

Chair Stand (without weights)

This exercise strengthens and tones your thighs and works your back and abdominal muscles as well as your buttocks. Chair stands also improve your balance and help prevent falls. This is a great warm-up exercise.

Starting position: Sit toward the front of the chair seat, with your feet flat on the floor, shoulder-width apart. Cross your arms, and hold them against your chest.



The move:

- Keeping your back straight, lean forward slightly and stand up slowly. Keep your back, neck and head in a straight line.
- Pause for a breath.
- Slowly return to the starting position. Do not let yourself fall into the chair. Pause.
- Repeat 8 times. Rest for a minute, and do a second set.

Where you will feel the effort: In your thighs and buttocks.

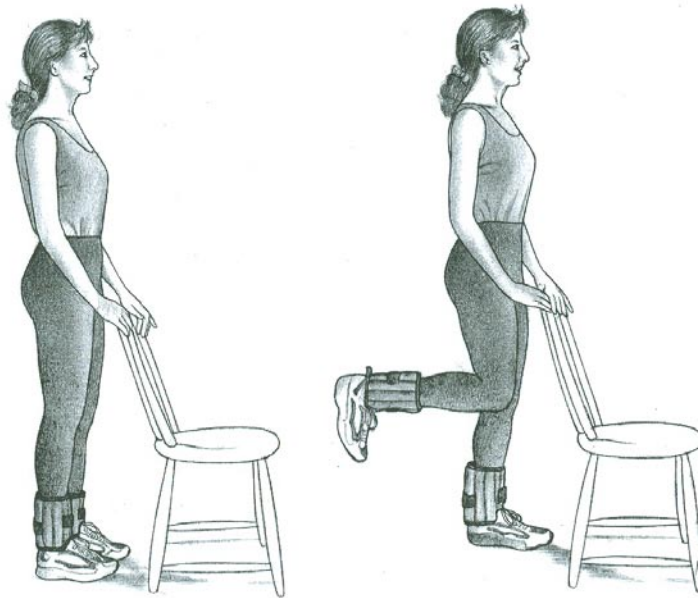
Keys to Success: Move slowly, especially as you return to the chair. Use your leg and buttock muscles to lower yourself – don't fall back into the seat. If the move is difficult, use your hands to make it easier until you can do it without hands.

- Remember to move slowly.
- Lean just slightly forward as you start the move.
- Don't allow your knees to come in front of your toes (if you experience knee pain – check this tip).
- Don't hold your breath.
- Keep your abdominal (stomach) muscles tight.
- Look straight ahead, not at the floor.

Standing Leg Curl (with ankle weights)

This exercise strengthens the muscles along the backs of your thighs. These are called your hamstrings.

Starting position: Stand just behind the chair, lightly holding on for support. Your knees should just touch, and the fronts of your thighs should be even. Shift your body weight so you are standing on your left leg.



The move:

- Lift your right foot up until your thigh and lower leg form a 90 degree angle. Your toes should point straight down at the top of the move.
- Pause for a breath.
- Slowly lower your right foot until only the toes of that foot are in contact with the floor. Slide the toes of your right foot forward to the starting position.
- Pause for a breath. Then repeat the move with your left leg. You will need to shift your weight from side to side as you change legs, but your torso should remain upright.
- Repeat, alternating right and left legs until you have done eight leg curls with each leg. This is one set. Rest for a minute, and do a second set.

Where you will feel the effort: On the back of the thigh you are lifting and also on the front upper thigh of the supporting leg.

Keys to Success:

- Don't arch your back as you do the exercise.
- Keep your thighs and hips even and your knees touching throughout the move.
- Don't let your knee or thigh move forward as the lower leg curls up.
- Keep the knee of the leg you are standing on slightly bent to avoid locking your knee.
- Don't hold your breath.
- Check for tension – and relax.

Knee Extension (with ankle weights)

This exercise strengthens the quadriceps, the large muscles in the front of your thighs. This can help reduce the signs and symptoms of arthritis by lessening the stress on the joint.

Starting position: Sit back in the chair. Your feet should be shoulder-width apart, with your knees directly above them – your knees shouldn't touch each other. Put the rolled up towel under your knees to pad them. Your toes should just brush against the floor; if necessary, raise your knees by doubling up or rolling the towel. Rest your hands on top of your thighs or let them dangle at your sides.



The move:

- Slowly raise your right leg until the knee is as straight as possible. Keep your toes gently flexed up toward your body.
- Pause for a breath.
- Relax your ankle so your toes are no longer flexed up. Slowly lower your leg to the starting position.
- Pause for a breath. Then repeat the move with your left foot.
- Repeat, alternating right and left legs until you have done eight knee extensions with each leg – this is one set. Rest for a minute, and do a second set.

Where you will feel the effort: On top of your upper thighs, with a stretching feeling in the backs of your thighs.

Keys to Success:

- Don't arch your back as you do the exercise.
- Straighten your leg as far as possible at the end of the lift – the last part of the muscle contraction is the most important.
- Don't hold your breath.
- Check for tension – and relax.

Side Hip Raise (with ankle weights)

The hip abductors, the muscles that run along the outside of your thighs, help you maintain good balance – especially when you are making a side move. This exercise will help to improve balance and agility and will play a role in maintaining bone density at the hip.

Starting position: Stand behind your chair, holding the back lightly for support. Shift your body weight so that you are supported by your left leg. Your left knee should be straight (or very slightly bent), but not locked. Lift the right toes slightly. Be sure that your right foot moves forward.

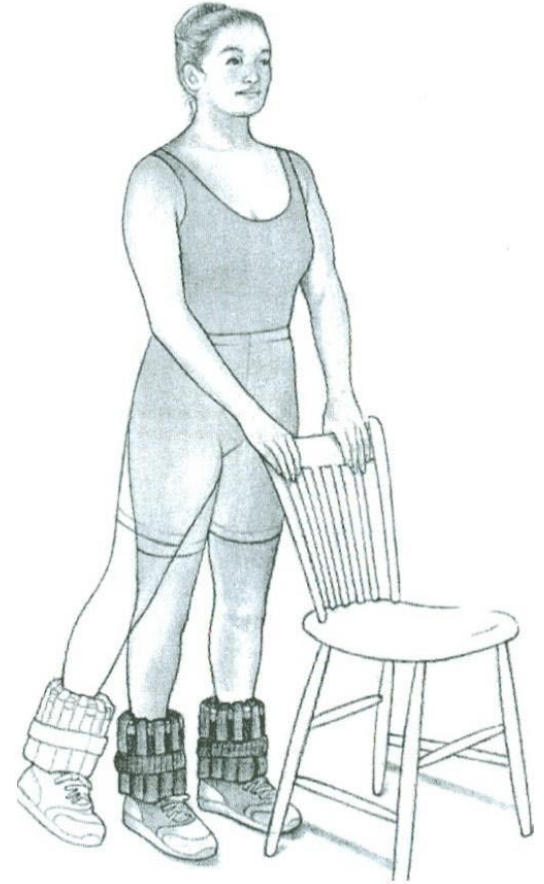
The move:

- Slowly lift your leg out to the side until your foot is five to eight inches off the ground.
- Pause for a breath.
- Slowly lower your leg to the starting position.
- Pause for a breath, then do the same move with your other leg. You will need to shift your weight from side to side as you change legs, but your torso should remain upright.
- Repeat alternating right and left legs, until you've completed eight side hip raises with each leg – one set. Rest for one minute, then do a second set.

Where you will feel the effort: On the outside of the thigh and buttock of the leg you're lifting, and also on the inner thigh of the nonlifting leg.

Keys to success:

- Your torso should remain upright during this exercise, not leaning to one side. If possible, check in a mirror to make sure your upper body isn't tilting.
- Keep your toes pointed forward throughout the mover. Don't rotate your hip.
- Don't expect your foot to rise more than six to twelve inches off the floor. It's more beneficial to do the exercise in good form, than to lift your leg higher.
- Keep your fingertips on top of the chair for balance, but try not to grasp the chair tightly.
- Keep the knee of the leg you are standing on slightly bent to avoid locking your knee.
- Don't hold your breath.
- Check for tension – and relax.



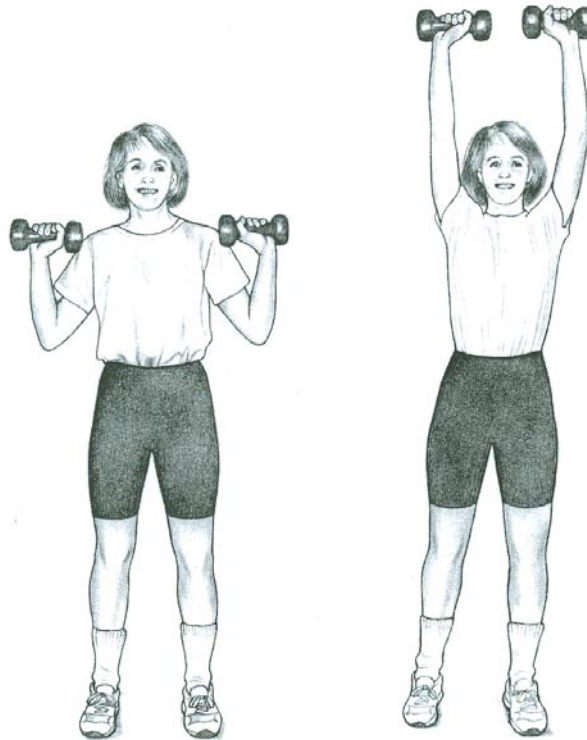
Overhead Press (with dumbbells)

The triceps – the muscles in back of your upper arm – are notoriously weak. When you strengthen them with this exercise you'll find it easier to tackle overhead tasks. Your upper arm will also be tighter and trimmer. This move also works the deltoid and trapezius muscles of the upper back, so it's great for posture.

Starting position: Stand straight with a dumbbell in each hand. Hold the dumbbells up and parallel to the floor on either side of your shoulders. Your palms should be facing forward and there should be a straight line from the left dumbbell across your shoulders to the end of the right dumbbell.

The move:

- Slowly push the dumbbells straight up over your head, keeping them in line with your body.
- At the top, pause for a breath.
- Return your arms to the starting position.
- Pause for a breath, then repeat.
- Perform eight overhead presses – one set. Put the weights down, and rest for a minute. Then do a second set.



Where you will feel the effort: In your back, shoulders and the backs of your arms.

Keys to success:

- Maintain good posture throughout the move. Don't scrunch your shoulders!
- Be careful not to arch your back and put pressure on your lower spine.
- Don't hold your breath.
- Check for tension – and relax.

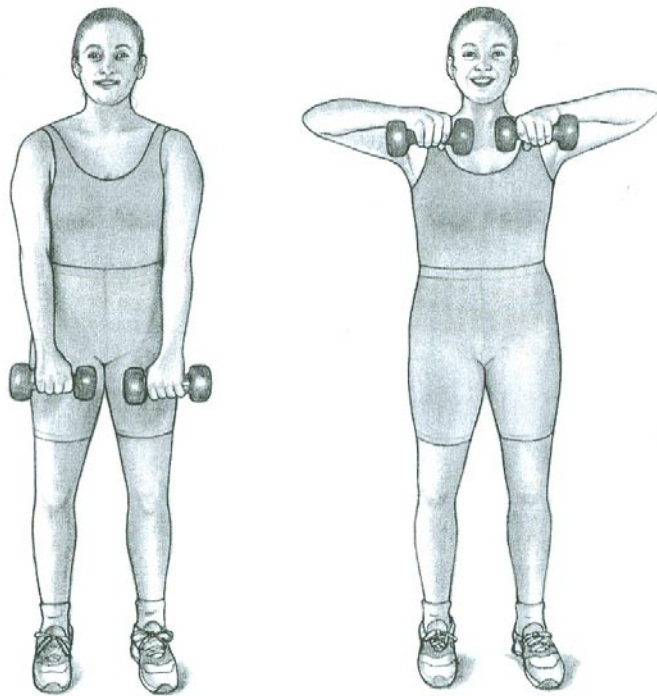
Upward Row (with dumbbells)

This exercise strengthens the deltoid (shoulder muscle), trapezius (upper back muscle) and biceps. The shoulder joint is one of the most important – and vulnerable – in the body. Strong shoulder muscles help stabilize this joint, allowing you to lift and carry heavy objects.

Starting position: Stand with a dumbbell in each hand. Move your hands so that the dumbbells rest on the fronts of your thighs, with your palms facing your thighs.

The move:

- Slowly pull the dumbbells upward along your torso until they are just below your chin. Keep your hands in the same position during the move; your wrists will bend to the side so your knuckles remain pointing down. At the end of the lift, your elbows will be at shoulder height and pointing out to the side; your forearms and the weights will be parallel to the floor.
- Pause for a breath.
- Slowly lower the dumbbells to the starting position.
- Pause for a breath, then repeat.
- Perform eight upward rows – one set. Put the weights down, and rest for a minute. Then do a second set.



Where you will feel the effort: In your forearms, biceps and shoulders.

Keys to success:

- Don't scrunch your shoulders. That's the most common problem with this exercise.
- Make sure that your elbows and wrists are not above shoulder level.
- Maintain good posture.
- Don't hold your breath.
- Check for tension – and relax.

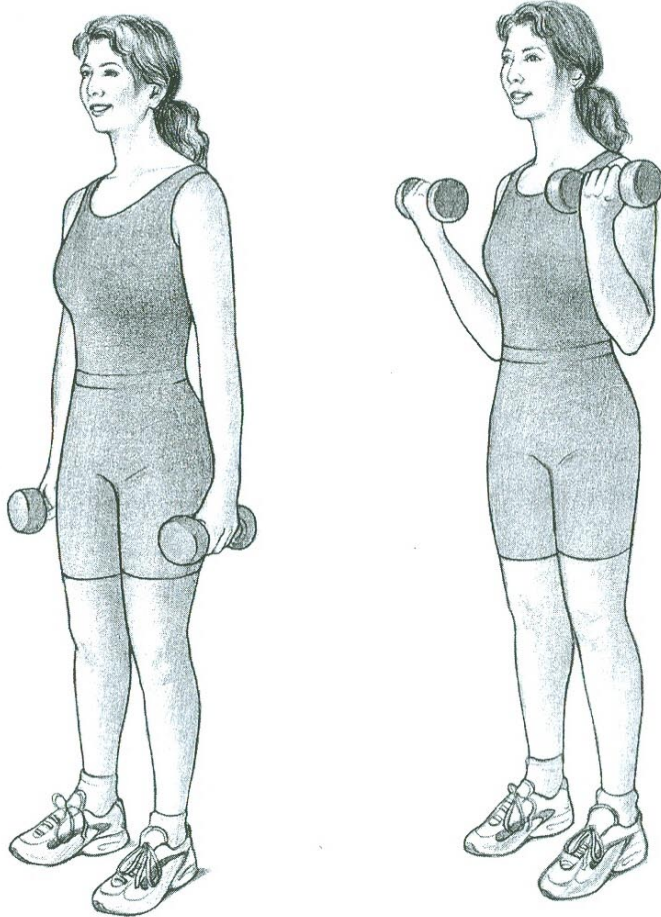
Biceps Curl (with dumbbells)

The biceps – the muscles in the front of your arm – are among the hardest working muscles in your body. They are used for carrying and lifting. As they get stronger, everything you pick up seems to get lighter.

Starting position: Stand with your feet shoulder-width apart, with your arms down at your sides holding the dumbbells. Palms should face in, toward your legs.

The move:

- Keeping your elbows gently pressed against your sides, slowly raise the dumbbells by bringing your forearms up. The dumbbells should move from your sides to the front of your shoulders in one smooth move. Your elbows will bend; your forearms will rotate; and your wrists will remain straight. At the end of the move, the dumbbells will be at shoulder height, parallel to the floor, with your palms facing your shoulders.
- Pause for a breath.
- Lower your arms, smoothly rotating your forearms so the dumbbells return to the starting position, with palms facing in. Keep your elbows anchored at your sides through the entire movement.
- Pause for a breath, then repeat.
- Perform eight bicep curls – one set. Put the weights down, and rest for a minute. Then do a second set.



Where you will feel the effort:
In your upper arms.

Keys to success:

- Maintain good posture, don't arch your back.
- Don't bend your wrists. Keep the wrists straight
- Keep your elbows anchored at your sides.
- Hold the dumbbells securely without clenching the fist.
- Keep your shoulders relaxed, pressed down and back.
- Move slowly.
- Don't hold your breath.
- Check for tension – and relax.

Toe Stand (without weights)

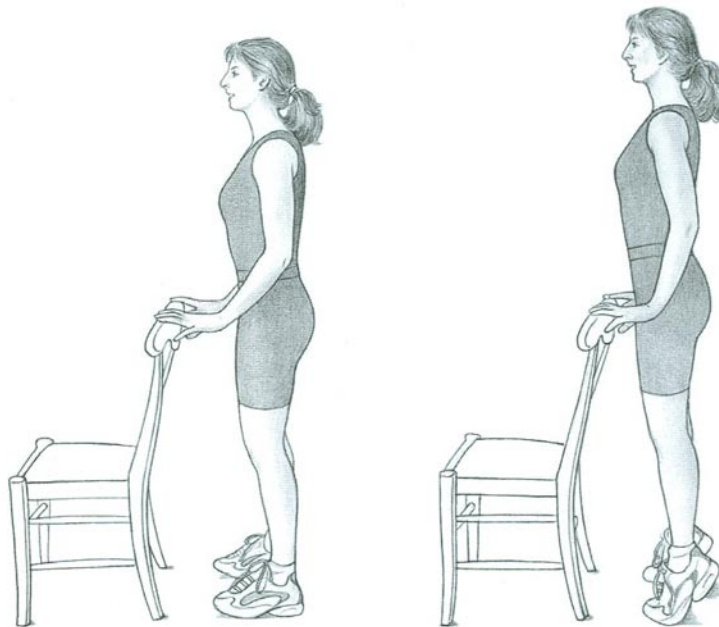
This is a three-purpose exercise. It improves your balance, makes your ankles more flexible, and strengthens the gastrocnemius and soleus muscles in the backs of your lower legs.

Instead of dumbbells or ankle weights, this exercise uses your body weight. If your calf muscles are weak or inflexible, you may not be able to raise yourself very much.

Starting position: Stand twelve inches away from a wall (or the back of your chair), with your feet twelve inches apart. Rest your fingertips lightly on the wall (or chair) to help maintain your balance.

The move:

- Slowly raise yourself as high as possible on the balls of your feet.
- Hold the position for a slow count of three.
- Slowly lower your heels back to the ground.
- Repeat 8 times for 1 set, rest for a minute and then complete another 8 repetitions.



Where you will feel the effort: In your calves, ankles and feet.

Keys to success:

- Maintain good upright posture
- Do the toe stands slowly – many people have a tendency to raise and lower themselves too quickly. In fact, you'll benefit even more if you maintain the position for fifteen to thirty seconds rather than just three seconds.
- Don't hold your breath.
- Check for tension – and relax.

Cool Down - Stretches (without weights)

Stretches should be done at the end of each session.

Hamstring & Calf Stretch

1. Stand facing a sturdy chair.
2. Slowly bend forward at the hip, keeping your legs straight without locking your legs. Rest your hands on the seat of the chair with your elbows slightly bent, feeling a stretch in the back of your upper and lower leg. Keep your back flat.
3. Hold the stretch for 20-30 seconds.



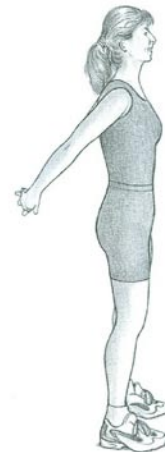
Quadriceps Stretch



1. Stand next to a sturdy chair with your feet about shoulder-width apart and your knees straight, but not locked.
2. Hold onto the chair for balance with your left hand. Bend your right leg back and grab your right foot or ankle in your right hand until your thigh is perpendicular to the ground. Make sure you stand up straight – don't lean forward. (If you can't grab your ankle in your hand, try resting the lower leg on a chair and grabbing your pant leg).
3. Hold the stretch for 20-30 seconds, and then repeat on the other leg.

Chest & Arm Stretch

1. Stand with your arms down by your side.
2. Extend both arms behind you and clasp your hands together. Make sure your arms are straight, then lift them as high as possible. Keep your chest forward and shoulders back during the stretch.
3. Hold for 20-30 seconds.



Upper Back Stretch

1. Stand (or sit) with your feet shoulder-width apart, your knees straight but not locked, and your hands clasped in front of you. Rotate your arms so that your palms face the ground. Then raise your arms to chest height.
2. Press your palms away from your body and feel a stretch in your neck, upper back and along your shoulders.
3. Hold the stretch for a county of 20-30 seconds.