

Z-Health® 'R-Phase' Exercises

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Neutral Stance Spinal Lengthening	
	Arms Up
	Arms Out
	Arms Front
	Body Rotations R/L
Ankle Tilts*	
	Lateral
	Medial
Toe Pulls*	
	Middle
	Outside
	Inside
Ankle Circles	
	Down (Middle/Outside/Inside)
	Up (Middle/Outside/Inside)
	Full
Knee Circles	
	Hanging
	Closed Chain
Hips	
	Pendulum
Hip Circles (Rehab Position)*	
	Crossbody
	Front
	Side
	Back
	Full
Pelvis	
	Tilts A/P
	Tilt Lateral
	Full Circles
Lumbopelvic	
	Hourglass
Lumbar Spine Circles	
	Front
	Back
	Full

Thoracic Spine*	
	A/P Glide
	Lateral Glide
	Full Circles
Cervical Spine	
	Rotation
	Lateral Flexion
	A/P Glide
	Lateral Glide
	Full Circles
	Lateral Tilt + Lateral Glide
	Sliding Nod
	Rotating Figure 8s
Shoulder Circles	
	Front/Back
	Top/Bottom
	Side/Crossbody
Scapula	
	Camshafts
Elbow Circles	
	Top
	Bottom
Wrists*	
	Flexion/Extension
	Lateral Glide
	Full Circles
Hand Figure 8s*	
	Pinky Leads
	Index Leads
Fingers	
	Circles
	Extension Waves (X2)
	Opening/Closing
Jaw	
	A/P Glide
	Lateral Glide

**"High-Pay Off" Exercises ☺