muscles, they will get weaker. If you stop doing a movement, your body will begin to lose the ability to perform that movement. You will lose your ability to do that movement smoothly and in a coordinated way, and your muscles and joints will stiffen to protect you from your uncoordinated movement. If you lose enough of your movement, then your life will be dramatically affected. The image of an older person, hunched-over and barely able to walk down the street is what we should all try to prevent. Losing movement is what leads to this situation.

We lose our range of motion by not using our range of motion. And once we lose our range of motion, we either stop moving, or we compensate. When we compensate, we move too much somewhere else, in a region of the body that hasn't tightened. However, this region is now being asked to work too hard - it has to do its regular job and then work extra hard trying to pick up the slack for the tight region. Injury, aches, and pains are the common results. These compensations are the underlying root cause of most aches and pains, injuries and surgeries.

ACTIVE100 addresses the root cause of our aches and pains by using the power of the **FSC** Sequence. Each of the eight routines of **ACTIVE100** has been carefully designed to make full use of the **FSC** Sequence. By following the routines and the **FSC** Sequence, we take the most direct path to better movement, better health, and to being active at one-hundred years old.



FLEXIBILITY • STRENGTH • COORDINATION



THE ACTIVE INDEX:

How do I track my progress?

The **ACTIVE INDEX** is a measurement technique to measure your physical health and gauge your progress to become more active in life. The **ACTIVE INDEX** can also be used to measure your progress and your improvements made throughout the 100 days.

You'll follow the **ACTIVE INDEX** DVD, complete the tests, and award yourself points after each exercise as outlined on the DVD. You'll end up with a total score, and a score for each region of your body. You'll perform the **ACTIVE INDEX** five times during this program so that you'll be able to see your improvements.

The **ACTIVE INDEX** is organized into five sections – spine, shoulders, neck, arms, and legs. Your lowest point section, or area of greatest limitation, will then become an area of focus in the Specifics Phase of **ACTIVE100**.

The **ACTIVE INDEX** will be taken on the following days:

- Day 1 The Start of **ACTIVE100**
- Day 34 Completion of the **CORE** Phase
- Day 55 Completion of the **FULL BODY** Phase
- Day 83 Completion of the **SPECIFICS** Phase
- Day 100 Completion of **ACTIVE100**

The significance of the point total of the **ACTIVE INDEX** is:

- 100 Incredible physical health
- 80 - 99 Healthy
- 60 - 79 Moderate
- 40 - 59 Restricted
- 39 or less Severely restricted

Starting on page 28, you will find detailed descriptions of each exercise and the point significance of the **ACTIVE INDEX**.

The **ACTIVE INDEX** will identify your progress and allow you to see your improvements. Record your score on the following pages of this book and then write it down on your wall calendar to keep you motivated!

***“THOSE WHO THINK THEY HAVE NOT TIME FOR EXERCISE WILL
SOONER OR LATER HAVE TO FIND TIME FOR ILLNESS.”***

EDWARD STANLEY

FLEXIBILITY • STRENGTH • COORDINATION - 9



THE WORKOUT SCHEDULE

The **ACTIVE100** workout schedule was created to get you the best results, keep you motivated, and avoid any burnout. The schedule is broken up into five phases, each phase having a specific purpose.

I. FOUNDATIONS PHASE: The first two weeks of **ACTIVE100** is the Foundations Phase that will create a foundation for the entire body and introduce the body to the basic movements. It will prepare the body for the following phases. This phase emphasizes gaining flexibility of the mid-back, hips, and shoulder blades. These three regions are the key regions to restoring movement throughout the rest of your body.

II. CORE PHASE: The core is one of the most important parts of the body – the area that moves, aligns, and stabilizes the body. The core is the center of your body, specifically your low back and neck. This phase will improve the area that controls most full body movements and enhances posture. Your arms and legs will benefit greatly by having a flexible, stable, and coordinated core.

III. FULL BODY PHASE: The Full Body Phase builds on what you have already achieved. Here you will expand from your now flexible, strong core into your arms and legs. You will connect your arms and legs to your trunk, and get your entire body functioning as a dynamic unit.

IV. SPECIFICS PHASE: This phase is customized for each person. Here you will work on the most limited region of your body. Based on the results of your **ACTIVE INDEX**, you will be able to identify the area of your body that needs specific attention and work on that area during this phase. The workouts that go with each area of the body are identified on the Specifics Calendar on page 16.

V. ACTIVE PHASE: The Active Phase is the final phase of **ACTIVE100** and completes the goals of the program. You'll combine every part of the program and your body will be ready to achieve its greatest results. You'll now be ready to be more active in life, and your body will see significant improvements and be prepared for your final **ACTIVE INDEX**.

"ATTENTION TO HEALTH IS LIFE'S GREATEST HINDRANCE."

PLATO

FLEXIBILITY • STRENGTH • COORDINATION



DESCRIPTION OF THE WORKOUTS

ACTIVE100 consists of ten DVDs, one for each region of your body, one for the Active Index and one for Active Essentials.

MID-BACK: The mid-back and rib cage is the central zone connecting the low back, neck, and shoulders, and is often the root cause of pain in these areas. The mid-back is the torque converter of the spine, and if it's stiff (and it almost always is!) then both the neck and low back will suffer. The shoulder blades, the connection between our trunk and arms, must rest firmly on the rib cage. But if the rib cage is stiff and weak, the shoulder blades, shoulders and arms, cannot hope to function well. The mid-back routine sets the foundation for health throughout the rest of the body.

HIPS: The hips should be the most powerful region of our bodies. When people say, "Lift with your legs!" and when coaches say, "Use your legs!" what they really mean is "Use your hips!" Most of us have lost connection to our hips, allowing them to get stiff and weak, and so we overwork our low back and knees when we do almost anything, from hitting a golf ball, to picking up the laundry basket, to simply sitting in a chair. We severely damage our low backs and knees, because the key joint between these two regions (the hips) isn't doing its part. The hip routine will improve not only the flexibility and strength of your hips, but also the coordination of this important region.

SHOULDER BLADES: The shoulder blades are the equivalent of your hips, for your arms, instead of the legs. They are the connection between your trunk and your arms, and therefore your shoulders and arms cannot function properly without properly functioning shoulder blades. In addition, many of your neck muscles originate from the shoulder blades, so you really cannot have a healthy neck without having healthy shoulder blades. Unfortunately, the shoulder blades are often plastered onto the rib cage by extremely tight chest muscles, and the muscles that help to keep them strong and stable are often extremely weak. The shoulder blade routine will address each of these problems and help to get your shoulder blades, and thus your neck and arms, much healthier.

LOW BACK: The low back is the site of many aches and pains. It's also the place where the nerves that go down your legs come from, so you cannot have healthy legs without a healthy low back. Most low back problems are really mid-back and hip problems, and this routine will focus on restoring full motion, stability, and coordination to your low back region. This routine will help you bend forward and backward with ease, getting true 'core' stability of your low back, and gaining coordinated motion of your low back so that aches and pains become a thing of the past.

"IF THE BODY BE FEEBLE, THE MIND WILL NOT BE STRONG."

THOMAS JEFFERSON

FLEXIBILITY • STRENGTH • COORDINATION - 11

WORKOUTS - CON'T

NECK: Like the low back, the neck is a site of many aches and pains, and the place where the nerves that go down your arms come from - so you cannot have healthy arms without a healthy neck. And similarly to the low back, most neck problems are really mid-back and shoulder blade problems. But the upper neck is another source of neck problems. Most of us have very tight upper neck muscles, due to the very common forward head posture from which almost all of us suffer. This routine will focus on improving the upper neck motions to address the important root causes of neck pain are resolved. Then we focus on improving the stability and coordination of your neck. Once the mid-back, shoulder blades, and upper neck are resolved, most neck problems are simply a result of weak stabilizing muscles. This routine will build a strong and coordinated neck that is resistant to most problems.

SHOULDERS: The shoulders are meant for an incredible amount of flexibility. They move in so many directions! Or, at least, they should be able to move in so many directions. Most of us have lost a significant amount of the range of motion of our shoulders. The shoulder routine will focus on restoring each of the primary motions of the shoulder and increasing coordination. The key for shoulder health is coordination. You can stretch the shoulders all you want, but they will simply tighten back up if you are not coordinated at using the range of motion. The shoulder routine will leave your shoulders feeling free and strong, and less prone to injury.

LEGS: The legs function as a unit. The hips, knees, and ankles must work in a coordinated and smooth manner, or else not work well at all. Knee pain, which is very common, is rarely caused by knee limitations. The knees are almost always victims of tight and weak hips and ankles. We have already improved the many motions of the hips, so in this routine we focus on the ankles. But since the legs function as a unit, we work the hips, knees, and ankles together, improving flexibility, strength, and especially the coordination between all three. In the end, strong and flexible legs will result. But be advised: soreness the next day should be expected after the first few workouts working these often unused muscles.

ARMS: The arms are similar to the legs, and on this routine we focus on the elbows and wrists. The elbows and wrists are connected by the forearms, which are really the keys to healthy arms. There are few people who don't have tight forearm muscles, which bind the elbows and wrists so that they cannot function well. Loosening up the forearms, improving wrist flexibility, and gaining strong, stable wrists and forearms are important for everyone. Those who garden, play tennis and golf, or do anything that makes much use of the hands and elbows will find this routine very helpful.

"A WOMAN IS AS YOUNG AS HER KNEES."

MARY QUANT

FLEXIBILITY • STRENGTH • COORDINATION



ACTIVE100

**WORKOUT CALENDAR
SPECIFICS CALENDAR
ACTIVE INDEX**



FLEXIBILITY • STRENGTH • COORDINATION - 13





WK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
PHASE 1 - FOUNDATIONS							
1	ACTIVE INDEX	HIPS	SHOULDER BLADES	MID-BACK	HIPS	SHOULDER BLADES	DAY OFF
2	HIPS	SHOULDER BLADES	MID-BACK	HIPS	SHOULDER BLADES	MID-BACK	DAY OFF
PHASE 2 - CORE							
3	LOW BACK	MID-BACK	LOW BACK	MID-BACK	NECK	LOW BACK	DAY OFF
4	NECK	MID-BACK	NECK	MID-BACK	LOW BACK	NECK	DAY OFF
5	LOW BACK	NECK	LOW BACK	NECK	MID-BACK	ACTIVE INDEX	DAY OFF
PHASE 3 - FULL BODY							
6	HIPS	LEGS	SHOULDER BLADES	SHOULDERS	LEGS	ARMS	DAY OFF
7	HIPS	LEGS	SHOULDER BLADES	SHOULDERS	LEGS	ARMS	DAY OFF
8	SHOULDERS	LEGS	ARMS	LEGS	SHOULDERS	ACTIVE INDEX	DAY OFF

FLEXIBILITY • STRENGTH • COORDINATION





WK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
PHASE 4 - SPECIFICS							
9	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	DAY OFF
10	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	DAY OFF
11	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	DAY OFF
12	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	SPECIFIC	ACTIVE INDEX	DAY OFF
PHASE 5 - ACTIVE							
13	MID-BACK	HIPS	LOW BACK	LEGS	MID BACK	SHOULDER BLADES	DAY OFF
14	NECK	SHOULDERS	LEGS	ARMS	HIPS	SHOULDER BLADES	DAY OFF
15	MID-BACK	ACTIVE INDEX					

WORKOUT CALENDAR

FLEXIBILITY • STRENGTH • COORDINATION - 15





WK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
SPINE							
1	MID-BACK	LOW BACK	HIPS	MID-BACK	LOW BACK	MID-BACK	DAY OFF
2	LOW BACK	SHOULDER BLADES	MID-BACK	LOW BACK	NECK	MID-BACK	DAY OFF
3	LOW BACK	LEGS	MID-BACK	LOW BACK	SHOULDERS	MID-BACK	DAY OFF
4	LOW BACK	ARMS	HIPS	MID-BACK	LOW BACK	ACTIVE INDEX	DAY OFF
SHOULDERS							
1	SHOULDER BLADES	SHOULDERS	MID-BACK	SHOULDER BLADES	SHOULDERS	SHOULDER BLADES	DAY OFF
2	SHOULDERS	HIPS	SHOULDER BLADES	SHOULDERS	LOW BACK	SHOULDER BLADES	DAY OFF
3	SHOULDERS	NECK	SHOULDER BLADES	SHOULDERS	LEGS	SHOULDER BLADES	DAY OFF
4	SHOULDERS	ARMS	MID-BACK	SHOULDER BLADES	SHOULDERS	ACTIVE INDEX	DAY OFF
NECK							
1	NECK	MID-BACK	NECK	SHOULDER BLADES	NECK	HIPS	DAY OFF
2	NECK	LOW BACK	NECK	MID-BACK	NECK	SHOULDER BLADES	DAY OFF
3	NECK	LEGS	NECK	SHOULDERS	NECK	ARMS	DAY OFF
4	NECK	MID-BACK	NECK	SHOULDER BLADES	NECK	ACTIVE INDEX	DAY OFF

FLEXIBILITY • STRENGTH • COORDINATION





WK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
ARMS							
1	ARMS	SHOULDERS	ARMS	SHOULDER BLADES	ARMS	NECK	DAY OFF
2	ARMS	HIPS	ARMS	LOW BACK	ARMS	SHOULDERS	DAY OFF
3	ARMS	MID-BACK	ARMS	NECK	ARMS	SHOULDER BLADES	DAY OFF
4	ARMS	LEGS	ARMS	SHOULDERS	ARMS	ACTIVE INDEX	DAY OFF
LEGS							
1	HIPS	LEGS	LOW BACK	HIPS	LEGS	HIPS	DAY OFF
2	LEGS	SHOULDER BLADES	HIPS	LEGS	MID-BACK	HIPS	DAY OFF
3	LEGS	NECK	HIPS	LEGS	SHOULDERS	HIPS	DAY OFF
4	LEGS	ARMS	LOW BACK	HIPS	LEGS	ACTIVE INDEX	DAY OFF

SPECIFICS CALENDAR

FLEXIBILITY • STRENGTH • COORDINATION - 17





ACTIVE INDEX							
SQ	TEST	POINTS			YOUR SCORE	SCORING	
		FULL	PARTIAL	NO			

SPINE							
1	TOE TOUCH	4	2	0			/ 4
2	REACHING BACK	2	N/A	0	LEFT		/ 2
					RIGHT		/ 2
3	CHEST BREATHING	1	N/A	0			/ 1
4	BELLY BREATHING	1	N/A	0			/ 1
5	CANNONBALL	5	3 / 1	0			/ 5
6	TRUNK TWIST	5	3 / 1	0	LEFT		/ 5
					RIGHT		/ 5
						21-25 HEALTHY 16-20 MODERATE 15-19 RESTRICTED 0-14 SEVERE	
						TOTAL SCORE:	
						SPINE	/25

SHOULDERS							
7	SHOULDER CIRCLES	2	1	0	LEFT		/ 2
					RIGHT		/ 2
8	SLEEPER STRETCH	2	1	0	LEFT		/ 2
					RIGHT		/ 2
9	ARM REACH	2	1	0	LEFT		/ 2
					RIGHT		/ 2
10	BELLY FLOPPER	3	2	0			/ 3
						13-15 HEALTHY 10-12 MODERATE 7-9 RESTRICTED 0-6 SEVERE	
						TOTAL SCORE:	
						SHOULDERS	/15

NECK							
11	NECK ROTATION	2	1	0	LEFT		/ 2
					RIGHT		/ 2
12	NECK FLATTENING	6	3	0			/ 6
13	HEAD HOVER	5	3	0			/ 5
						13-15 HEALTHY 10-12 MODERATE 7-9 RESTRICTED 0-6 SEVERE	
						TOTAL SCORE:	
						NECK	/15

ACTIVE INDEX PAGE 1 SUBTOTAL							/55
-------------------------------------	--	--	--	--	--	--	------------

FLEXIBILITY • STRENGTH • COORDINATION





ACTIVE INDEX							
SQ	TEST	POINTS			YOUR SCORE	SCORING	
		FULL	PARTIAL	NO			

ARMS							
14	WRIST EXTENSION	3	2	0	LEFT	/ 3	9-10 HEALTHY 7-8 MODERATE 5-6 RESTRICTED 0-4 SEVERE
					RIGHT	/ 3	
15	ELBOW TWIST #1	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
16	ELBOW TWIST #2	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
TOTAL SCORE: ARMS							/10

LEGS							
17	SITING ON HAUNCHES	3	1	0		/ 3	29-35 HEALTHY 22-28 MODERATE 15-21 RESTRICTED 0-14 SEVERE
18	SHIN BOX	2	1	0	LEFT	/ 2	
					RIGHT	/ 2	
19	HIP OPENER	2	1	0	LEFT	/ 2	
					RIGHT	/ 2	
20	HAMSTRINGS	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
21	HEEL RAISES	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
22	BALANCE	3	2	0	LEFT	/ 3	
					RIGHT	/ 3	
23	KNEE TRACKING	4	2	0	LEFT	/ 4	
					RIGHT	/ 4	
24	SQUAT	6	3	0		/ 6	
TOTAL SCORE: LEGS							/35

ACTIVE INDEX PAGE 2 SUBTOTAL	/45
ACTIVE INDEX PAGE 1 SUBTOTAL	/55

ACTIVE INDEX TOTAL SCORE	/100
---------------------------------	-------------

ACTIVE INDEX - DAY 1

FLEXIBILITY • STRENGTH • COORDINATION - 19





ACTIVE INDEX

SQ	TEST	POINTS				YOUR SCORE		SCORING
		FULL	PARTIAL	NO				

SPINE							
1	TOE TOUCH	4	2	0			/ 4
2	REACHING BACK	2	N/A	0	LEFT		/ 2
					RIGHT		/ 2
3	CHEST BREATHING	1	N/A	0			/ 1
4	BELLY BREATHING	1	N/A	0			/ 1
5	CANNONBALL	5	3 / 1	0			/ 5
6	TRUNK TWIST	5	3 / 1	0	LEFT		/ 5
					RIGHT		/ 5
							21-25 HEALTHY 16-20 MODERATE 15-19 RESTRICTED 0-14 SEVERE
TOTAL SCORE:							SPINE <input style="width: 30px;" type="text"/> /25

SHOULDERS							
7	SHOULDER CIRCLES	2	1	0	LEFT		/ 2
					RIGHT		/ 2
8	SLEEPER STRETCH	2	1	0	LEFT		/ 2
					RIGHT		/ 2
9	ARM REACH	2	1	0	LEFT		/ 2
					RIGHT		/ 2
10	BELLY FLOPPER	3	2	0			/ 3
TOTAL SCORE:							SHOULDERS <input style="width: 30px;" type="text"/> /15

NECK							
11	NECK ROTATION	2	1	0	LEFT		/ 2
					RIGHT		/ 2
12	NECK FLATTENING	6	3	0			/ 6
13	HEAD HOVER	5	3	0			/ 5
TOTAL SCORE:							NECK <input style="width: 30px;" type="text"/> /15

ACTIVE INDEX PAGE 1 SUBTOTAL /55

FLEXIBILITY • STRENGTH • COORDINATION





ACTIVE INDEX							
SQ	TEST	POINTS			YOUR SCORE	SCORING	
		FULL	PARTIAL	NO			

ARMS							
14	WRIST EXTENSION	3	2	0	LEFT	/ 3	9-10 HEALTHY 7-8 MODERATE 5-6 RESTRICTED 0-4 SEVERE TOTAL SCORE: <input type="text"/> /10
					RIGHT	/ 3	
15	ELBOW TWIST #1	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
16	ELBOW TWIST #2	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	

LEGS							
17	SITING ON HAUNCHES	3	1	0		/ 3	29-35 HEALTHY 22-28 MODERATE 15-21 RESTRICTED 0-14 SEVERE TOTAL SCORE: <input type="text"/> /35
18	SHIN BOX	2	1	0	LEFT	/ 2	
					RIGHT	/ 2	
19	HIP OPENER	2	1	0	LEFT	/ 2	
					RIGHT	/ 2	
20	HAMSTRINGS	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
21	HEEL RAISES	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
22	BALANCE	3	2	0	LEFT	/ 3	
					RIGHT	/ 3	
23	KNEE TRACKING	4	2	0	LEFT	/ 4	
					RIGHT	/ 4	
24	SQUAT	6	3	0		/ 6	

ACTIVE INDEX PAGE 2 SUBTOTAL	/45
ACTIVE INDEX PAGE 1 SUBTOTAL	/55

ACTIVE INDEX TOTAL SCORE	/100
---------------------------------	-------------

ACTIVE INDEX - DAY 34

FLEXIBILITY • STRENGTH • COORDINATION - 21





ACTIVE INDEX							
SQ	TEST	POINTS			YOUR SCORE	SCORING	
		FULL	PARTIAL	NO			

SPINE							
1	TOE TOUCH	4	2	0			/ 4
2	REACHING BACK	2	N/A	0	LEFT		/ 2
					RIGHT		/ 2
3	CHEST BREATHING	1	N/A	0			/ 1
4	BELLY BREATHING	1	N/A	0			/ 1
5	CANNONBALL	5	3 / 1	0			/ 5
6	TRUNK TWIST	5	3 / 1	0	LEFT		/ 5
					RIGHT		/ 5
						21-25 HEALTHY 16-20 MODERATE 15-19 RESTRICTED 0-14 SEVERE	
						TOTAL SCORE:	
						SPINE	/25

SHOULDERS							
7	SHOULDER CIRCLES	2	1	0	LEFT		/ 2
					RIGHT		/ 2
8	SLEEPER STRETCH	2	1	0	LEFT		/ 2
					RIGHT		/ 2
9	ARM REACH	2	1	0	LEFT		/ 2
					RIGHT		/ 2
10	BELLY FLOPPER	3	2	0			/ 3
						13-15 HEALTHY 10-12 MODERATE 7-9 RESTRICTED 0-6 SEVERE	
						TOTAL SCORE:	
						SHOULDERS	/15

NECK							
11	NECK ROTATION	2	1	0	LEFT		/ 2
					RIGHT		/ 2
12	NECK FLATTENING	6	3	0			/ 6
13	HEAD HOVER	5	3	0			/ 5
						13-15 HEALTHY 10-12 MODERATE 7-9 RESTRICTED 0-6 SEVERE	
						TOTAL SCORE:	
						NECK	/15

ACTIVE INDEX PAGE 1 SUBTOTAL							/55
-------------------------------------	--	--	--	--	--	--	------------

FLEXIBILITY • STRENGTH • COORDINATION





ACTIVE INDEX							
SQ	TEST	POINTS			YOUR SCORE	SCORING	
		FULL	PARTIAL	NO			

ARMS							
14	WRIST EXTENSION	3	2	0	LEFT	/ 3	9-10 HEALTHY 7-8 MODERATE 5-6 RESTRICTED 0-4 SEVERE TOTAL SCORE: ARMS <input type="text"/> /10
					RIGHT	/ 3	
15	ELBOW TWIST #1	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
16	ELBOW TWIST #2	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	

LEGS							
17	SITING ON HAUNCHES	3	1	0		/ 3	29-35 HEALTHY 22-28 MODERATE 15-21 RESTRICTED 0-14 SEVERE TOTAL SCORE: LEGS <input type="text"/> /35
18	SHIN BOX	2	1	0	LEFT	/ 2	
					RIGHT	/ 2	
19	HIP OPENER	2	1	0	LEFT	/ 2	
					RIGHT	/ 2	
20	HAMSTRINGS	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
21	HEEL RAISES	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
22	BALANCE	3	2	0	LEFT	/ 3	
					RIGHT	/ 3	
23	KNEE TRACKING	4	2	0	LEFT	/ 4	
					RIGHT	/ 4	
24	SQUAT	6	3	0		/ 6	

ACTIVE INDEX PAGE 2 SUBTOTAL	/45
ACTIVE INDEX PAGE 1 SUBTOTAL	/55

ACTIVE INDEX TOTAL SCORE	/100
---------------------------------	-------------

ACTIVE INDEX - DAY 55

FLEXIBILITY • STRENGTH • COORDINATION - 23





ACTIVE INDEX							
SQ	TEST	POINTS			YOUR SCORE	SCORING	
		FULL	PARTIAL	NO			

SPINE							
1	TOE TOUCH	4	2	0			/ 4
2	REACHING BACK	2	N/A	0	LEFT		/ 2
					RIGHT		/ 2
3	CHEST BREATHING	1	N/A	0			/ 1
4	BELLY BREATHING	1	N/A	0			/ 1
5	CANNONBALL	5	3 / 1	0			/ 5
6	TRUNK TWIST	5	3 / 1	0	LEFT		/ 5
					RIGHT		/ 5
						21-25 HEALTHY 16-20 MODERATE 15-19 RESTRICTED 0-14 SEVERE	
						TOTAL SCORE:	
						SPINE	/25

SHOULDERS							
7	SHOULDER CIRCLES	2	1	0	LEFT		/ 2
					RIGHT		/ 2
8	SLEEPER STRETCH	2	1	0	LEFT		/ 2
					RIGHT		/ 2
9	ARM REACH	2	1	0	LEFT		/ 2
					RIGHT		/ 2
10	BELLY FLOPPER	3	2	0			/ 3
						13-15 HEALTHY 10-12 MODERATE 7-9 RESTRICTED 0-6 SEVERE	
						TOTAL SCORE:	
						SHOULDERS	/15

NECK							
11	NECK ROTATION	2	1	0	LEFT		/ 2
					RIGHT		/ 2
12	NECK FLATTENING	6	3	0			/ 6
13	HEAD HOVER	5	3	0			/ 5
						13-15 HEALTHY 10-12 MODERATE 7-9 RESTRICTED 0-6 SEVERE	
						TOTAL SCORE:	
						NECK	/15

ACTIVE INDEX PAGE 1 SUBTOTAL							/55
-------------------------------------	--	--	--	--	--	--	------------

FLEXIBILITY • STRENGTH • COORDINATION





ACTIVE INDEX							
SQ	TEST	POINTS			YOUR SCORE	SCORING	
		FULL	PARTIAL	NO			

ARMS							
14	WRIST EXTENSION	3	2	0	LEFT	/ 3	9-10 HEALTHY 7-8 MODERATE 5-6 RESTRICTED 0-4 SEVERE TOTAL SCORE: ARMS <input type="text"/> /10
					RIGHT	/ 3	
15	ELBOW TWIST #1	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
16	ELBOW TWIST #2	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	

LEGS							
17	SITING ON HAUNCHES	3	1	0		/ 3	29-35 HEALTHY 22-28 MODERATE 15-21 RESTRICTED 0-14 SEVERE TOTAL SCORE: LEGS <input type="text"/> /35
18	SHIN BOX	2	1	0	LEFT	/ 2	
					RIGHT	/ 2	
19	HIP OPENER	2	1	0	LEFT	/ 2	
					RIGHT	/ 2	
20	HAMSTRINGS	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
21	HEEL RAISES	1	.5	0	LEFT	/ 1	
					RIGHT	/ 1	
22	BALANCE	3	2	0	LEFT	/ 3	
					RIGHT	/ 3	
23	KNEE TRACKING	4	2	0	LEFT	/ 4	
					RIGHT	/ 4	
24	SQUAT	6	3	0		/ 6	

ACTIVE INDEX PAGE 2 SUBTOTAL	/45
ACTIVE INDEX PAGE 1 SUBTOTAL	/55

ACTIVE INDEX TOTAL SCORE	/100
---------------------------------	-------------

ACTIVE INDEX - DAY 83

FLEXIBILITY • STRENGTH • COORDINATION - 25



ACTIVE INDEX

SQ	TEST	POINTS				YOUR SCORE		SCORING
		FULL	PARTIAL	NO				

SPINE

1	TOE TOUCH	4	2	0			/ 4	21-25 HEALTHY 16-20 MODERATE 15-19 RESTRICTED 0-14 SEVERE TOTAL SCORE: SPINE <input style="width: 40px;" type="text"/> /25
2	REACHING BACK	2	N/A	0	LEFT		/ 2	
					RIGHT		/ 2	
3	CHEST BREATHING	1	N/A	0			/ 1	
4	BELLY BREATHING	1	N/A	0			/ 1	
5	CANNONBALL	5	3 / 1	0			/ 5	
6	TRUNK TWIST	5	3 / 1	0	LEFT		/ 5	
					RIGHT		/ 5	

SHOULDERS

7	SHOULDER CIRCLES	2	1	0	LEFT		/ 2	13-15 HEALTHY 10-12 MODERATE 7-9 RESTRICTED 0-6 SEVERE TOTAL SCORE: SHOULDERS <input style="width: 40px;" type="text"/> /15
					RIGHT		/ 2	
8	SLEEPER STRETCH	2	1	0	LEFT		/ 2	
					RIGHT		/ 2	
9	ARM REACH	2	1	0	LEFT		/ 2	
					RIGHT		/ 2	
10	BELLY FLOPPER	3	2	0			/ 3	

NECK

11	NECK ROTATION	2	1	0	LEFT		/ 2	13-15 HEALTHY 10-12 MODERATE 7-9 RESTRICTED 0-6 SEVERE TOTAL SCORE: NECK <input style="width: 40px;" type="text"/> /15
					RIGHT		/ 2	
12	NECK FLATTENING	6	3	0			/ 6	
13	HEAD HOVER	5	3	0			/ 5	

ACTIVE INDEX PAGE 1 SUBTOTAL

/55

FLEXIBILITY • STRENGTH • COORDINATION



ACTIVE INDEX

SQ	TEST	POINTS				YOUR SCORE		SCORING
		FULL	PARTIAL	NO				

ARMS								
14	WRIST EXTENSION	3	2	0	LEFT		/ 3	9-10 HEALTHY 7-8 MODERATE 5-6 RESTRICTED 0-4 SEVERE TOTAL SCORE: /10
					RIGHT		/ 3	
15	ELBOW TWIST #1	1	.5	0	LEFT		/ 1	
					RIGHT		/ 1	
16	ELBOW TWIST #2	1	.5	0	LEFT		/ 1	
					RIGHT		/ 1	

LEGS								
17	SITING ON HAUNCHES	3	1	0			/ 3	29-35 HEALTHY 22-28 MODERATE 15-21 RESTRICTED 0-14 SEVERE TOTAL SCORE: /35
18	SHIN BOX	2	1	0	LEFT		/ 2	
					RIGHT		/ 2	
19	HIP OPENER	2	1	0	LEFT		/ 2	
					RIGHT		/ 2	
20	HAMSTRINGS	1	.5	0	LEFT		/ 1	
					RIGHT		/ 1	
21	HEEL RAISES	1	.5	0	LEFT		/ 1	
					RIGHT		/ 1	
22	BALANCE	3	2	0	LEFT		/ 3	
					RIGHT		/ 3	
23	KNEE TRACKING	4	2	0	LEFT		/ 4	
					RIGHT		/ 4	
24	SQUAT	6	3	0			/ 6	

ACTIVE INDEX PAGE 2 SUBTOTAL	/45
ACTIVE INDEX PAGE 1 SUBTOTAL	/55

ACTIVE INDEX TOTAL SCORE	/100
---------------------------------	-------------

ACTIVE INDEX - DAY 100

FLEXIBILITY • STRENGTH • COORDINATION - 27



ACTIVE INDEX GUIDE

The **ACTIVE INDEX** is a measurement technique to gauge the overall health of your body. The **ACTIVE INDEX** can also be used to measure your progress and your improvements made throughout the 100 days.

You'll follow the **ACTIVE INDEX** DVD, complete the tests and award yourself points after each exercise as outlined on the DVD. If you need additional assistance besides the DVD to score your **ACTIVE INDEX**, this guide will be your reference.

1.	TOE TOUCH	4 POINTS
2.	REACHING BACK	4 POINTS
3.	CHEST BREATHING	1 POINT
4.	BELLY BREATHING	1 POINT
5.	CANNONBALL	5 POINTS
6.	TRUNK TWIST	10 POINTS
7.	SHOULDER CIRCLES	4 POINTS
8.	SLEEPER STRETCH	4 POINTS
9.	ARM REACH	4 POINTS
10.	BELLY FLOPPER	3 POINTS
11.	NECK ROTATION	4 POINTS
12.	NECK FLATTENER	6 POINTS
13.	HEAD HOVER	5 POINTS
14.	WRIST EXTENSION	6 POINTS
15.	ELBOW TWIST 1	2 POINTS
16.	ELBOW TWIST 2	2 POINTS
17.	SITTING ON HAUNCHES	3 POINTS
18.	SHIN BOX	4 POINTS
19.	HIP OPENER	4 POINTS
20.	HAMSTRINGS	2 POINTS
21.	SINGLE LEG HEEL RAISES	2 POINTS
22.	BALANCE	6 POINTS
23.	KNEE TRACKING	8 POINTS
24.	SQUAT	6 POINTS
	TOTAL	100 POINTS

"YOUR BODY IS A TEMPLE, BUT ONLY IF YOU TREAT IT AS ONE."

TERRI GUILLEMETS

FLEXIBILITY • STRENGTH • COORDINATION

ACTIVE INDEX SCORING

The **ACTIVE INDEX** is a test to measure your physical health and gauge your progress to becoming more active in life. Based on your **ACTIVE INDEX** score, you will be able to determine your category of physical health and know what a higher **ACTIVE INDEX** score can do for your life.

100 POINTS INCREDIBLE PHYSICAL HEALTH

You have achieved mastery of **ACTIVE100**. You have excellent flexibility, strength, and coordination. You likely have few aches and pains, and enjoy an incredibly active life.

80 - 99 POINTS HEALTHY

You have a great deal of flexibility, strength, and coordination. You are probably not significantly limiting your activities due to aches and pains. This is the ideal zone to live the most active life.

60 - 79 POINTS MODERATE

You have good flexibility, strength, and coordination, but at least a few joints and muscles are tight enough to limit your life. You probably feel good most of the time, but you don't do all the activities you'd like to do. You probably suffer from some aches and pains.

40 - 59 POINTS RESTRICTED

You have a significant number of joints and muscles that are tight enough to limit your life. You probably don't do a lot of physical activities because they hurt and don't feel good. You almost certainly have daily aches and pains.

39 OR LESS POINTS SEVERELY RESTRICTED

Most of your joints and muscles are tight enough to limit your activity level. You probably hurt even when not trying to be active. **ACTIVE100** will help you identify and improve your limitations.

"ACHIEVEMENT IS LARGELY THE PRODUCT OF STEADILY RAISING ONE'S LEVELS OF ASPIRATION AND EXPECTATION."

JACK NICKLAUS

FLEXIBILITY • STRENGTH • COORDINATION - 29



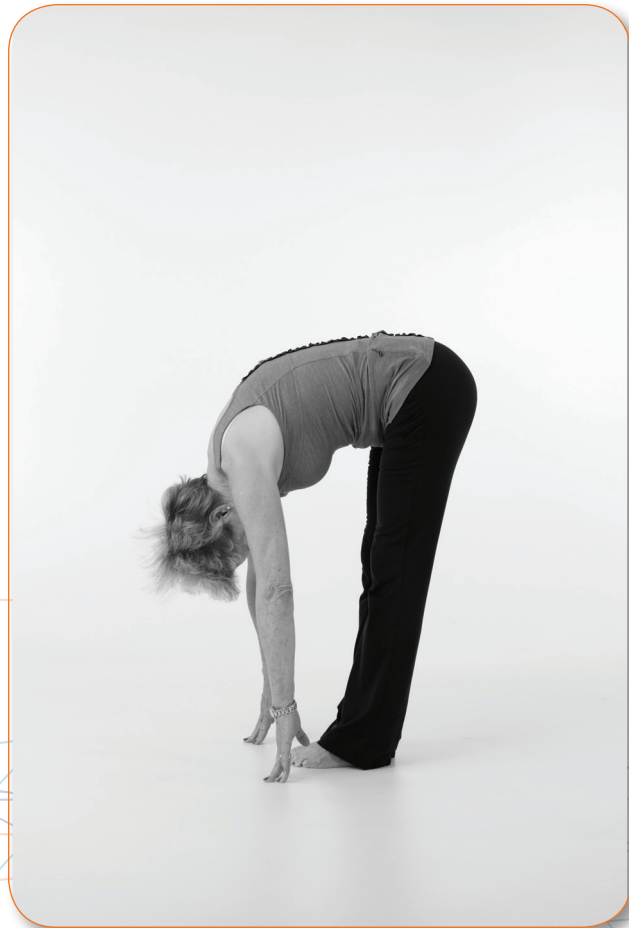
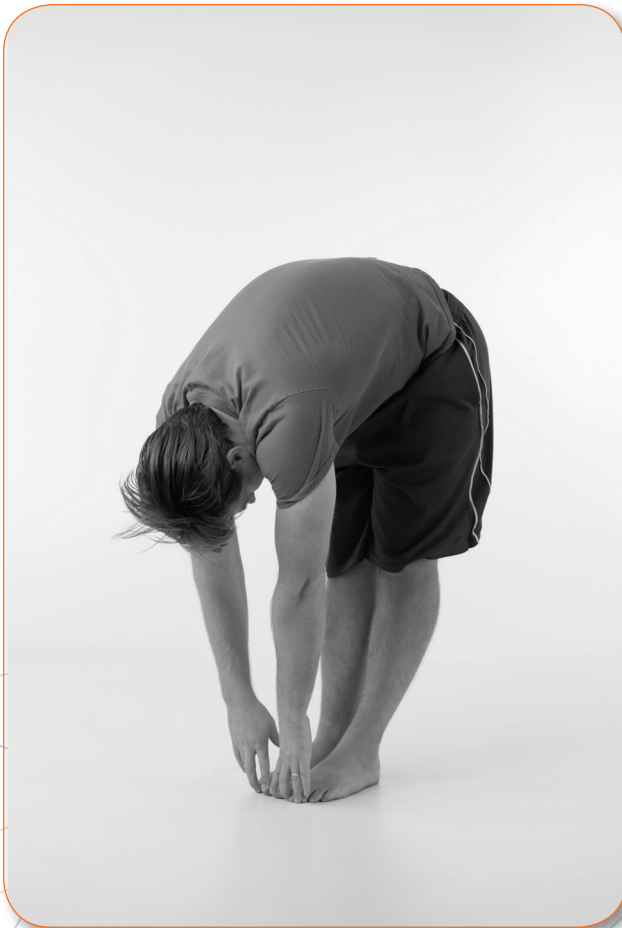
ACTIVE INDEX DETAIL

1. TOE TOUCH - 4 POINTS

The ability to touch your toes is very important. You must have a reasonably flexible spine and hamstrings to touch your toes. If your spine is weak, then it will tighten up to protect you from moving too far and limit your range of movement. So by touching your toes you demonstrate a minimum level of spinal stability.

INSTRUCTIONS: Stand with your feet together and legs straight. Bend forward and try to touch your toes while keeping your knees straight.

- 4 points: If you can touch your toes.
- 2 points: If you can touch your ankles.
- 0 points: If you can't touch your ankles.



FLEXIBILITY • STRENGTH • COORDINATION



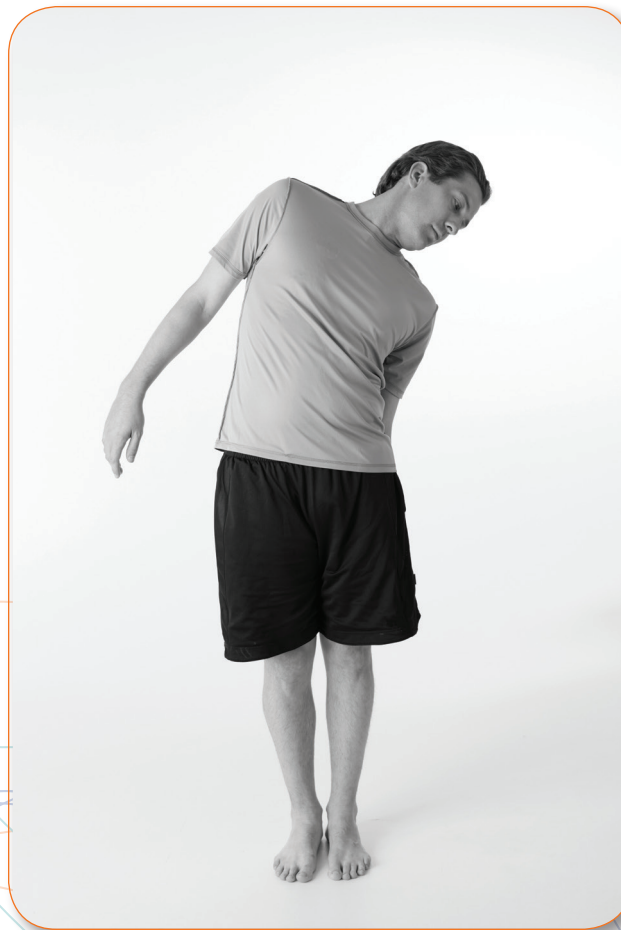
ACTIVE INDEX DETAIL - CONT

2. REACHING BACK - 4 POINTS

In the Toe Touch we tested your ability to flex your spine forward. But your spine also bends backwards. In Reaching Back we test your ability to extend your spine backwards. The ability to extend your spine is important for your ability to stand up straight. Losing your spinal extension leads to “hunched over” posture and contributes to arthritis and pain in your back and legs.

INSTRUCTIONS: Stand with your feet together and legs straight. With your right hand, reach back toward the back of your right knee. Keep your knees straight while you do this. Repeat on the other side.

- 2 points: If you can touch the back of your knee.
- 1 point: If you can't touch the back of your knee.
- 0 points: If you feel pain when you do this motion.





ACTIVE INDEX DETAIL - CONT

3. CHEST BREATHING - 1 POINTS

The mobility of your rib cage is vitally important for the health of your spine. If your rib cage is stiff, then your neck, shoulder blades, and low back will have trouble moving properly. You should have all sorts of options for breathing. You should be able to breathe into all parts of your rib cage. The ability to breathe into your belly without moving your chest, and to breathe into your chest without moving your belly, demonstrates a good amount of control of your rib cage.

INSTRUCTIONS: Lie face up on the floor with both knees bent. Place one hand on your chest and one hand on your stomach. Take a large breath moving only your chest and trying to keep your stomach still. You should notice your chest expanding as you breathe in and collapsing as you breathe out. The hand on your stomach shouldn't move at all during your breath.

- 1 point: If you can take a large breath and have no motion in your stomach.
- 0 points: If you notice motion in your belly when you do this test.



FLEXIBILITY • STRENGTH • COORDINATION



ACTIVE INDEX DETAIL - CONT

4. BELLY BREATHING - 1 POINTS

INSTRUCTIONS: Lie face up on the floor with both knees bent. Place one hand on your chest and one hand on your stomach. Take a large breath moving only your chest and trying to keep your stomach still. You should notice your chest expanding as you breathe in and collapsing as you breathe out. The hand on your stomach shouldn't move at all during your breath.

- 1 point: If you can take a large breath and have no motion in your stomach.
- 0 points: If you notice motion in your belly when you do this test.





ACTIVE INDEX DETAIL - CONT

5. CANNONBALL - 5 POINTS

Spinal stability is important for the health of your spine. It doesn't matter how flexible you are if you don't have the strength to use that flexibility safely. Without spinal stability, you are destined for low back pain. The Cannonball tests your spinal stability in a very useful way - whether or not you have the strength to hold your spine stable against a significant force, whether or not you can maintain that stability for a good length of time, and how quickly and smoothly these muscles function for you.

INSTRUCTIONS: Lie face up on the floor and bring your knees to your chest (or as close as you can to your chest), which should lift your bottom off the floor. Hold this position while you place your hands on your knees and try to push your bottom back to the floor with your hands. You will be fighting yourself - your hands trying to push your bottom back to the floor and your legs not allowing that. Hold this for 60 seconds (if you can) and note whether you shake during this hold or not.

5 points: If you can hold for 60 seconds without any shaking.

3 points: If you can hold for 60 seconds but shake.

1 point: If you can hold for 30 seconds.

0 points: If you can't hold for 30 seconds.



FLEXIBILITY • STRENGTH • COORDINATION



ACTIVE INDEX DETAIL - CONT

6. TRUNK TWIST - 10 POINTS

The Trunk Twist tests many things - the flexibility of your hips, low back, mid-back, ribs, shoulder blades, and shoulders. Any tightness in any of these areas will be exposed by the Trunk Twist. If you get full points on this test, then you have very good flexibility in many areas of your body, primarily your spine. Limitations in the Trunk Twist, and especially if one side is tighter than the other, means you are likely to injure your spine and experience back pain.

INSTRUCTIONS: Lie on your side with your bottom leg straight and your top knee bent. Hold your top knee against the floor with your bottom hand. Rotate your body toward your top side and try to reach your top hand to the ground. See how far you can rotate. Ideally you can rest your top shoulder against the ground. Repeat this test on the opposite side.

- 5 points: If you can rest your top shoulder on the ground.
- 3 points: If you can rest your top elbow on the ground.
- 1 point: If you can reach your top hand to the ground.
- 0 points: If your top hand can't reach the ground.





ACTIVE INDEX DETAIL - CONT

7. SHOULDER CIRCLES - 4 POINTS

Our shoulders have a great deal of potential range of motion. The Shoulder Circle tests your ability to move your shoulder around your entire body.

INSTRUCTIONS: Assume the end position of the Trunk Twist test. (Note: if you cannot reach your top hand to the ground on the Trunk Twist, then don't even attempt this test and score yourself 0 points). Move your hand from behind you to above your head and then down in front of you in a semi-circle around your upper body. Try to keep your wrist on the ground throughout the entire motion. If you can't keep your wrist down, then try to keep your fingers touching the ground. Note if and where your wrist and/or fingers lift off the ground. Repeat on the other side.

2 points: If you can keep your wrist on the ground for the entire motion.

1 point: If you can keep your fingers on the ground for the entire motion.

0 points: If you cannot keep your fingers on the ground for the entire motion.



FLEXIBILITY • STRENGTH • COORDINATION



ACTIVE INDEX DETAIL - CONT

8. SLEEPER STRETCH - 4 POINTS

The Shoulder Circles test most of the motion of your shoulder, but not all of it. Another motion your shoulder must make is internal rotation, tested by the Sleeper Stretch. This motion is often the first motion to be lost and is an indication of the beginning of most shoulder problems. Simply restoring and maintaining your Sleeper Stretch motion can prevent many rotator cuff surgeries and labrum tears.

INSTRUCTIONS: Lie on your side with your bottom arm extended out at 90 degrees from your body and your elbow bent to 90 degrees. Lock your bottom shoulder against the ground with your cheek. You must maintain the 90 degree bend in your elbow and keep your shoulder against the ground during this test. Use your top arm to try to bring your bottom wrist to the floor. Note how far you are from the floor. Repeat on the other side.

- 2 points: If you can bring your wrist to the ground.
- 1 point: If you can touch your fingers to the ground.
- 0 points: If you can't touch your fingers to the ground.





ACTIVE INDEX DETAIL - CONT

9. ARM REACH - 4 POINTS

A final shoulder range of motion is external rotation. This motion is important for the shoulder to be able to perform all of its functions. Without good external rotation, you won't be able to safely move your shoulder over your head, and will have limitations on movement.

INSTRUCTIONS: Lie face up and place one wrist behind your head, making sure your wrist is flat against the ground. Try to move your elbow toward the ground, ideally flattening it against the ground. Repeat on the other side.

2 points: If you can reach your elbow to the ground.

1 point: If you can get your wrist behind your head to start the test.

0 points: If you can't get to the starting position with your wrist behind your head.



FLEXIBILITY • STRENGTH • COORDINATION



ACTIVE INDEX DETAIL - CONT

10. BELLY FLOPPER - 3 POINTS

A flexible shoulder is important, but you have to have strong stabilizing muscles in order to keep your shoulders healthy. The ability to hold your shoulder blades and shoulders in a strong position is very important for shoulder health, flexibility, and range of motion. The Belly Flopper test will test the strength and endurance of your shoulder stabilizing muscles.

INSTRUCTIONS: Lie face down so that your forehead and nose are flat on the ground and with your arms at your sides. Reach your hands down toward your feet as far as possible and hold that reach. Then, pinch your shoulder blades together as much as possible. While holding both the reach and the pinch, turn your thumbs 'down and out.' Your hands should be hovering above the ground. Hold that position for 60 seconds.

- 3 points: If you can hold the position for 60 seconds without shaking.
- 2 points: If you can hold for 60 seconds but you shake.
- 1 point: If you can hold for 30 seconds.
- 0 points: If you can't hold for 30 seconds.





ACTIVE INDEX DETAIL - CONT

11. NECK ROTATION - 4 POINTS

Being able to rotate your neck in both directions is not something to take for granted. Many people lose this ability, making it difficult to look around while driving, swing a golf club, or just talk to people at a restaurant. This test will expose any limitations you may have in your neck rotation.

INSTRUCTIONS: Lie face down and rotate your neck so that one ear is flat on the ground. Make sure that your shoulders stay flat on the ground while you perform this movement. Note whether you can achieve this position or not. Repeat on the other side.

2 points: If your ear is flat on the ground.

1 point: If your ear touches the ground, but is not completely flat on the ground.

0 points: If your ear doesn't touch the ground or if you lift your shoulders.



FLEXIBILITY • STRENGTH • COORDINATION



ACTIVE INDEX DETAIL - CONT

12. NECK FLATTENER - 6 POINTS

The start of almost every neck problem is the loss of the ability to flatten the neck against the ground. This movement of the neck is what allows the neck to move in all other motions. If you lose the ability to flatten your neck, then you lose the ability to move your neck in all ranges. Almost all of us are too stiff with this motion. We slump and let our heads jut out in front of us, and this poor posture tightens up this important neck motion. The Neck Flattener will test your ability with this important range of motion.

INSTRUCTIONS: Lie face up with your knees bent. Tuck your chin to try and flatten your neck against the ground. Slide your fingers under your neck to see how close to the ground you can get.

6 points: If you can completely flatten your neck against the ground.

3 points: If you can't slide two fingers under your neck.

0 points: If you can slide two or more fingers under your neck.



ACTIVE INDEX DETAIL - CONT

13. HEAD HOVER - 5 POINTS

Being able to flatten your neck is very important, but you can't use a range of motion unless you have enough strength and endurance to make use of it in your daily life. The Head Hover tests your ability to make use of your flat neck position.

INSTRUCTIONS: Start in the end position of the Neck Flattener. Keep the tucked chin position and lift your head off the floor just enough to slide a single sheet of paper under your neck. Don't think 'lift,' think 'hover.' Hold this position for as long as you can.

5 points: If you can hold the tucked position for 60 seconds.

3 points: If you can hold the tucked position for 30 seconds.

0 points: If you can't hold the tucked position for 30 seconds.



FLEXIBILITY • STRENGTH • COORDINATION

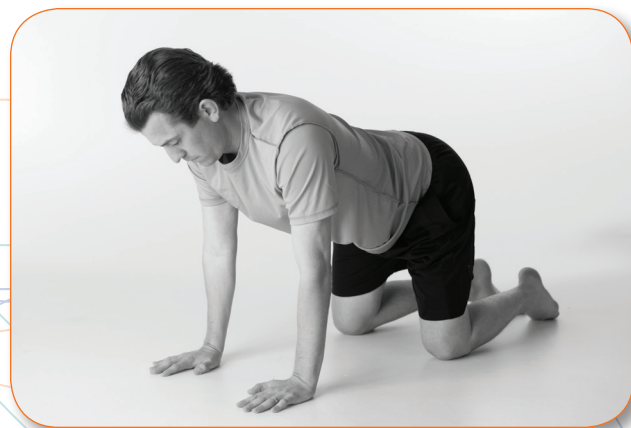
ACTIVE INDEX DETAIL - CONT

14. WRIST EXTENSION - 6 POINTS

The most functional motion for your wrists is extension. This is the weight bearing position for the wrist. Losing this function of the wrist is the first sign of a degenerating wrist, which can lead to arthritis, and limited use of the wrist in everyday life. This test will give you insight about the health of your elbows, wrists, and hands.

INSTRUCTIONS: From a hands-and-knees position with your wrists bent into extension (fingers pointing straight ahead), lean forward onto your hands. Note how far you can move your shoulders past your hands, and note any pain or discomfort that occurs.

- 3 points: If you get your shoulders past your hands without any tightness in your wrists.
- 2 points: If you get your shoulders past your hands.
- 1 point: If you can't get your shoulders past your hands without pain in your wrists.
- 0 points: If you feel any pain in your wrists during this test.





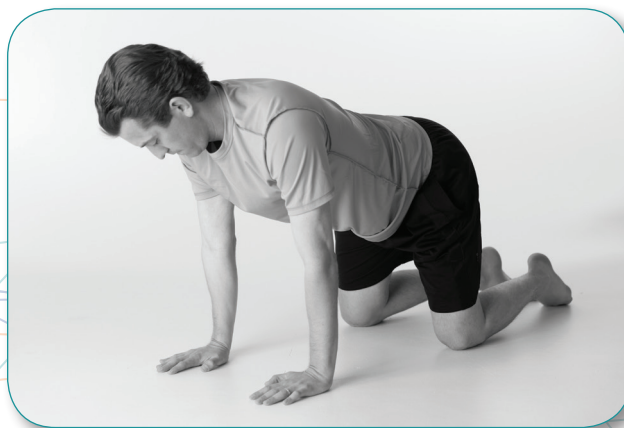
ACTIVE INDEX DETAIL - CONT

15. ELBOW TWIST 1 - 2 POINTS

Your shoulders, elbows, and wrists must work together to complete the following two tests. These motions are primarily forearm motions. The ability to move your forearms through their full range of motion allows your arms to function naturally and easily. Many shoulder problems and most elbow and wrist problems can be traced back to forearm tightness. Tennis elbow and golfer's elbow are common problems resulting from loss of forearm flexibility. The Elbow Twists will give you clear indication of your forearm health.

INSTRUCTIONS: From the starting position of the Wrist Extension test, turn your forearm as far as you can to try and point your elbow away from where your fingers point. Note how far you can turn, and estimate the angle made between where your elbow points and where your middle finger points. Ideally they point in the exact opposite direction. Repeat on the other side.

- 1 point: If your elbow points in the exact opposite direction of your middle finger.
- 1/2 point: If your elbow points in the opposite direction of your thumb.
- 0 points: If your elbow doesn't make it to the opposite direction as your thumb.



FLEXIBILITY • STRENGTH • COORDINATION





ACTIVE INDEX DETAIL - CONT

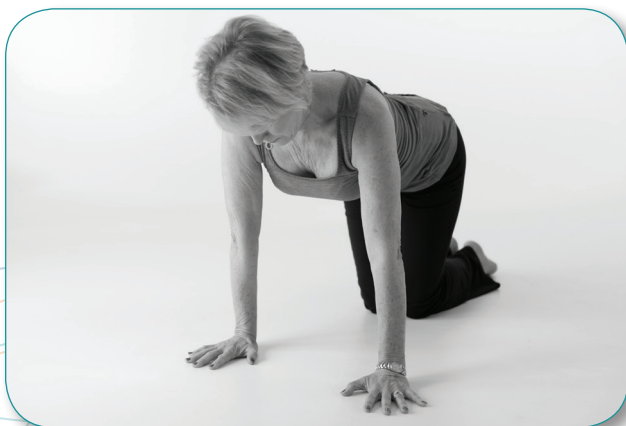
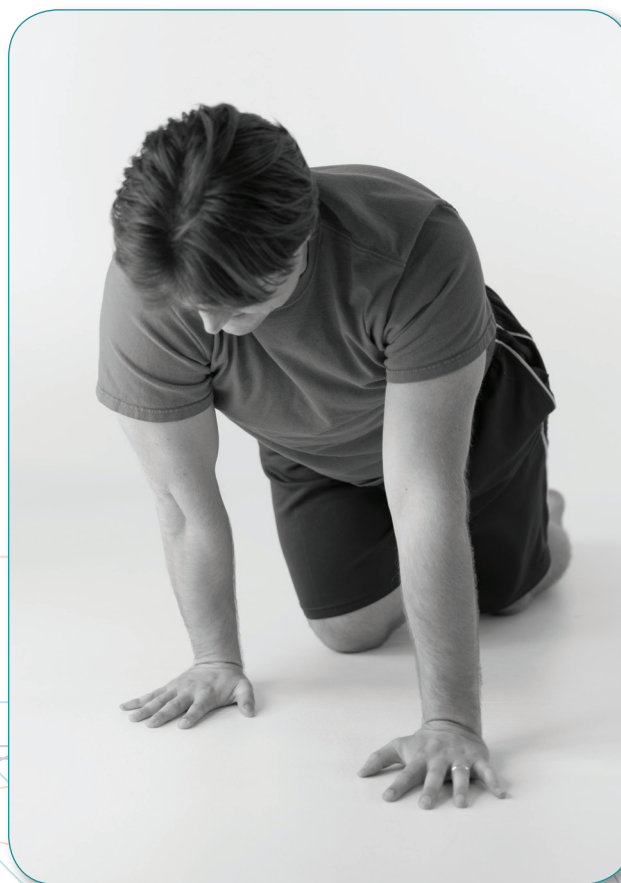
16. ELBOW TWIST 2 - 2 POINTS

INSTRUCTIONS: From the same position as for Elbow Twist #1, turn your forearm as far as you can in the other direction, trying to point your elbow in the same direction as your fingers. Note how far you can turn, and estimate the angle made between where your elbow points and where your middle finger points. Ideally they point in the exact same direction. Repeat on the other side.

1 point: If your elbow points in the exact same direction of your middle finger.

1/2 point: If your elbow points in the direction of your little finger.

0 points: If your elbow doesn't make it to the direction of your little finger.





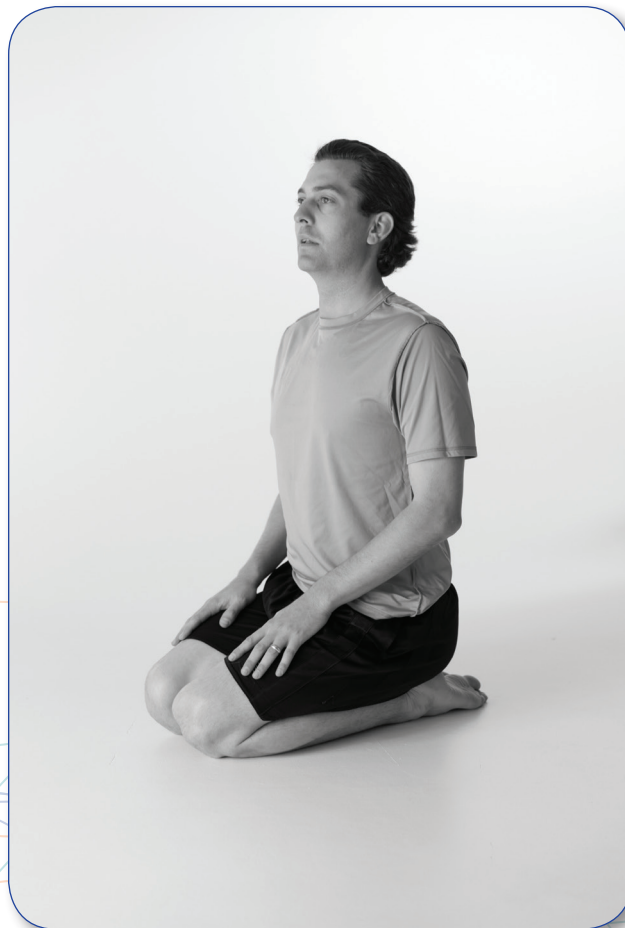
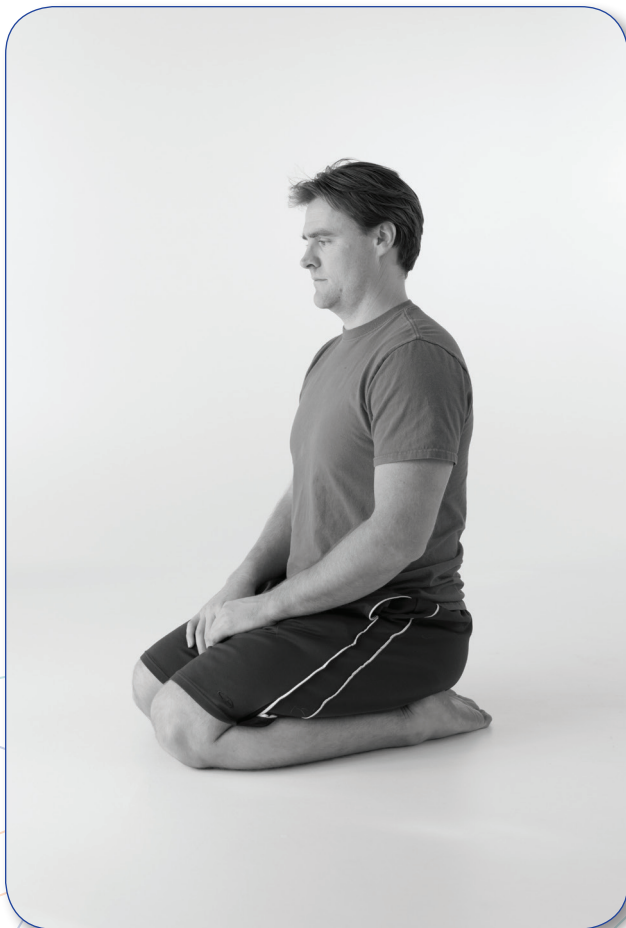
ACTIVE INDEX DETAIL - CONT

17. SITTING ON HAUNCHES - 3 POINTS

If you can “sit on your haunches,” then you have full flexion in your knees and full extension in your ankles. These are two very important motions for the long-term health of your legs, and this simple test will help you identify any limitations.

INSTRUCTIONS: From a hands-and-knees position, bring your bottom down toward your ankles. Try to bring your bottom all the way to your heels, and then lift your hands from the ground and sit on your ankles from this position.

- 3 points: If you can sit up with your bottom touching your heels.
- 2 points: If you can't slide a fist between your bottom and heels.
- 1 point: If you can slide a fist between your bottom and heels.
- 0 points: If you have pain in your knees or ankles when you do this test.



FLEXIBILITY • STRENGTH • COORDINATION



ACTIVE INDEX DETAIL - CONT

18. SHIN BOX - 4 POINTS

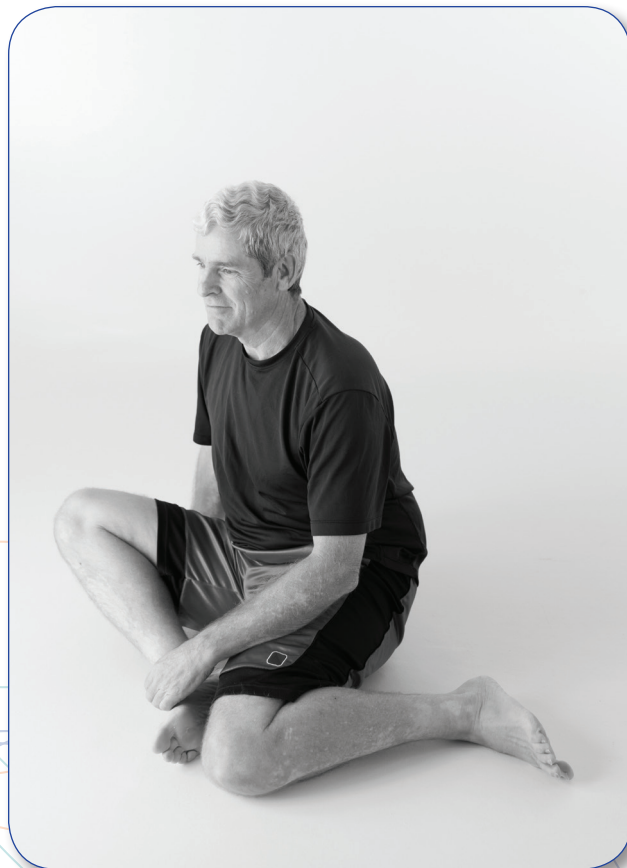
Your hips can and should be the strongest joints in your body. They are our center of power, and where most of our motion should begin. The hips should be the engine that drives our motion when we walk, lift an object, swing a golf club, etc. The Shin Box is a test of your hip rotation. Loss of hip rotation is the 'beginning of the end' for the hips. Once you lose hip rotation, you will begin to lose all the other motions of the hips over time. The Shin Box is a great way to test your hip rotation and ensure you are on track for having healthy and functioning hips.

INSTRUCTIONS: Sit on the ground with both knees bent at 90 degrees, your testing knee dropped inward pointing straight ahead and your non-testing knee dropped outward. From this position, try to sit on your rear on the ground. Note how much space is between your testing-side sit bone and the ground. Repeat on the opposite side.

2 points: If you can rest your rear on the ground.

1 point: If you can't slide a fist between your rear and the ground.

0 points: If you can slide a fist between your rear and the ground.



ACTIVE INDEX DETAIL - CONT

19. HIP OPENER - 4 POINTS

Your hips must be able to flex and extend. The Hip Opener will test this ability. Tightness in these motions will limit your ability to fully use your hips. You need these motions to stand up straight, walk, run, and play all sports.

INSTRUCTIONS: Lie face up with both knees bent. Bring one knee to your chest and support this knee with your hands. Note whether your thigh can get flush against your stomach or not. If you can get your thigh flush against your stomach, then try to straighten your other knee while holding your thigh against your stomach. Repeat on the opposite side.

2 points: You can straighten bottom knee while holding your thigh on your stomach.

1 point: You bring your thigh to your stomach, but can't straighten your bottom knee.

0 points: You can't bring your thigh to your belly.



FLEXIBILITY • STRENGTH • COORDINATION

ACTIVE INDEX DETAIL - CONT

20. HAMSTRINGS - 2 POINTS

Tight hamstrings are the bane of many people's motion. If the hamstrings are tight, they restrict the motion of your spine, hips, and knees. Most importantly, tight hamstrings will stop you from using your hips properly and force you to overwork your low back and knees, often resulting in pain and injury. This test will measure the health of your hamstrings.

INSTRUCTIONS: Lie face up with both knees bent. Bring one knee up toward your chest so that your knee points directly up into the air and support this leg with your hands. Try to straighten your knee out from this position. If you can get your knee straight, then try to straighten your other knee while holding the hamstring stretch. Repeat on the opposite side.

1 point: If you can straighten both your top and bottom knees.

½ point: If you straighten your top knee, but not your bottom knee.

0 points: If you can't straighten your top knee.





ACTIVE INDEX DETAIL - CONT

21. SINGLE LEG HEEL RAISES - 2 POINTS

Your calf muscles are what keep you standing all day. Without strong, enduring, calf muscles you can't be an active person. This simple test will determine whether you have the minimal calf strength and endurance to keep your legs healthy. If your calf muscles aren't doing their job properly, then other joints and muscles in your body must work way too much to make up for it. Low back pain, hip pain, knee pain, ankle sprains, shin splints, plantar fasciitis, and many other problems can be related to weak calf muscles.

INSTRUCTIONS: Using the wall for balance, stand on one leg and raise your heel off the ground. Do this slowly and smoothly, without using momentum and without bending your knee. That is one repetition. Try to do 25 repetitions without stopping. Repeat on the other side.

1 point: If you can do 25 reps.

½ point: If you can do at least 10 reps.

0 points: If you can't do 10 reps.



FLEXIBILITY • STRENGTH • COORDINATION



ACTIVE INDEX DETAIL - CONT

22. BALANCE - 6 POINTS

There are few things more important than your balance. If you lose your balance, then a fall will often result, and falls are notorious for causing serious injuries. If you want to remain active your whole life, then ensure your balance is fantastic! This test will expose any limitations you may have. Balance problems develop very slowly and can creep up on us. Research has shown that if you can't balance on one leg for 30 seconds then you are a 'fall risk.'

INSTRUCTIONS: Stand on one leg and try to balance for 30 seconds. You have two chances to do this. If you can successfully balance for 30 seconds, then try to do another 30 seconds with your eyes closed. Repeat on the other side. We have three systems for balancing: our vision, our inner ears, and our joints and muscles. By closing your eyes you are removing your vision from the equation and thereby testing your inner ears, joints, and muscles even more. Since many falls happen at night, when your vision can't help you, the eyes closed part of this test is very important.

3 points: If you can balance for 30 seconds with your eyes closed.

2 points: If you can balance for 30 seconds with your eyes open.

0 points: If you can't balance for 30 seconds with your eyes open.





ACTIVE INDEX DETAIL - CONT

23. KNEE TRACKING - 8 POINTS

Most knee pain is the result of poor knee tracking. Your knees should always track (or point) in the same direction as your toes. No matter where your toes point, your knees should point in the same direction. When the knees point elsewhere (usually too far inward), the knees get overloaded and can easily be injured. Poor knee tracking may cause knee pain, but it isn't a knee problem. It is either the hips or the ankles that are not doing their job to keep the knee tracking properly. This Knee Tracking test will help you determine if you have any risks for knee problems.

INSTRUCTIONS: Balance on one leg and bend your knee so that you are doing a quarter squat. Note where your knee points in relation to your toes. Imagine a line extending along the length of your thigh and out in front of you, and compare that to an imaginary line through the middle of your foot and extending out in front of you. Those lines should be in the exact same direction. You have two chances to do this correctly. Repeat on the opposite side. If you can't balance on your leg, then you can't do this test. There is no way your knees can track properly if you can't balance.

4 points: If your knee points exactly where your toes point on both attempts.

2 points: If your knee points exactly where your toes point on one attempt.

0 points: If your knee doesn't point exactly where your toes point on either attempt.



FLEXIBILITY • STRENGTH • COORDINATION



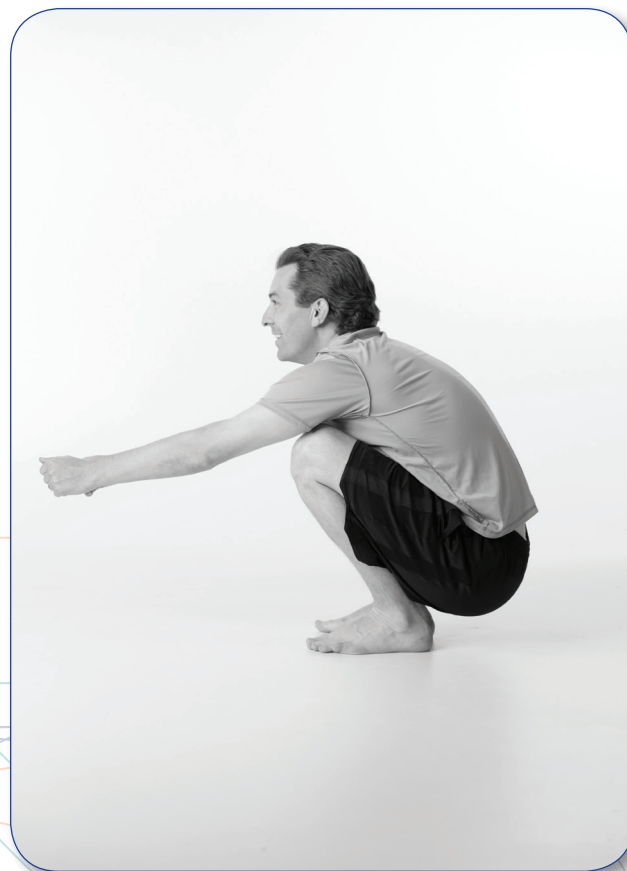
ACTIVE INDEX DETAIL - CONT

24. SQUAT - 6 POINTS

The ability to squat is very important. If you can do a full, free-standing squat, then you have at least reasonably healthy hips, knees, and ankles, and you have much less risk of low back pain than the average person.

INSTRUCTIONS: Stand with your feet approximately shoulder-width apart and squat down as deep as you can. Your entire foot must stay flat on the ground during this motion. Watch your knees and ensure they are tracking exactly in the same direction as your toes during the entire motion, both during the downward motion and also during the upward motion. Pay attention to your knees at the transition point of your squat, where you switch from moving down to moving back up, because that's where your knees are most likely to not track properly. You do not score any points for this test if your knees do not track properly throughout the entire motion.

- 6 points: If you can squat all the way down with your knees tracking properly.
- 3 points: If you can squat below parallel with your knees tracking properly.
- 0 points: If you can squat near parallel with your knees tracking properly or if your knees don't track properly at any time during the squat.



EQUIPMENT YOU WILL NEED

TENNIS BALL – This will be used as a massage tool in certain routines. It doesn't matter if it's a new ball or an old ball, but you'll see this as a fantastic tool.

YOGA MAT – We recommend having a yoga mat to place on the floor or the surface where you'll be performing **ACTIVE100**. It will make the workout more comfortable and reduce the likelihood of any injuries.

PILLOW – Some exercises and movements may be more comfortable to perform with a pillow to place under your head and will ensure proper form. It will be beneficial to have a pillow close by if you have stiffness in your neck, shoulders, or upper back.

TOWEL – Some exercises will require you to lay face down on you stomach. You may want to use a towel to keep your forehead from making direct contact with your yoga mat or the floor.

COMMITMENT– Your personal commitment to completing 100 days and improving your flexibility, strength, and coordination to get in the most active and pain free shape of your life.

Yes, that's it – these items are the only things you'll need to complete **ACTIVE100** and get in the most active shape of your life.



FLEXIBILITY • STRENGTH • COORDINATION

LIMITING CHANCE FOR INJURY

While the workout is low-intensity and low-impact, it does include movements that could cause pain or injury. Consult your physician before starting any physical workout. If you experience pain or discomfort at any point during this program, then you should discontinue its use immediately. Here are some tips to limit injury:

BE GENTLE - The exercises of **ACTIVE100** are deceptively powerful. Be gentle! Remember that the point is to improve your health, not hurt you. The first few times you work through a routine, be careful. Only use half as much range of motion and half as much force as you might be able to use the first time you work through a routine. See how you feel after the routine and how you feel the next day. Then increase the range of motion and force as you get more comfortable and confident with the routine.

YOGA MAT – Use a Yoga Mat or a soft surface to perform your workouts. This will ensure a soft cushion that supports your body and is more likely to make sure you get in a proper position.

KNOW YOUR LIMITATIONS – This is not a contest, and not about getting in the ‘best shape.’ It is about improving your flexibility, strength, and coordination to make you more active in life. A little bit of improvement in the exercises will make a huge difference in everyday life. Listen to your body – it’s usually right.

IF YOU FEEL PAIN, STOP – This seems like common sense, but too often people try to push themselves to achieve a desired result. If you feel pain coming, stop the workout.

SKIP AN EXERCISE – If you can’t do an exercise in a video, skip it.

PROPER FORM – Use proper form. Don’t try to get an additional benefit by sacrificing your form. Form is essential to get the results **ACTIVE100** is designed to create. If you use incorrect form, you are more likely to injure yourself and will not see the intended results.

FOLLOW THE SCHEDULE – The sequencing of the workout schedule is set to deliver the maximum results and keep you from getting injured. If you do not follow the schedule, you’ll be more likely to injure yourself.

DON'T OVERDO IT – If you miss a few days of the program, don’t try to catch up and do four or five workouts in one day. Most people will be okay doing two routines on a single day, but those two routines should be spread out during the day (morning and night, for example) with plenty of rest in between sessions.



WHAT'S NEXT

You've completed the 100 days and you are now in the most active shape of your life. You've seen improvements in flexibility, strength, and coordination. You're not the same person as when you started. You're probably experiencing a lifestyle better than you imagined...don't let it slip away!

You've completed **ACTIVE100**, and now you want to know what's next.

ACTIVE100 should not be seen as a one-time program to be completed and put on a shelf. Like anything – a car, a machine, an instrument - the human body needs maintenance. Flexibility, strength, and coordination are lifetime challenges that need to be maintained on a regular basis. **ACTIVE100** and its exercises should become a lifestyle and something that you continue to do on a frequent basis.

The best answer to "what's next" is to continue the program exactly as you have been doing it. Keep performing the **ACTIVE INDEX** and keep track of your progress – you'll keep seeing improvements and feel better. Continue to repeat the program until you reach your desired **ACTIVE INDEX** score.

Another option is to just do Specifics. Based on your **ACTIVE INDEX** score on day 100, do the Specifics calendar that matches your problem area. Perform the **ACTIVE INDEX** after each 4-week period. This is a very effective way to keep making progress.

If you are not up for a challenge right now, take it easy. Do a routine every-other-day. You can do whatever routine you most want to do. But remember, the routines that you don't want to do are probably the ones that will most benefit you.



FLEXIBILITY • STRENGTH • COORDINATION

ACKNOWLEDGMENTS



Jake would like to acknowledge the profession of physical therapy for the development of many of the concepts and exercises in **ACTIVE100**.

Specifically, he would like to acknowledge Gregg and Vicky Johnson, founders of the Institute of Physical Art, and Kent Keyser, who have instructed and mentored him. Their philosophy of treatment, techniques, and exercises have been influential in the development of **ACTIVE100**.

ACTIVE100 would also like to thank the following people for their time during our focus groups, studio filming & photoshoots and testimonials; Jason Adamick, Joanne Adamick, Shelly Barker, Suzanne Beltran, Art Brewer, Kelly Britt, Mike Britt, George Bryan, Aaron Caldwell, Duke Caldwell, Lori Caldwell, Dennis Chernenkoff, Karen Chernenkoff, Sherry Clifton, Brandon Cole, Kirk Cole,

Tracy Cole, Steve Creech, Paul DeBaets, Angie Eger, Tim Eger, Mike Feldman, Samantha Feldman, Jackie Fisher, Heather Foley, Aimee Foster, Bob Foster, Tomoko Friend, Drea Giles, Jake Giles, Pat Giralдин, Jack Hastert, Jake Hastert, Kerry Hastert, Karen Hellyer, Kathy Holman, Bruce Hooper, Rita Hooper, Andrew Jeeves, Ginny Kerr, Steve Knoll, Joey Knudson, Cris Koppen, Jack Koppen, Matt Linker, Carolyn McGuire, Mike McGuire, Michael Nulty, Marian O'Neal, Ajita Patel, Donna Post, Jody Prichard, Julie Romero, Tomoko Sato, Greg Seymor, Willie Seymor, Elizabeth Sheehan, Larry Shelton, Sara Shelton, Bill Thurman, Gretchen Verbeerst, Joseph Walsh, Joe Wittrock, Renee Wittrock, Jodi Yamane, Liza Zielasko.





ACTIVE100™ is a trademark of ACTIVE100 Fitness, LLC.
All rights reserved ©2014

