











November Strength Training

- Please do not do any exercises that cause pain
- Please modify any exercises to work within your limits
- Workout should take approximately 15 minutes. Start with exercise #1 and work through exercise #5 and repeat 3 more times so you do each exercise a total of 4 times each.

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| <p>1) Starting position</p>  <p>-Stand by wall -Feet shoulder width apart -feet facing forward</p> | <p>2) Starting position</p>  <p>-Lay on back -feet flat on floor and shoulder width apart</p> | <p>3) Starting position</p>  <p>-Stand facing wall with hands holding on to wall but do not lean into wall during the exercise, keep hips flat</p> | <p>4) Starting position</p>  <p>-On hands and knees. Shoulders are above hands. Knees are together.</p> | <p>5) Starting position</p>  <p>-Grab a 5 lb weight or any object with a little weight -Bend elbows to 90 degrees -one hand at chin height, other hand near hip</p> |
| <p>1) Active Position</p>  <p>- Sit against wall -Knees in line with feet -90 degree bend in knees (but go as far as you feel comfortable) -Hands on hips</p> | <p>2) Active Position</p>  <p>-Raise hips to make a straight line from shoulders to knees -Squeeze butt to press hips open at top of position and hold for 1-2 seconds</p> | <p>3) Active Position</p>  <p>-Raise one leg back and to the side at 45 degree angle -Keep toes pulled up towards shin and not pointed.</p> | <p>4) Active Position</p>  <p>-Drop down to your elbows (if you want) -flatten hips so you are in a straight line from your shoulders to your feet. -More advanced - take knees off floor.</p> | <p>5) Active Position</p>  <p>-Switch hand positions. Like a fluid running motion.</p> |
| <p>1) Time/Repetitions</p> <p>-Hold for 30 seconds</p> | <p>2) Time/Repetitions</p> <p>-Repeat 15 times</p> | <p>3) Time/Repetitions</p> <p>-Repeat 15 times on each leg</p> | <p>4) Time/Repetitions</p> <p>-Hold for 30 seconds</p> | <p>5) Time/Repetitions</p> <p>-Repeat 30 times counting only each time the left arm comes forward</p> |