

Notes:

1. Aerobic exercise 10-30 minutes/day
2. Strength exercises here 2-4x/week
3. Any stretches you know at end of activity.

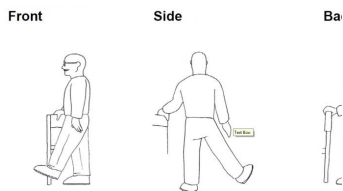
**1. Sit to stand**



- Sit on a chair that have been placed against a wall to prevent slipping.
- Interlace your fingers and reach forward with your arms.
- With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand.
- Slowly return to sitting.

Sets: 1-3 Repetition: 10

**2. Three Direction Hip Raise**



- Stand straight, using the wall for balance as needed.
- Keeping your upper body upright, lift leg out in front of you.

Sets: 1-3 Repetition: 10

**3. Push-Ups**



- Keep back and hip straight Keep abs tight

Sets: 1-3 Repetition: 10

**4. Dumbbell upright row**



- Hold a pair of dumbbells in your hands about shoulder width.
- Keep your chest out and shoulders back and pull the dumbbells towards your chin.
- Keep the weights close to your body at all times and do not swing the movement.

Sets: 1-3 Repetition: 10

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### 5. DB biceps curl (standing)



- Keep your palms facing forward and curl the dumbbells up at the same time.
- Do not swing your arms. Keep your shoulders and shoulder blades in the neutral position.
- Extend your elbows completely in the bottom position.

Sets: 1-3 Repetition: 10

### 6. Front Plank On Knees



- On your forearms and knees.
- Lift yourself up in a straight line.
- Contract your glutes and do not arch your lower back. Keep your body in a straight line from your head to your knees.
- keep your elbows under your shoulders.

Sets: 1-3 Hold: 30 sec.

### 7. Glute bridge



- Lie on your back with your knees bent.
- Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.
- Slowly return to the initial position and repeat.

Sets: 1-3 Repetition: 10 Hold: 5 sec.

### 8. Bird dog



- Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.
- Your back is in a neutral position (slightly arched) and your chin must be tucked in.
- Tighten slightly your abdominals and lumbar muscles, then lift one arm and the opposite leg without allowing the trunk or pelvis to move or rotate.
- Try to grab something far away in front of you with your hand and touch an imaginary wall far behind you with your foot instead of just lifting them up.
- Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.

Sets: 1-3 Repetition: 10

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**Exercise#1 : Page 1 GEN105415 Sit to stand, hands out in front**

Sets: 1-3 Repetition: 10



**Exercise#2 : Page 1 REN122043 Hip**

Sets: 1-3 Repetition: 10



**Exercise#3 : Page 1 REN10045 Push-Ups**

Sets: 1-3 Repetition: 10



**Exercise#4 : Page 1 REN9539 Dumbbell upright row**

Sets: 1-3 Repetition: 10



**Exercise#5 : Page 2 REN9115 Standing biceps curl with dumbbell**

Sets: 1-3 Repetition: 10



**Exercise#6 : Page 2 REN19366 Front Plank On Knees**

Sets: 1-3 Hold: 30 sec.



**Exercise#7 : Page 2 GEN8159 Glutes strengthening in supine bridge**

Sets: 1-3 Repetition: 10 Hold: 5 sec.



**Exercise#8 : Page 2 GEN39312 Bird dog: one arm and opposite leg (at the same time)**

Sets: 1-3 Repetition: 10