





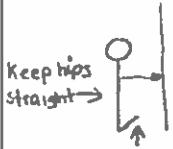
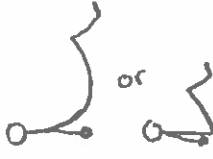




Jan 29<sup>th</sup> Strength Training

- 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 then repeat through a total of 3 times.

<p>1) Starting position Good Morning w/ weights</p>  <p>Start with feet hip width apart and weights in your hands (5-10 lbs)</p>	<p>2) Starting Position Toes Raises</p>  <p>Stand by a wall or chair with feet together. Keep hips pressed forward</p>	<p>3) Starting Position Reverse Crunch</p>  <p>Lay on your back with hands near your hips/slightly under your hips and knees bent</p>	<p>4) Starting Position Step Up with Leg Raise</p>  <p>Stand facing a bench or staircase</p>	<p>5) Starting Position Running with Weights</p>  <p>Stand with feet shoulder width apart. Elbow bent at 90 degrees with weights in each hand (5 lb)</p>
<p>1) Active Position</p>  <p>Keep your eyes focused on an object in front of you. With your back straight bend at your hips to lower the weights toward your feet. Go as far as you can with a straight back, up to 90 degrees.</p>	<p>2) Active Position</p>  <p>-Raise Toes off the ground. Do not rock hips back just use the muscles at the front of your shin to draw the toes up off the floor.</p>	<p>3) Active Position</p>  <p>Raise your feet off the ground and raise feet to ceiling while trying to pull your hips up off the ground. Try to use your muscles to raise your feet and hips instead of momentum</p>	<p>4) Active Position</p>  <p>Step up on bench or up to second step (first step if you feel uncomfortable) and raise your knee into the air and return to starting position. Do all 15 on same leg and then switch legs.</p>	<p>5) Active Position</p>  <p>Swing arms from hips up to about chin height keeping elbows at 90 degrees. <i>Do not move your feet only your arms</i></p>
<p>1) Time/Repetitions Repeat 15 times</p>	<p>2) Time/Repetitions Repeat 20 times</p>	<p>3) Time/Repetitions 15 reps</p>	<p>4) Time/Repetitions 15 reps on each leg</p>	<p>5) Time/Repetitions 20 on each arm</p>