



Movement - JC Protocol

Applying Fundamentals to My Circumstances

OUTCOME GOALS AND CONSTRAINTS

Adapting for post menopause and spine condition

Goal - Strengthen brain, bone and muscle post menopause

Constraints - Spine sensitivity to weight load, bends, twists, high impact

#1 STRENGTH - HEAVY LIFT ADAPTATIONS 2x/wk

2x / week full set - Core Strength priority, Some leg, back, shoulders

Alternate days - Physio corrective exercises and stretching. Examples:

Bird Dog, Dead Bug, Glute Bridge, Figure 4 Flexor, Core side lifts.

3 sets of 3 each per exercise → push to near failure → recover

#2 SIT (SPRINT INTERVAL TRAINING) 2x/wk

2x/week - add to daily walk

30 sec push - Uphill sprint as fast as possible (~1 block in North Vancouver)

3-4 minutes recovery walk - downhill or side streets.

Repeat - 3 sets total then continue regular walk.

Beyond Essentials

Taiji and Qigong Practice - Personal priorities (balance, lifelong learning, joy, connection)

Practice: 10 -20 minutes on week days

Lessons: 1-2 hours/week (most weekends, some week days)

Future Additions Planned

3 PLYOMETRICS (JUMP) MODIFICATIONS

Goal - Swimming 1-2x/wk to begin

Goal - Pool plyometrics (jump moves) between early laps

Goal - Side planks with front to back tapping leg lifts

These notes summarize an understanding of current evidence and personal learning at the time of writing. They are intended to support more informed decisions and do not replace professional medical advice.