



Strength Training 2

- 1) Arm Curl:** to strengthen arm muscles. Use a weighted object such as a book or a can of vegetables or small dumbbell. Stand or sit erect with arms at side, holding weighted object. Bend your arm, raising the weight. Lower it. Can be done seated. Suggested repetitions: 10-15 each arm.
- 2) Arm Extension:** to tone muscles in the back of the arm. Sit or stand erect with arms at sides. Holding a weighted object of less than 5 pounds, overhead. Slowly bend arm until it touches your head. Slowly extend arm to The arm curl and arm extension separately or together, alternating seated. Suggested repetitions: 10-15 each arm.
- 3) Modified Knee Push-up:** to strengthen upper back, chest, and back of arms. Start on bent knees, hands on floor and slightly forward of shoulders. Lower body until chin touches floor. Return to start. Suggested repetitions: 5-10.
- 4) Calf Raise:** to strengthen lower leg and ankle. Stand erect, hands on hip or on back of chair for balance. Spread feet apart 6 to 12 inches. Slowly raise body up to toes, lifting heels. Return to starting position. Breathe normally. Suggested repetitions: 10-15.
- 5) Alternate Leg Lunges:** to strengthen upper thighs and inside legs. Also stretches back of leg. Take a comfortable stance with hands on hips. Step forward 18 to 24 inches with right leg. Keep left heel on floor. Shove off right leg and resume standing position. Suggested repetitions: 5-10 each leg.
- 6) Modified Sit-up:** to improve abdominal strength. Lie on back, feet on the floor with finger tips behind your ears. Look straight up at the ceiling and lift head and shoulders off floor. Suggested repetitions: 10.
- 7) Side Lying Leg Lift:** to strengthen and tone outside of thigh and hip muscles. Lie on right side, legs extended. Raise leg four to five inches. Lower to starting position. Suggested repetitions: 10 on each side.