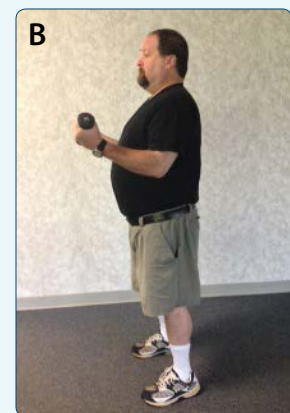


Progressive Exercise Program

It may be challenging to perform certain activities when beginning an exercise program. Here are some ways you can start slowly, and progress to get the most out of your program. When exercises seem easy, think of new ways to make them more challenging. For example, add more weight or repetitions, stand instead of sit, or challenge your balance by placing feet tandem (one in front of the other) instead of a side-by-side stance. Here are some exercises that demonstrate where to start (A) and how to progress (B) when they feel too easy.

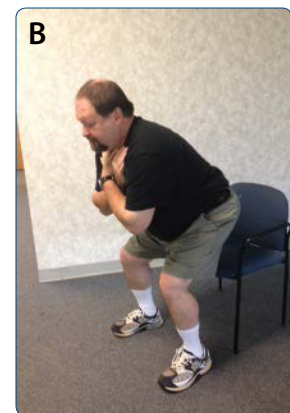
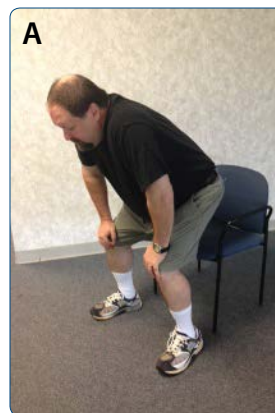
Bicep: Bicep Curl (front of upper arm)

- A.** Start by sitting tall, on the edge of your chair.
- With light weight, palm facing upward, curl the weight to the shoulders.
 - Release to bring arms back to the side of the thighs.
 - Repeat.
- B.** Standing tall, feet hip-distance apart, perform a basic bicep curl as described above.



Quadriceps: Squat (front of thigh)

- A.** Start by sitting tall, on the edge of your seat, hands rested on thighs.
- Press hands into thighs while moving to a standing position.
 - Slowly return to a seated position with the assistance of hands on thighs.
 - Remember to keep knees behind the toes when sitting.
- B.** The same activity as described above, but cross your arms over your chest.



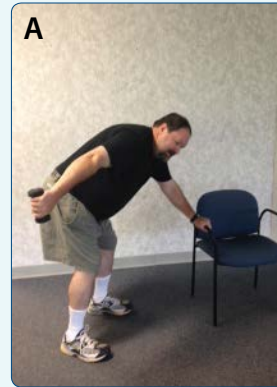
Tricep: Tricep Extension (back of upper arm)

A. With feet hip-distance apart, knees slightly bent, hinge forward resting left arm on the chair.

- Right elbow begins at a 90-degree angle, and extends to a 180-degree angle.
- Return to starting position. Repeat on the right side.

B. Place hands on the edge of a sturdy chair.

- Fingers pointing forward, knees at a 90-degree angle.
- Slowly, bend elbows backward, nearing 90 degrees.
- Return to straight elbows and repeat. Avoid using the legs.



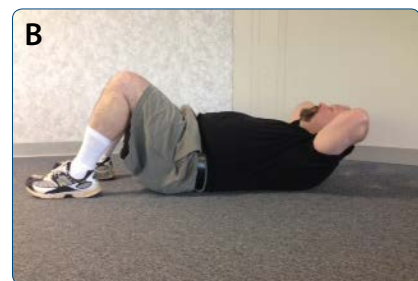
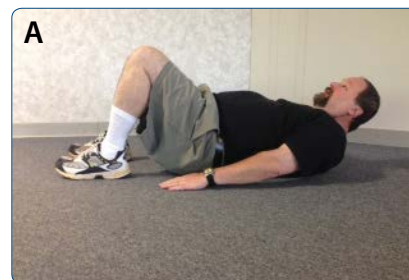
Abdominals: Crunch (stomach/six pack muscles)

A. Lay flat on the ground with knees bent.

- Keep your back flat on the ground or mat.
- Gently, slide fingers toward the heels while tightening the abdominals, raising the head and neck off the ground.
- Return to starting position and repeat.

B. Start in the same position as above.

- This time, hands behind head, only for support.
- Avoid "crunching the neck."
- Raise chin to the ceiling as the head and neck leave the ground.
- Return to starting position and repeat.



Hamstring: Hamstring Curl and Bridge (back of thigh)

- A.** Stand tall with feet hip-distance apart, holding onto a chair for support.
- With a flexed foot, bend the knee, bringing the heel to the gluteus (bottom).
 - Return to starting position, repeat and switch to the other side.
- B.** Lay flat on the ground, knees bent.
- Tighten your abdominals and bottom as you push into your heels and raise your hips to the ceiling, like a bridge.
 - Gently roll back down to the ground to the starting position.
 - Repeat.



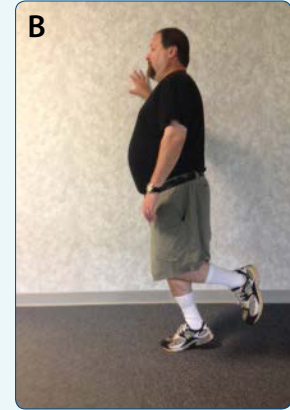
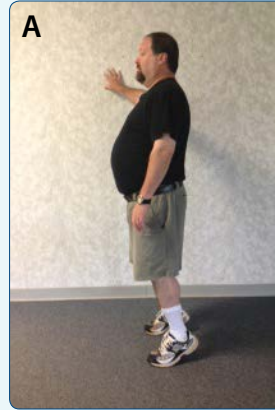
Abductor and Adductor: Leg Lifts (inner and outer thigh)

- A.** Sitting in a chair, knees bent to 90 degrees, place back of the hand on the inside of the knees.
- While squeezing the legs together, resist by pressing the back of your hands outward.
 - Squeeze and hold for 5 seconds and repeat.
 - Switch by placing the palms on the outside of the knees.
 - Press inward with the hands, while resisting with the knees by pressing outward.
- B.** Standing tall with hands on a wall or chair for support, keep standing knee slightly bent, lift the leg to the side of the body keeping the knee and toes pointing forward.
- Repeat and switch to the other side.



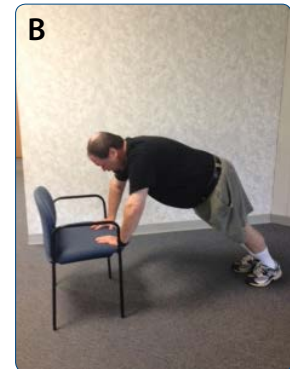
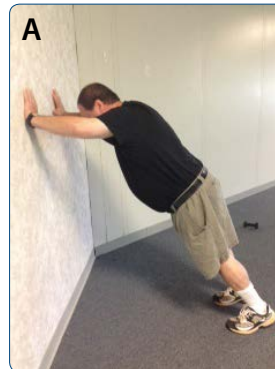
Gastrocnemius: Calf Raises (calves)

- A.** Standing tall, hips shoulder-distance apart, hold onto the wall for support.
- With knees slightly bent, raise the body onto the ball of the feet.
 - Return to the starting position and repeat.
- B.** Same position as above, but standing on only 1 foot.
- Standing knee should be slightly bent while rising onto the ball of the foot.
 - Return to the starting position, repeat, and then switch to the other side.



Pectoralis: Push-up (chest)

- A.** Standing away from the wall with hands placed flat on the wall at chest height, begin with straight arms in a plank position.
- Slowly bend elbows outward and let your body move toward the wall, keeping the abdominal muscles tight.
 - Straighten elbows and repeat.
- B.** Same position as above, however, hands are placed on a sturdy chair.
- Perform this exercise as instructed above. Repeat.



**Continue to find ways to challenge your body
as your strength continues to increase.**