

FOR [P]REHAB PROGRAMS: **CLICK ON ANY PROGRAM FOR MORE INFO!**

	PROGRAM	COMMITMENT	PROGRAM FREQUENCY	ESTIMATED WORKOUT LENGTH	EXPERIENCE NEEDED?	EQUIPMENT	CARDIO
REHAB	Rotator Cuff	16 weeks	3-6 workouts/wk	20-40 min	No	Minimal	
	Hamstring	16 weeks	5 workouts/wk	20-40 min	No	Minimal	✓
	Patellofemoral Pain	17 weeks	4-6 workouts/wk	20-40 min	No	Minimal	
	Meniscus	14 weeks	4-6 workouts/wk	20-40 min	No	Minimal	✓
	Achilles	12 weeks	3-6 workouts/wk	20-40 min	No	Minimal	✓
	Ankle Sprain	16 weeks	4-6 workouts/wk	20-40 min	No	Minimal	✓
[P]REHAB	Jump Fundamentals	6 weeks	5 workouts/wk	20-40 min	No	Minimal	
	Neck & Mid Back	8 weeks	6 workouts/wk	20-40 min	No	Minimal	
	Low Back	12 weeks	4-6 workouts/wk	20-40 min	No	Minimal	Optional
	Shoulder	17 weeks	4 workouts/wk	20-40 min	No	Minimal	
	Elbow, Wrist & Hand	12 weeks	4-6 workouts/wk	20-40 min	No	Minimal	
	Hip	14 weeks	5-6 workouts/wk	20-40 min	No	Minimal	Optional
	Knee	12 weeks	5 workouts/wk	20-40 min	No	Minimal	Optional
	Foot & Ankle	12 weeks	3-5 workouts/wk	20-40 min	No	Minimal	Optional
	Overhead Mobility Overhaul	6 weeks	6 workouts/wk	15-30 min	No	Minimal	
	Thoracic Spine Mobility Overhaul	8 weeks	6 workouts/wk	15-30 min	No	Minimal	
	Hip Mobility Overhaul	8 weeks	6 workouts/wk	15-30 min	No	Minimal	
	Knee Extension Mobility Overhaul	6 weeks	Daily Workouts	15-30 min	No	Minimal	✓
	Ankle Dorsiflexion Mobility Overhaul	6 weeks	6 workouts/wk	15-30 min	No	Minimal	
	Posture	6 weeks	6 workouts/wk	10-15 min	No	Minimal	
[P]REHAB TO [P]PERFORMANCE	Core	17 weeks	3-6 workouts/wk	15-30 min	No	See FAQ (sales page)	
	Adult Fitness	16 weeks	5 workouts/wk	20-40 min	No	Minimal	✓
	[P]Rehab At Home	88 workouts	Daily Workouts	20-40 min	No	Not needed	✓
	Squat Fundamentals	6 weeks	4 workouts/wk	20-40 min	No	Minimal	
	Master The Lunge	6 weeks	3-4 workouts/wk	20-40 min	No	Minimal	
	Master The Back Squat	6 weeks	6 workouts/wk	20-40 min	Yes	Gym Equipment	
	Plyometrics	14 weeks	3-4 workouts/wk	20-40 min	Yes	Minimal	
	Jump Fundamentals & Plyometrics	20 weeks	3-5 workouts/wk	20-40 min	Yes	Minimal	
	Soccer	12 weeks	3-5 workouts/wk	30-45 min	Yes	Gym Equipment	✓
	Running	6 weeks	Daily Workouts	20-40 min	Yes	Minimal	✓
Overhead Stability For Fitness Athletes	12 weeks	2-3 workouts/wk	45-60 min	Yes	Gym Equipment	✓	

GOT QUESTIONS? CONTACT US
support@theprehabguys.com

REHAB: Our rehab programs reflect the education, exercise programming, and progressions we use as PTs when working with specific injuries and conditions. These programs have a dedicated early rehab phase and step-by-step progressions that mirror a comprehensive rehab program. If you know exactly what you're dealing with, then these programs are right for you.

[P]REHAB: Our [P]Rehab Programs focus on the main regions of the body by integrating an isolated & global approach to give you a truly comprehensive guide to take control of your health whenever you need it most. With proper exposure and dosage to various movements, coupled with education, your body will be that much more ready to handle anything your life demands from it!

MOBILITY: Our mobility programs take a specific and non-specific approach to improving targeted movements. Through repeated exposure and the right combination of exercises, you will free your body to move further and easier than before!

PERFORMANCE: Our performance programs are intended for those with exercise experience, no limitations, and for those looking to elevate the bar. These programs will help you achieve personal bests while at the same time protect you with [P]Rehab fundamentals.

COMMITMENT: Depending where you are in the program will determine the frequency of workouts/week.

WORKOUT FREQUENCY: You can adjust the frequency of any workout plan with any of our programs to accommodate your schedule! However, if you change the recommended frequency, this can change the program commitment length.

WORKOUT LENGTH: This will depend on what phase you're in as well as if you go with our recommended parameters. However, this is likely to vary depending on how slow or fast you perform the movements, how much rest you take, and if you spend extra time watching and reading the instructions!

EQUIPMENT: With most of our programs you can get by with minimal to no equipment unless noted in the equipment column. Also, you can learn exactly what we use in each of our programs by viewing the specific program page on our website and heading down to the FAQ section about equipment

WHAT DOES CARDIO MEAN? Depending on the program, cardio can range from low-impact activities like cycling or walking to medium/high-impact activities like power walking, jogging, or running. If you have concerns, don't hesitate to reach out to learn more.