

# 7 Day Strength Camp

## Action Guide

---

Over the next seven days you will be strengthening and conditioning your body using our safe and effective Steady-Pace® technique. The goal of the Strength Camp is to give you more balance, mobility, energy, reduce spasticity, improve foot drop, and give you the framework for a healthy and active lifestyle from the comfort of your home. We are excited to be a part of your journey and can't wait to hear about your results.

---

**DAY 1** - Lower Body Exercises

**DAY 2** - Upper Body & Core Exercises

**DAY 3** - Stretches & Active Rest

**DAY 4** - Lower Body, Upper Body, & Core Exercises (From Days 1 & 2)

**DAY 5** - Nutritional Fundamentals

**DAY 6** - Foot Drop Exercises

**DAY 7** - Full Body Exercise Sequence (All Exercises & Stretches combined)

If you have any questions during the  
Strength Camp, feel free to message us at:  
**[team@msworkouts.com](mailto:team@msworkouts.com)**