



## **EXERCISE MANUAL**

Featuring the Stroller Strides Fitness Stroller by





## INTRODUCTION

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Are you a mom who wants to get fit while having fun with your child?

Stroller Strides® can provide that workout for you by combining a stroller walk or jog with body toning exercises to create a total body workout. Whether you're a beginner or an expert, a stroller workout can provide you with a great way to get fit. Turn the outdoors into your gym with the Stroller Strides Fitness Stroller by BOB®!



## WARNINGS

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- Inspect exercise tubing before each use for worn spots, nicks or tears. Discontinue use if tubing is damaged.
- Do not lean into exercises. Always be responsible for your own body weight.
- Never lean or pull on stroller during workout.
- Never attach the exercise tubing to the stroller or any other unstable object.
- Avoid exposing your exercise tubing to extreme heat or cold, and never leave in water or sunlight.
- Avoid using exercise tubing on rough or abrasive surfaces.
- Never pull exercise tubing directly towards face.
- Never pull exercise tubing in direction facing baby or child.
- Never stretch exercise tubing more than 2 and a half times its length.
- When not in use, store exercise tubing in handlebar console, out of reach of baby or child.
- Never leave child unattended in stroller.
- Always use stroller wrist strap.
- Always set parking brake, and park on level ground when stopping for each exercise.
- Always lock the front wheel of stroller forward for jogging, running, or rough terrain use.
- Read and understand your stroller manual before using with this exercise routine.
- Adhere to all stroller warnings. See stroller manual for reference.



## EXERCISE TIPS

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- Practice proper posture while pushing stroller and performing the exercises. It will greatly reduce injury and will maximize exercise benefit.
  - Perform all exercises in safe and slow manner.
  - Avoid holding breath while exercising. Breathe.
  - Find out appropriate modifications for injury or pregnancy.
  - Your exercise tubing comes in two resistances, light and medium. Your smaller muscle groups such as triceps, shoulders and biceps are good candidates for the light tubing. Your larger muscle groups such as your glutes, hamstrings and quadriceps are good candidates for the medium tubing. We suggest you start with the light tubing and see if you can do the exercises with proper form. If they are too easy, and you can complete all of the repetitions without fatigue, then you might want to move up to the medium tubing. Proper form is most important.
  - For least amount of resistance, stand on exercise tubing with one foot. For more resistance, stand on exercise tubing with both feet about hips width apart.
- **Frequency & Duration:** Do your best to workout 3-5 times per week for approximately 30-50 minutes. Build slowly.
  - **Exercise tubing should be taut in all exercises.** To increase tension, either choose more advanced tubing or choke up on tubing to take up slack. Do not wrap extra tubing around hand as it can cut off circulation.
  - **Reps & Sets:** All times in this workout are approximate. Feel free to adjust for your own needs. At each station, do as many repetitions as you need to feel muscle fatigue. If there is time, rest a minute between and do multiple sets.
  - **Consult physician before beginning any type of exercise.** New moms are recommended to wait 6 weeks from childbirth to begin an exercise program. Start slow and build up gradually!

For any questions regarding this exercise routine, or to learn more about Stroller Strides, go to [www.strollerstrides.com](http://www.strollerstrides.com) or call **866.FIT.4MOM**.

## THE STROLLER STRIDE



Pushing a stroller incorrectly is a sure way to sabotage your posture and wind to up with an injury. Take an inventory of your body from head to toe.

1. Everything should be in alignment. Your head should be balanced between your shoulders and sitting on top of your spine. Be careful not to let your head jut forward.
2. Keep shoulders low and pulled back. Scapular retractions (squeezing your shoulder blades back together) are a GREAT way to work on your posture.
3. Lead with your chest. Imagine that you had a string attached at your sternum (the bone between your breasts) and it was pulling you forward.
4. Hold in your abs, not your breath.
5. Keep a soft bend in your arms and keep wrists in neutral alignment. This can both prevent carpal tunnel syndrome and keep it from getting worse.
6. Stroller Stride. When walking, feet and knees should be facing forward. You can do long, powerful strides and/or short, quick strides. Work at an intensity where you are a little out of breath, but not so out of breath that you cannot talk during your workout.



## SAMPLE ROUTINE

There are a lot of ways to add variety and change up your Stroller Strides workout routine. Add more hills for intensity or a flatter location for a less intense workout. You can use your stroller for exercises such as lunges and squats. You can use the environment around you as well. Do push ups at picnic tables and tricep dips at benches. Change up the exercise stations to keep it fun and interesting.

**Below is a sample Stroller Strides routine which provides a balanced strength, cardiovascular and stretch workout. This workout is about 45 minutes.** Feel free to adjust times to add or decrease intensity.

### **WARM UP** (3-5 MINUTES)

Start with a light stroller walk, warming up the muscles and preparing your body for the workout ahead.

### **1 FIRST STATION STROLLER SQUATS** (Stroller, 2 MINUTES)

Hold stroller handlebar with hands about shoulders width apart. Stand with legs, hips width apart, feet and knees facing forward. Slowly sit back with weight in heels until your thighs are near parallel to ground. Knees should stay behind shoelaces; and not move forward past toes. Pause at the bottom and then squeeze glutes (your bottom) and thighs to bring yourself back up to the standing position. Keep your abdominals tight and back flat throughout the exercise. If baby likes movement you can push the stroller away as you lower, and pull in towards you as you stand back up. **Muscles worked:** **Quadriceps** (front of thighs), **Gluteus Maximus** (your bottom) and **Hamstrings** (back of thighs).

## SAMPLE ROUTINE continued

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**I A**



**I B**

### **STROLLER STRIDE** (3 MINUTES)

Get back on your walk. Use long and strong strides to move you and your baby along.

## SAMPLE ROUTINE continued

- 2 SECOND STATION ROW** (Tubing, 2 MINUTES)  
This is a great exercise for your upper back, and to help put you back into proper posture. Choke up on tubing so that there is tension in it when your arms are held up at a right angle, at about shoulder height. Bring arms back in a rowing movement by squeezing shoulder blades back and together. Relax face and neck. Repeat until you are finished with set. Remember to set the stroller parking brake for this exercise and all other exercises when you are letting go of the handlebar.

### **STROLLER STRIDE** (3 MINUTES)

By now you should really be working. Walk at an intensity that you are a little out of breath, but not so much that you can't sing to your baby.

- 3 THIRD STATION WALKING LUNGE** (Stroller, 3 MINUTES)  
We have given you three variations to add even more benefit and intensity.



**2 A**



**2 B**



## SAMPLE ROUTINE continued

### OPTION A

Rather than this being a standing station, it will be part of your walk. **Lunge Walk** by taking really long strides and lowering your upper body down until your front thigh is almost parallel to the ground. Your front knee should go no farther than your toes. Lower slowly and squeeze your thighs and glutes to come back up.



3 A



3 B



3 C

### OPTION B

**Lunge with knee up.** Step forward with your left leg as in Option A, and then bring your right knee up in front of you. Make it a really powerful lift, giving extra squeeze to your glutes as you lift your knee. Lower down slowly and repeat on the other side.

### OPTION C

**Lunge with hip extension.** Step forward with your left leg in a standard lunge position and lift right leg back. It will be at about a 45 degree angle rather than directly behind your body. It should be almost straight, but not have the knee locked. Squeeze that right glute really hard in the lift. Repeat on the other side.

## SAMPLE ROUTINE continued

### **STROLLER STRIDE** (3 MINUTES)

Your legs will probably be a little shaky after three sets of lunges. Make sure to keep working during this walking portion and not to use it as a break.

### **4 FOURTH STATION CHEST PRESS** (Tubing, 2 MINUTES)

Bring exercise tubing behind you at about your shoulder blade level. Arms should be in front of you at a right angle. Push arms forward and together, focusing on chest. Bring back to starting position. **Muscles worked: Chest, Shoulders and Triceps.**

### **STROLLER STRIDE** (3 MINUTES)

Change your stride for this walking interval. Instead of long powerful strides, try short fast strides. Really squeeze your bottom with each stride.



**4 A**



**4 B**

## SAMPLE ROUTINE continued

### 5 FIFTH STATION BICEP CURLS

(Tubing, 2 MINUTES)

Stand on exercise tubing in a single foot or wide stance position depending on desired intensity. Hold handles at side of body with palms facing up. Legs are just slightly bent. Bend elbows, bringing hands up towards shoulders. Keep wrists in a locked, neutral position and keep elbows in at sides. Pause hands briefly at top and then repeat until you have completed your set. **Muscles worked:**

**Biceps**

### STROLLER STRIDE (3 MINUTES)

Do any of your walking stretches go downhill? Always use the wrist strap on your stroller! Sit into your strides a little and get those thighs working. Be careful not to let the stroller pull your posture forward. Going downhill can still be a workout.



5 A



5 B

## SAMPLE ROUTINE continued

### 6 SIXTH STATION TRICEPS (Tubing, 2 MINUTES)

Stand on the exercise tubing securely. Hold handles and straighten arms. Keep elbows in same position as you drop your hands back, bringing arms towards a right angle and wrists in neutral. Return to starting position with hands over head and repeat.

### STROLLER STRIDE (3 MINUTES)

Cool down walk. Bring down your intensity and your heart rate until you feel at rest.



6 A



6 B

## SAMPLE ROUTINE continued

### 7 SEVENTH STATION ABS (Stroller, 2 MINUTES)

Lay down on ground facing your stroller. Place feet on ground on either side of front wheel. Legs are bent and torso is on ground. Let head rest lightly in your finger tips. Slowly lift head and torso off of ground using abs. Focus on bringing ribs to hips rather than higher. Keep space between chin and chest as if you had an orange there.

### STRETCH (5 MINUTES)

Stretching will help you recover from your workout and can prevent injury. Make sure to stretch all major muscle groups worked. Remember to set the stroller parking brake for stretching exercises and any other exercises when you are letting go of the stroller handlebar.



7 A



7 B

## STRETCH

### STANDING QUADRICEP STRETCH

Start with feet hips width apart while holding onto your stroller, slowly lift one leg by holding onto the back of the foot, heel moving toward the buttock. Knee should point down to the ground. Tuck the tailbone under and maintain an upright posture. Hold for 45 seconds to a minute.

### STANDING HIP STRETCH

Stand behind stroller with legs hips distance apart and hands on stroller handlebar. Put one foot on the opposite leg's thigh, just over the knee. Bring your hips back until you feel a nice stretch in the glute and hip area. Ideally you will want to bring your thighs to about parallel to the ground. Always be in control of your own body weight so you do not pull on the stroller. Hold for 45 seconds to a minute.



**QUADRICEP STRETCH**



**HIP STRETCH**

## STRETCH continued

### HAMSTRINGS STRETCH

Stand behind your stroller and slightly to one side. Put one heel on the top of the tire. Keep leg straight and bend at the hips, bringing your upper body forward until you feel a nice stretch in your hamstrings. Spine stays long with shoulders rolled back throughout movement. Hold for 45 seconds to a minute.



**HAMSTRINGS STRETCH**

### WE HOPE YOU ENJOY YOUR STROLLER STRIDES WORKOUT!

This is just a small sampling of the many, many exercises and stretches you can do with exercise tubing and your stroller. Build up your workout gradually and add intensity as you need to.



Stroller Strides classes are available throughout the country. Go to **[www.strollerstrides.com](http://www.strollerstrides.com)** or call **866.FIT.4MOM** to find a class in your area.



**STROLLER**  
STRIDES

| **Fit4Baby**



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