

Perform 2-3 sets of 8-12 repetitions of 8-12 exercises, 2-3 days per week.

## Hips & Thighs

Modification

## Chest

Modification

## Upper Back

## Middle Back

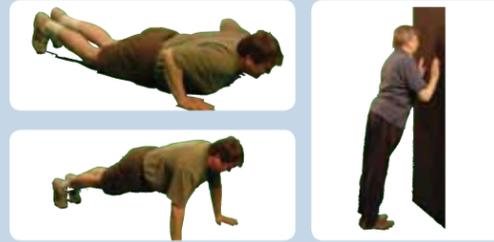
1.



**Start:** Stand with weight at your sides, chest up, feet hip-width apart, and knees bent. Slowly lower yourself with knees over your toes. Keep your back straight and chest up.

**Finish:** Hold the bottom position with knees bent. Don't drop down into a squat. Slowly raise yourself back up. Breathe.

2.



**Start:** Lie on the ground (or stand slightly away from a wall) with hands just below your armpits. Tighten your abdominals and hips to keep your body straight. Press up from your toes or knees (or away from the wall) keeping elbows at your sides.

**Finish:** Press out, extending your elbows. Pause at the top. Breathe. Slowly return to starting position.

3.



**Start:** Stagger feet for balance. Keep back flat to maintain neutral spine. Place a hand on the seat of the chair for support.

**Finish:** Weight is lifted up to the side even with the shoulder, so the palm is facing down. Slowly return to starting position.

4.



**Start:** Stagger feet for balance. Keep back flat to maintain neutral spine. Place a hand on the seat of the chair for support.

**Finish:** Pull weight upwards until your outside hand is beside your ribcage. Pause. Slowly lower to starting position. Alternate sides.

## Shoulders

## Shoulders

Modification

## Upper Arm – Front

## Upper Arm – Back

5.



**Start:** Sit at the edge of the chair. Tighten abdominals and keep chest up. Weight is held at shoulder level with palms forward or facing your ears.

**Finish:** Extend one arm overhead until directly over the shoulder. Try not to lean to one side. Pause. Slowly lower to starting position. Alternate arms.

6.



**Start:** Stand in a balanced, comfortable position with arms down to the side. Shoulders back and relaxed, chest up, and knees slightly bent.

**Finish:** Lift arms to side, trying to not shrug shoulders. Lift to shoulder height with palms down or facing forward (modification). Pause. Slowly lower to starting position.

7.



**Start:** Stand with weight to the side. Relax shoulders. Palms facing forwards.

**Finish:** Curl hand to shoulder, keeping your elbow at your side at the lower ribs. Pause. Slowly lower to starting position.

8.



**Start:** Seated at the front edge of the chair, chest up. Place one hand holding weight behind your head with your elbow up beside your ear.

**Finish:** Extend only from the elbow until your arm is straight over your head. Pause. Lower weight to starting position. Alternate sides.

## Legs – Front

## Legs – Back

## Lower Back

## Abdominals

9.



**Start:** Stand with legs staggered. Hold weight in outside hand. Hold the back of the chair with your free hand.

**Finish:** Bend down so your back knee moves towards the floor. Only go down as far as you feel comfortable. Keep chest up.

10.



**Start:** Lie on the floor with your knees at 90°. You can also do this with your feet up on a chair.

**Finish:** Push heels into the floor while lifting your bottom off the floor. Tighten abdominals and buttocks without over-arching your back. Return to starting position.

11.



**Start:** Start on all fours. Tighten abdominals and maintain neutral spine (natural back curve).

**Finish:** Extend leg straight back, without arching in the back, while contracting your abdominals. Pause. Return to starting position. Alternate legs.

12.



**Start:** Lie on your back with both knees bent. Hands down by your side.

**Finish:** Tighten abdominals as you curl upward. Slide hands towards your heels, moving them about one-hand distance. Slowly return to starting position.