



Strength Training 1

1) Finger Squeeze: to strengthen the hands. Extend arms in front at shoulder height, palms down. Squeeze fingers slowly, then release. Suggested repetitions: 5. Turn palms up, squeeze fingers, release. Suggested repetitions: 5. Extend arms in front, shake fingers. Suggested repetitions: 5.

2) Touch Shoulders: to increase flexibility of the shoulders and elbows and tone the upper arm; can be done in a seated position. Touch shoulders with hands, extend arms out straight. Bring arms back to starting position. Suggested repetitions: 10 – 15.

3) Leg Extensions: to tone the upper leg muscles. Sit upright. Lift 1 left leg off the floor and extend it fully. Lower it very slowly. Suggested repetitions: 10-15 each leg.

4) Back Leg Swing: to firm the buttocks and strengthen the lower back. Stand up, holding on to the back of a chair. Keep your back and hips in line with the chair as you do the exercise. Extend one leg back, foot pointed towards the floor. Keeping the knee straight, Lift the leg backwards approximately four inches and concentrate on squeezing the muscles in the buttocks with each lift. Make sure you keep your back straight as you raise your legs. Return to starting position. Suggested repetitions 10 each leg.

5) Quarter Squat: to tone and strengthen lower leg muscles. Stand erect behind a chair, hands on chair back for balance. Bend knees, then rise to an upright position. Be careful not to let knees go beyond your toes. Suggested repetitions: 8-12.

6) Heel Raises: to strengthen the calf muscles and ankles. Stand erect, holding a chair for balance if needed, hands on hips, feet together. Raise body on toes. Return to starting position. Suggested repetitions: 10.

7) Knee Lift: to strengthen hip flexors and lower abdomen. Stand erect. Raise left knee to chest or as far upward as possible while back remains straight. Return to starting position. Repeat with right leg. Suggested repetitions: 5 each leg.

8) Head and Shoulder Curl: to firm stomach muscles. Lie on the floor, knees bent, arms at sides, head bent slightly forward. Reach forward with arms extended until finger tips touch your knees. Hold for 5 counts. Return to starting position. Suggested repetitions: 10.