

my workout routine

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



examples of exercises

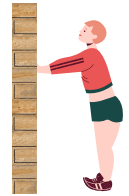
TOE STAND



1. Stand with feet hip-width apart.
2. Slowly raise your heels off of the ground, shifting towards the balls of your feet.
3. Take slow, deep breaths.
4. Slowly lower back down.

WALL PUSH-UP

1. Stand facing the wall at an arm's length away.
2. Place palms on wall at shoulder height.
3. Keep your body straight from head to toe.
4. Bend elbows and lower your chest towards the wall.
5. Push back away from the wall.



BALANCE WALK

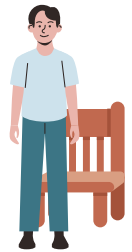


1. Stand tall with feet together.
2. Lift one leg (knee towards your chest) then extend leg forward.
3. Pause briefly with leg extended.
4. Lower the extended leg.
5. Repeat on the other side.

Extend your arms to the side for balance.

SIT TO STAND

1. Sit tall with feet flat on the floor.
2. Lean forward slightly at your hips while keeping your back straight.
3. Shift your weight onto your feet.
4. Push through your heels and stand.
5. Stand fully upright.
6. Slowly lower yourself back down.



Use armrests for support if needed.

SITTING KNEE EXTENSION



1. Sit upright in chair with feet flat on the floor.
2. Lift one leg straight in front of you, extending the knee.
3. Hold position briefly.
4. Lower the leg back to the floor.
5. Repeat on other side.

Breathe as you lift, exhale as you lower.

OVERHEAD PRESS

1. Begin seated with feet shoulder-width apart.
2. Hold weights at shoulder height, palms facing forward.
3. Press up overhead, fully straightening elbows.
4. Slowly lower weights back to shoulder height.



AEROBIC:

Walking
Jogging
Biking
Dancing
Swimming
Yard work
Tennis
Aerobic classes
Basketball

SIDE LEG RAISE



1. Stand tall with feet hip-width apart.
2. Lift one leg to the side, keep it straight.
3. Lift the leg as high as comfortable with controlled movements.
4. Avoid leaning. Keep torso upright.
5. Pause and hold at the top.
6. Lower the leg down with control.
7. Repeat on other side.

