

Exercise Descriptions

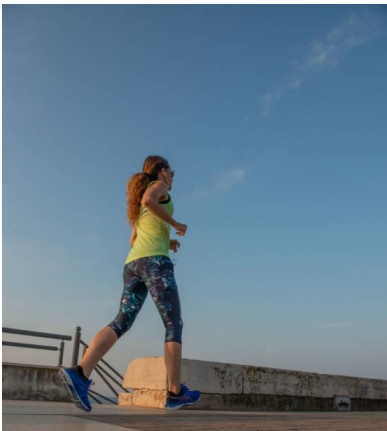
1. Warm Up – Low level or light activity done for 3-5 minutes, before you start exercising more strenuously.

March in Place



Slowly move your legs up and down while standing in place

Light Walking



Walk more slowly than your normal walking pace.

Arm Circles



Slowly rotate your arms or shoulder in a circular motion

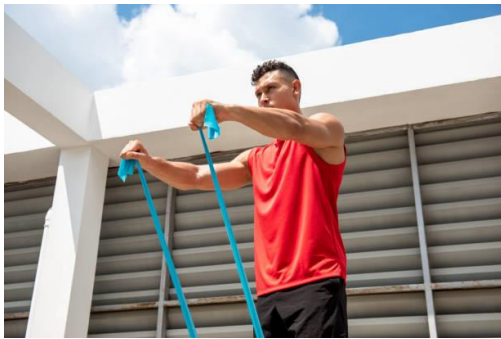
2. Strength Training – Uses body weight, free weights, or stretch bands to improve strength.

Bicep Curl



Start with your hands down by your side, slowly raise arms up towards your shoulders, bending at the elbow, slowly lower weight to starting position.

Straight Arm Raise



Start with your arms by your side. Keeping your arm straight slowly raise arm to shoulder height. Slowly lower arms to starting position.

Sit-To-Stand



Sit upright about half way towards front of chair. Lean forward until your shoulders are over top of your knees. Stand up straight for a few seconds. Then, slowly sit back down in the chair.

Straight Leg Raise



Sitting in chair, place one leg straight out in front of you, heel on floor and toes pointed up towards ceiling. Slowly raise and lower your leg slowly while keeping your leg straight throughout the whole motion.

Calf Raise



Start with feet flat on the floor, raise heels off floor -stand on toes- slowly lower heels back to floor.

3. Stretches – Can be done after warm-up or cool down and helps prevent injury and lessen sore muscles.

Calf Stretch



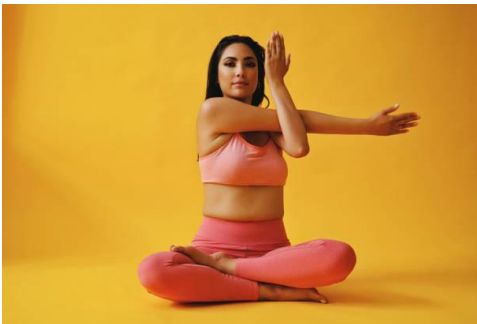
While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Your back knee should be straight the entire time.

Side Bend



Place arms over head. Grab the hand of the side you want to stretch and pull it over to the side bending at your trunk until a gentle stretch is felt along the side of your body.

Triceps Stretch



Place one arm across the front of your body. Place your other arm on elbow of straight arm. Pull arm across and into your body.