







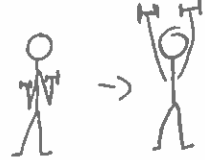



March 12th Strength Training

- 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 doing all 3 sets, move to exercise #2 doing all three sets, move to exercise #3 doing all three sets, for #4 and #5 do one set on each exercise and keep going back and forth until you have completed 3 sets of each.

<p>1) Starting position Clam Shells</p>  <p>Lay on the ground on your side with knees bent and head supported with your hand.</p>	<p>2) Starting Position Penguins</p>  <p>Lay on your back knees bent and feet flat on the floor about hip width apart.</p>	<p>3) Starting Position Table top raises</p>  <p>Sit on the floor with your knees bent and feet flat on the floor about hip width apart and hands by your hips.</p>	<p>4) Starting Position Bicep curl to arm raise</p>  <p>Choose a weight that works best for you 5-10 lbs (or jars out of the pantry). Start standing with feet hip width apart. And a weight in each hand.</p>	<p>5) Starting Position Squat with side leg raise</p>  <p>Stand with feet hip width apart.</p>
<p>1) Active Position</p>  <p>Raise the top leg so the knee raises about 12 inches but the feet stay together.</p>	<p>2) Active Position</p>  <p>Round your shoulders off the ground and pull your belly button down towards the floor. Arms out by your side and off the ground. Use your side abdominal muscles to pull yourself to tap your left shoe with your left hand and then to the other side so your right hand taps your right shoe.</p>	<p>5) Active Position</p>  <p>Engage your glute muscles to raise your hips off the ground, press at the top for 2 seconds. Return to starting position and repeat.</p>	<p>3) Active Position</p>  <p>Keep elbows by your waist and raise your weights up toward your shoulders with palms facing up/toward shoulders. Then switch palms to facing out and press over head so weights barely touch at top and return in reverse order.</p>	<p>4) Active Position</p>  <p>Squat down with the weight on your heels like you are sitting in a chair. Do not let the knees come past your toes. Stand back up and raise your right leg straight out to the side then return to the squat and repeat 10 times on the right leg then do 10 on the left.</p>
<p>1) Time/Repetitions</p> <p>20 each leg</p>	<p>2) Time/Repetitions</p> <p>20 each side</p>	<p>5) Time/Repetitions</p> <p>12 reps</p>	<p>3) Time/Repetitions</p> <p>12 reps</p>	<p>4) Time/Repetitions</p> <p>10 each leg</p>