



SENIOR FITNESS 4 WEEK PROGRAM

Eldergym®

Senior Fitness

Eldergym e-book

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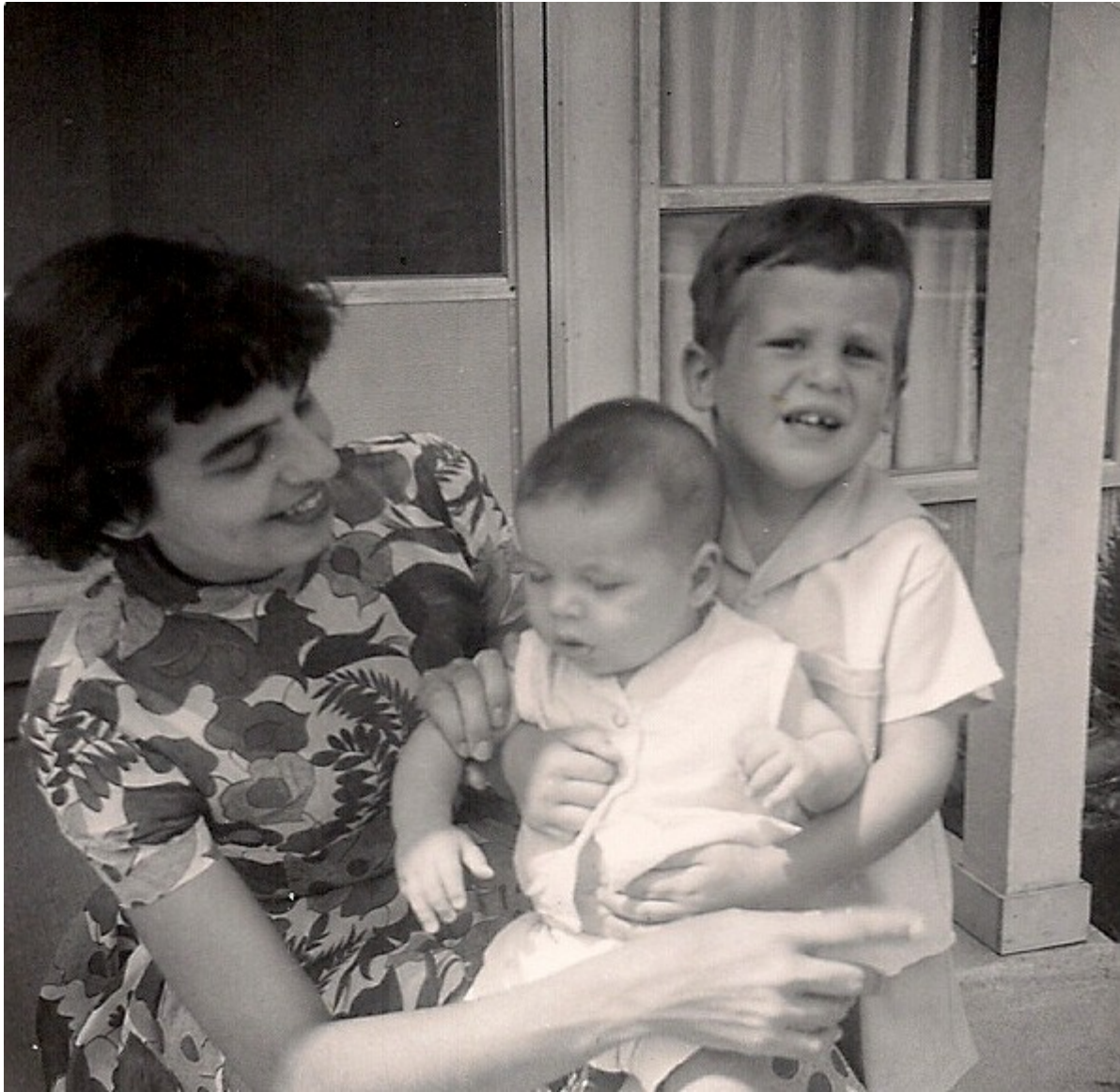
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--*Dedication:* To my mother Wilma (1929 - 2011). Wilma never let "aging" get in the way of her daily adventures in life. She is the first wonderful exerciser in the first section of *lower body strengthening*--



1956

INSTRUCTIONS

Equipment: Kitchen chair, hand weights

Men can start with 3-5 pound weights

Women can start with 1-2 pound weights.

Schedule: Begin with 3 times a week. The exact days of the week you choose really does not matter as long as same every-other-day format is kept. After completing the 4 week program you can add another day per week. Mix and match the 4 workouts as you like.

Content: Each workout has stretching, strengthening, and balance exercises.

Warm up and cool down: Warm up and cool down by walking around, or marching for 3-5 minutes.

Get Started: Start with workout week 1, click on the exercise to go to the page to learn how to perform the exercise. There is also a link to the exercise video on eldergym.com.

Rep (repetition) is one complete motion of an exercise. A **set** is a group of consecutive repetitions. For example, you can say, “I did two **sets** of ten **reps** on the chest press.” This means that you did ten consecutive chest presses, rested, and then did another ten chest presses.

4 WEEK SCHEDULE

Days	Week #1
Monday	Workout Week 1
Tuesday	Off
Wednesday	Workout Week 1
Thursday	off
Friday	Workout Week 1
Saturday	off
Sunday	off
Days	Week # 2
Monday	Workout Week 2
Tuesday	Off
Wednesday	Workout Week 2
Thursday	off
Friday	Workout Week 2
Saturday	off
Sunday	off
Days	Week # 3
Monday	Workout Week 3
Tuesday	Off
Wednesday	Workout Week 3
Thursday	off
Friday	Workout Week 3
Saturday	off
Sunday	off
Days	Week # 4
Monday	Workout Week 4
Tuesday	Off
Wednesday	Workout Week 4
Thursday	off
Friday	Workout Week 4
Saturday	off
Sunday	off

WORKOUT WEEK 1

Order	Exercise	Sets	Reps	Rest
1	Shoulder stretch (Page 96)	1	1-3	0
2	Arm ups(Page (99)	1	8-10	0
3	Neck Stretch (Page 91)	1	1-3	0
4	Shoulder rolls (Page 95)	1	8-10	0
5	Side raise (Page 41)	1	8-10	1-2 minutes
6	Biceps Curls (Page 32)	1	8-10	1-2 minutes
7	Bridging (Page 47)	1	8-10	1-2 minutes
8	Hip Marching (Page 24)	1	8-10	1-2 minutes
9	Ankle circles (Page 20)	1	8-10	0
10	Knee Extensions (Page 25)	1	8-10	1-2 minutes
11	Sit to Stands (Page 28)	1	8-10	1-2 minutes
12	Hip Extensions (Page 22)	1	8-10	1-2 minutes
13	Hamstring raise (Page 26)	1	8-10	1-2 minutes
14	Straight leg raise (Page 29)	1	8-10	1-2 minutes
15	Single Limb(Page 69)	1	1-3	0
16	Staggered Stance (Page 72)	1	1-3	0
17	Hamstring Stretch (Page 79)	1	1-3	0

WORKOUT WEEK 2

Order	Exercise	Sets	Reps	Rest
1	Overhead reach (Page 92)	1	1-3	0
2	Back reach (Page 93)	1	8-10	0
3	Shoulder circles (Page 94)	1	8-10	0
4	Overhead press (Page 37)	1-2	8-10	1-2 minutes
5	Kickbacks (Page 36)	1-2	8-10	1-2 minutes
6	Shoulder press (Page 39)	1-2	8-10	1-2 minutes
7	Leg raise (Page 29)	1-2	8-10	1-2 minutes
8	Sit backs (Page 54)	1-2	8-10	1-2 minutes
9	Cat and camel (Page 48)	1-2	8-10	0
10	Knee Extensions (Page 25)	1-2	8-10	1-2 minutes
11	Lunges (Page 27)	1-2	8-10	1-2 minutes
12	Squats (Page 30)	1-2	8-10	1-2 minutes
13	Step over (Page 73)	1	8-10	0
14	Step over no pause(Page 74)	1	8-10	0
15	Back stretch (Page 77)	1	1-3	0
16	Ankle stretch (Page 76)	1	1-3	0
17	Hamstring Stretch (Page 79)	1	1-3	0

WORKOUT WEEK 3

Order	Exercise	Sets	Reps	Rest
1	Spinal extension (Page 105)	1	8-10	0
2	Shoulder Squeeze (Page (104)	1	8-10	0
3	Shoulder stretch (Page 96)	1	1-3	0
4	Rows (Page 42)	1-2	8-10	1-2 minutes
5	Elbow extensions (Page 38)	1-2	8-10	1-2 minutes
6	Diagonal inward (Page 33)	1-2	8-10	1-2 minutes
7	Arm raise (Page 89)	1-2	8-10	1-2 minutes
8	Back extensions (Page 45)	1	8-10	1-2 minutes
9	Crunches (Page 49)	1-2	8-10	1-2 minutes
10	Leg raise (Page 29)	1-2	8-10	1-2 minutes
11	Sit to stand (Page 28)	1-2	8-10	1-2 minutes
12	Marching (Page 24)	1-2	8-10	1-2 minutes
13	Figure 8 (Page 62)	1	8-10	0
14	Heel to toe (Page 65)	1	8-10	0
15	Seated lift (Page 84)	1	1-3	0
16	Soleus stretch (Page 86)	1	1-3	0
17	Knee to chest (Page 82)	1	1-3	0

WORKOUT WEEK 4

Order	Exercise	Sets	Reps	Rest
1	Hand stretch (Page 90)	1	1-3	0
2	Back reach (Page 93)	1	8-10	0
3	Triceps stretch (Page 97)	1	1-3	0
4	Elbow side extension (Page 35)	1-2	8-10	1-2 minutes
5	Rows (Page 42)	1-2	8-10	1-2 minutes
6	Diagonal outward (Page 34)	1-2	8-10	1-2 minutes
7	Arm raise (Page 43)	1-2	8-10	1-2 minutes
8	Hip extensions (Page 22)	1-2	8-10	1-2 minutes
9	Pelvic tilts (Page 52)	1-2	8-10	0
10	Knee extensions(Page 25)	1-2	8-10	1-2 minutes
11	Hip side extension (Page 19)	1-2	8-10	1-2 minutes
12	Calf raise (Page 21)	1-2	8-10	1-2 minutes
13	Balancing wand (Page 55)	1	8-10	1-2 minutes
14	Clock reach (Page 57)	1	8-10	1-2 minutes
15	Wall tilts (Page 106)	1	1-3	0
16	Rib lifting (Page 101)	1	1-3	0
17	Hip rotation (Page 80)	1	1-3	0

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Hip Side Extensions (Right Click "open link in new tab" to see video demonstration)

Step 1

- Stand, using a chair to balance yourself.



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Step 2

- Lift your right leg to the side as high as comfortable.
- Return to the starting position, and then repeat 10 times.
- Continue with the left leg.



Ankle Circles (Click to see video demonstration)

Step 1

- Sit in a chair with feet flat on the floor
- Extend your right knee and move your foot in a circle 20 times



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Step 2

- Then move in the other direction 20 times
- Repeat with the other ankle



Calf Raises (Click to see video demonstration)**Step 1**

- Stand using a chair to balance yourself.



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Step 2

- Rise up on your toes as high as you comfortably can.
- Return to the starting position and repeat 10 times



Hip Extension (Click to see video demonstration)**Step 1**

- Stand, using a chair to balance yourself.



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Step 2

- Extend your leg backward, keeping your knee straight.
- Return to the start position and repeat 10 times with each leg.



Heel Raises (click to see Video demonstration)

Step 1

- Stand, using a chair to balance yourself



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Step 2

- Rise up on your heels.
- Lower and repeat 10 times.



Hip Marching (Click to see video demonstration)**Step 1**

- Sit in a chair with feet flat on the floor.



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Step 2

- Lift up your right knee as high as comfortable.
- Lower your leg.
- Alternate lifting your knees for a total of 10 lifts each leg.



Knee Extensions (Click to see video Demonstration)**Step 1**

- Sit in a chair with feet flat on the floor.



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Step 2

- Straighten out your right knee and hold for a few seconds.
- Then straighten out your left knee and hold for a few seconds.
- Repeat 10 times on each leg.



Hamstring Raises (Click to see video demonstration)**Step 1**

- Stand using a chair to balance yourself.



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Step 2

- Bend your right knee backward as high as you can.
- Return to the starting position and repeat 10 times.
- Continue with the left leg.



Lunges (Click to see video demonstration)**Step 1**

- Stand with arms at sides or on the hips.
- Keep feet shoulder width apart.



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Step 2

- Step forward keeping your trunk vertical.
- Push back up to the starting position.
- Repeat with each leg 10 times.



Sit to Stand (Click to see video demonstration)**Step 1**

- Begin by standing with a chair behind you, your knees just in front of the seat.



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Step 2

- Lean forward as you bend your knees and lower yourself towards the chair as if attempting to sit.
- Before you touch the chair, pause then stand back up to a full upright position.
- Repeat 10 times.



Straight Leg Raise (Click to see video demonstration)**Step 1**

- Lie on your back with one knee bent and one knee straight, toes pointing upward to the ceiling.



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Step 2

- Raise your straightened leg to the level of the other bent knee.
- Return to the starting position and repeat with each leg 10 times.



Partial Squats (Click to see video demonstration)**Step 1**

- Stand, using a chair to balance yourself.



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Step 2

- Bend your knees as far as comfortable without pain.
- Return to the standing position and repeat 10 times.



Bent Over Rows (Click to see video demonstration)**Step 1**

- If standing, lean over a table. If sitting, lean over your knee.
- Hold the weight in one arm while supporting yourself on the table or knee with the other arm.



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Step 2

- Lift your arm up, raising the elbow to shoulder height.
- Return to the starting position and repeat 10 times.



Biceps Curls (Click to see video demonstration)**Step 1**

- Hold the weight in your hand at your side.
- Begin with your shoulders straight and your palm inward.



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Step 2

- Bend your elbow toward your shoulder while turning your palm up.
- Return to the start position and repeat 10 times.



Diagonal Inward (Click to see video demonstration)**Step 1**

- Sit or stand with weight in your hand at your side.
- Hold palm outward.



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Step 2

- With palm forward, lift your arm up and across your body to the opposite shoulder.
- Bend the elbow as you bring the arm up and face the palm inward.
- Return to the starting position and repeat 10 times.



Diagonal Outward (Click to see video demonstration)**Step 1**

- Sit or stand with weight in your hand crossed over to your opposite hip with the palm inward.



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Step 2

- Lift your arm up and across your body to the side ending with your palm outward.
- Return to the starting position and repeat 10 times.



Elbow Side Extension (Click to see video demonstration)**Step 1**

- Begin with feet shoulder width apart, feet flat on the floor.
- Holding weights in hands, elbows bent, palms inward on chest.



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Step 2

- Straighten arms to the sides.
- Return to the starting position and repeat 10 times.



Triceps Kickbacks (click to see video demonstration)**Step 1**

- Lean over your knee if sitting, or over a chair or table if standing.
- Hold the weight in your hand.



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Step 2

- Straighten your elbow behind you as far as comfortable.
- Return to the start position and repeat 10 times.



Overhead Press (Click to see video demonstration)**Step 1**

- Starting with feet shoulder width apart, weights in hand at chest level, palms forward.



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Step 2

- Raise arms overhead straight up and out together.
- Lower arms to starting position and repeat 10 times.



Elbow Extension (Click to see video demonstration)

Step 1

- Hold the weight in your hand.
- Position your arm overhead.



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Step 2

- Straighten out your arm toward the ceiling.
- Return to the start position and repeat 10 times.



Shoulder Press Lying Down (Click to see video demo)**Step 1**

- Lie on your back on your bed or the floor.
- Position head, torso and buttock flat on the surface.
- Hold weights in your hands with your elbows bent at 90 degrees.



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Step 2

- Lift arms up toward the ceiling pointing elbows out.
- Return to the starting position and repeat 10 times.



Shoulder Rolls (Click to see video demonstration)**Step 1**

- Stand or sit with weights in hands, arms at side.
- Feet are shoulder width apart.



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Step 2

- Raise shoulders upward toward ears, backward and down.
- Return to the starting position and repeat 15 - 20 times.



Shoulder Side Raise (Click to see video demonstration)**Step 1**

- Begin with your arm at your side, elbow straight, holding the weight with palm forward.



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Step 2

- Raise your arm outward to the side and overhead.
- Return to the starting position and repeat 10 times.



Upright Rows (Click to see video demonstration)**Step 1**

- Stand with weights in hand in front of hips.
- Feet are shoulder width apart.



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Step 2

- Lift the weight upward toward your chin, bending your elbows.
- Return to the starting position and repeat 10 times.



Arm Raise On Back (Click to see video demonstration)**Step 1**

- Lie on your back with your knees bent.
- Keep your low back in neutral and arms at sides.



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Step 2

- Lift your right arm off the floor to an upright position.
- Return and repeat 10 times with each arm.



Arm Raise On Knees (Click to see video demonstration)**Step 1**

- Position yourself on your hands and knees.
- Keep your back straight and hips in a neutral position.



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Step 2

- Lift up your right arm while keeping your elbow straight.
- Return to the starting position and repeat 10 times with each arm.



Back Extensions (Click to see video demonstration)**Step 1**

- Begin by lying face down on your bed or the floor with your hands palm down by your face.



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Step 2

- Begin to bring your head up and slowly arch your back.
- Push up to your elbows.
- Return to starting position and repeat 10 times.



Bent Knee Raise (Click to see video demonstration)**Step 1**

- Lie down on your back with knees bent.
- Tighten up your abdominal muscles.
- Think of your belly button pressing into your spine.



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Step 2

- Lift your knees one at a time toward your chest.
- Hold for 5 seconds.
- Return both legs to the floor.
- Repeat 10 times.



[Bridging \(Click to see video demonstration\)](#)**Step 1**

- Lie down on bed or floor with knees bent.
- Your hips are in neutral.



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Step 2

- Lift bottom as high as comfortable off floor.
- Pause, then return to starting position and repeat 10 times.



Cat and Camel (Click to see video demonstration)**Step 1**

- Begin by getting on your hands and knees on your bed or the floor only if you can safely get back up.
- Keep your back in a neutral position.



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Step 2

- Round your back up and bring your head down to make the cat arching his back.
- Then reverse by allowing your back to relax forming the valley between the camel's two humps.
- Return to starting position and repeat 10 times.



Crunches (Click to see video demonstration)**Step 1**

- Start on back with knees bent and arms on chest.
- Tighten abdominal muscles.



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Step 2

- Breathe in, and then exhale as you lift your shoulders off the ground.
- Pause keeping tummy muscles tight.
- Return to starting and repeat 10 times



Hip Flexion (Click to see video demonstration)**Step 1**

- Begin by positioning yourself on your hands and knees.
- Keep your back straight and hips in a neutral position.



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Step 2

- Slowly move your hips back, keeping your back as straight as possible.
- Return to the start position and repeat 10 times.



Hip Extensions (Click to see video demonstration)**Step 1**

- Begin by getting on your hands and knees; place your pelvis in a neutral position.



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Step 2

- Begin to bring your right leg back, extending it as far as comfortable.
- Return to starting position and repeat 10 times.



Pelvic Tilts (Click to see video demonstration)**Step 1**

- Lie down on your bed or floor with knees bent.



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Step 2

- Tighten your abdominal muscles and begin to press your lower back into the bed or floor.
- Pause, then relax and repeat 10 times.



Eccentric Leg Raise (Click to see video demonstration)**Step 1**

- Lie on your back and tighten up your abdominal muscles.



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Step 2

- Bring your right knee up toward your chest.
- Keep your left leg on the floor.
- Straighten your right leg and slowly lower to the floor.
- Repeat 10 times with both legs.



Sit Backs (Click to see video demonstration)**Step 1**

- Sit with your knees bent and arms crossed over your chest.



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Step 2

- Slowly sit back as far as comfortable.
- Return to the start position and repeat 10 times.



Balancing Wand (click to see video demonstration)

Step 1

- Hold a wand in your dominant hand.



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Step 2

- Focus at the top of the wand and begin balancing.



Body Circles(Click to see video demonstration)**Step 1**

- Stand with feet shoulder width apart, hands at sides.



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Step 2

- Keeping your body straight, slowly sway in a circle.
- Continue for 1 minute.



Clock Reach (Click to see video demonstration)**Step 1**

- Begin by holding on to a chair with your left hand.
- Visualize a clock with 12 in front and 6 behind.



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Step 2

- Stand on your left leg and bring your right arm to 12 o'clock.
- Then reach to 3 and 6 o'clock.
- Repeat with the other side.



Dynamic Walking (Click to see video demonstration)**Step 1**

- Stand at one end of your living room.



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Step 2

- Begin walking while slowly turning your head from left to right.
- Repeat several times.



[Dynamic Walking With Reading \(Click for video demo\)](#)**Step 1**

- Now stand with a sheet of paper in your hand



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Step 2

- Begin walking and try turning your head while reading the paper
- Repeat several times.



[Eye Tracking \(click to see video demonstration\)](#)**Step 1**

- Hold your thumb comfortably in front of your face with your elbow bent.



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Step 2

- Move your thumb to the right as far as comfortable.
- Then move your thumb to the left as far as comfortable.
- Try not to move your head. Follow with your eyes only.
- Then move your thumb upward, and finally downward



[Eye Tracking 2 \(Click to see video demonstration\)](#)**Step 1**

- Now hold your thumb at arms length.



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Step 2

- Move your thumb to the right as far as comfortable
- Then move to the left as far as comfortable.
- This time, follow with your eyes and head.
- Move your thumb upward, then downward.



Stepping: Figure 8 (click to see video demonstration)**Step 1**

- Begin with two objects three feet apart.



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Step 2

- Begin by walking around each object in a figure of eight pattern.
- Repeat pattern 10 times.



Stepping: Figure 8 in one direction (click for video demo)**Step 1**

- Begin with two objects 3 feet apart.



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Step 2

- This time, keep facing the same direction as you perform the figure eight pattern.



Grapevine (Click for video demonstration)**Step 1**

- Begin standing with arms at sides, feet together.



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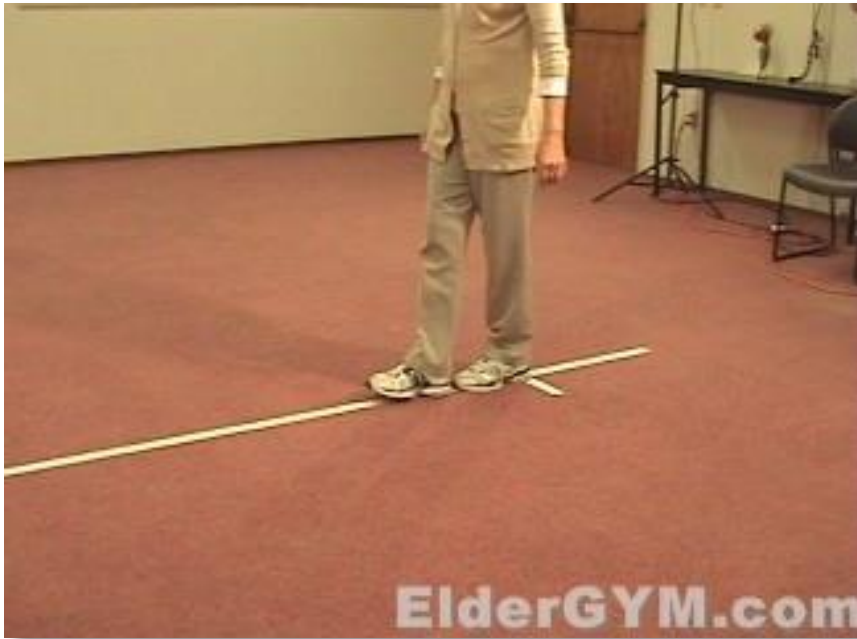
Step 2

- Step across in front of your left foot with right leg.
- Continue to step sideways uncrossing the right leg.
- Reverse and cross your right leg behind your left leg.
- Continue to step sideways, uncrossing the left leg.



Heel to toe (Click for video demonstration)**Step 1**

- Begin by standing with one foot in front of the other.



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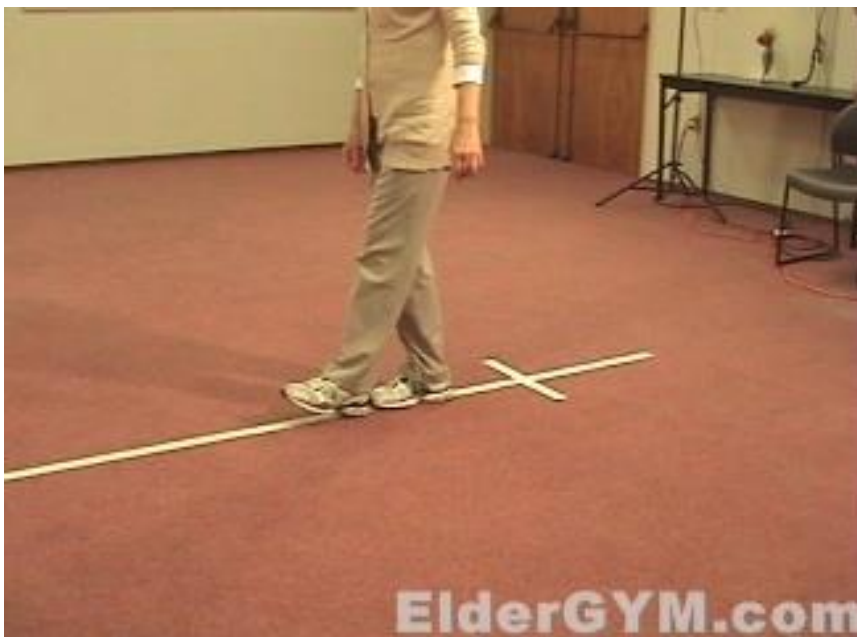
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Step 2

- Step forward placing one foot in line with the other.
- Continue to step placing right foot in front of left.



Marching (Click for video demonstration)**Step 1**

- Stand with arms at sides, feet shoulder width apart.



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Step 2

- Raise one knee up as high as comfortable.
- Lower, and then raise the other knee.
- Repeat 20 times.



Stepping: Side Stepping Around objects (Click for video)**Step 1**

- Begin with two or more soft objects on the floor.
- Space them out 12 to 16 inches apart.
- Stand to one side of the objects.



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Step 2

- Begin by stepping forward, then to the side around the object.
- Facing in the same direction, step backward through the objects.
- Repeat this pattern to the last object.



Stepping: Side stepping over object (click for video)**Step 1**

- Begin with 2 objects on floor.
- Space them out 12 to 16 inches apart.



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Step 2

- Lift your foot at least 6 inches and side step over the objects.



Single Limb Stance with chair (Click for video demo)**Step 1**

- Stand with feet together and arms at sides.



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Step 2

- Lift one leg and balance on the other.
Hold for 10 seconds, and then repeat with the other leg.



Single Limb Stance without chair (click for video demo)**Step 1**

- Stand with feet together and arms at sides.



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Step 2

- Lift one leg and balance on the other.
- Hold for 10 seconds, and then repeat with the other leg.



Single Limb Stance with arm (Click for video demo)**Step 1**

- Stand with feet together and arms at sides.
- Hold on to a chair with your right hand for support if needed.



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Step 2

- Raise your left arm overhead.
- Then raise your left leg off the floor.
- Hold for 10 seconds.
- Then repeat for the right side.



Staggered Stance (Click for video demonstration)**Step 1**

- Begin with feet together and hands at sides.



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Step 2

- Step forward with your right foot.
- Maintain this position for 10 seconds.
- Alternate putting the other foot in front.



Stepping over with pause (click for video demonstration)**Step 1**

- Begin with two or more soft objects on the floor.
- Space them out 12 to 16 inches apart.



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Step 2

- Lift your foot at least 6 inches and step over the objects.
- Pause between each object.



Stepping over without pause [click for video demo](#)**Step 1**

- Begin with two or more soft objects on the floor.
- Space them out 12 to 16 inches apart.



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Step 2

- Lift your foot at least 6 inches and step over the objects.
- Pause between each object.
- Then try stepping over each object without stopping.



Ankle Circles (Click for video demonstration)**Step 1**

- Sit comfortably in your chair.



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Step 2

- Extend or lightly cross your right leg.
- Circle your right ankle 10 times in each direction.
- Repeat with the other leg.



Ankle Stretch (Click for video demonstration)**Step 1**

- Sit on the front edge of a chair.
- The chair should have an unobstructed underneath section.
- Bring your right foot under the chair.



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Step 2

- Gently push down on your foot until a stretch is felt.
- Hold for 20 to 30 seconds.
- Then repeat with the left foot.



Back Stretch (Click for video demonstration)**Step 1**

- Stand with your feet shoulder width apart.
- Place hands on your hips with palms against your bottom.
- Inhale through your nose.



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Step 2

- Arch your spine backward.
- Hold for 10 seconds, and then repeat 3 times.



Calf Stretch (Click for video demonstration)**Step 1**

- Stand facing a wall.
- Place your hands on the wall.



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Step 2

- Step forward with your right foot.
- Lean your hips toward the wall.
- Keep your back leg straight, heel on the floor.
- Hold position for 20 to 30 seconds.
- Repeat with the other leg.



Hamstring Stretch (click for video demonstration)**Step 1**

- Select a firm surface to sit upon.



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Step 2

- Extend one leg out onto the surface.
- Slowly lean forward.
- Reach for your thigh, knee or ankle.
- Hold for 20 to 30 seconds.
- Repeat with your other leg.



Hip Rotation Stretch (Click for video demonstration)**Step 1**

- Sit comfortably in your chair.



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Step 2

- Cross your right ankle onto your left knee.
- Gently press down on your knee until a stretch is felt.
- Hold for 10 to 20 seconds.
- Repeat with your left leg.



Inner Thigh Stretch (click for video demonstration)**Step 1**

- Stand with chair support.
- Bring feet apart as far as comfortable.



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Step 2

- Bend knees out to the side and pause.
- Hold for 10 to 20 seconds.
- Then repeat this stretch 2 more times.



Knee to Chest (click for video demonstration)**Step 1**

- Sit comfortably in your chair.



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Step 2

- Grasp your right knee.
- Gently pull up toward your chest.
- Hold this position for 10 seconds.
- Repeat with your left leg.



Standing Quad Stretch (click for video demonstration)**Step 1**

- Stand with a chair for support.
- Hold on with your left hand.



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Step 2

- Bend your right knee.
- Grasp your right ankle.
- Gently pull up toward your bottom.
- Hold for 10 to 20 seconds.
- Then repeat with the other leg.



Seated Lift (click for video demonstration)**Step 1**

- Sitting in a chair, place your hands on either side for support.



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Step 2

- Slowly raise your right hip off the chair.
- Hold for 10 to 20 seconds.
- Then lift your left hip off the chair.



Side Hip Stretch (click for video demonstration)**Step 1**

- Stand next to a wall about 12 inches away.
- Your left side facing the wall.



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Step 2

- Cross your right leg over your left leg.
- Bring your left hip in toward the wall.
- Hold for 10 to 20 seconds.
- Then repeat crossing your left over your right.
- Bring your right hip in toward the wall.



Soleus Stretch (Click for video demonstration)**Step 1**

- Stand facing a wall.
- Place your right foot in front of the left.
- Place hands on wall for support.



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Step 2

- Slowly bend your knees until a stretch is felt.
- Keep your heels on the floor.
- Hold for 10 to 20 seconds.
- Repeat with the left leg in front of right.



Neck Side Stretch (click for video demonstration)**Step 1**

- Sit comfortably in your chair.
- Reach your right arm behind your back.



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Step 2

- Place your left hand on top of your head.
- Gently tilt your head to the left.
- Hold for 5 seconds.
- Repeat with the other side.



Chest Stretch (click for video demonstration)**Step 1**

- Sit comfortably in your chair.



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Step 2

- Raise arms and place hands behind your head.
- Breathe in while bringing your neck and shoulders back.
- Hold briefly, then exhale, relax and repeat three more times.



Arm Raise (Click for video demonstration)**Step 1**

- Begin standing with arms comfortably at sides.
- Relax your shoulders and lift your ribs.



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Step 2

- Inhale while you lift both arms overhead.
- Return to the start position and repeat 10 times.



Hand Stretch (click for video demonstration)

Step 1

- Hold your hands out in front with palms down.



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Step 2

- Open and close the hand, spreading the fingers apart.
- Repeat 10 times.



Neck Exercise (click for video demonstration)**Step 1**

- Sit comfortably in your chair. Look to the right as far as comfortable and hold for 5 Seconds.



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Step 2

- Then look to the left as far as comfortable and hold for 5 seconds.
- Bring your right ear to your right shoulder and hold for 5 seconds.
- Then bring your left ear to your left shoulder and hold for 5 seconds.



Overhead Reach (click for video demonstration)**Step 1**

- Sit comfortably in your chair.
- Inhale and interlace your hands on your lap.



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Step 2

- Exhale as you raise your arms overhead.
- Return to the start position and repeat 10 times.



Back Reach (click for video demonstration)**Step 1**

- Stand with a chair behind you.
- Inhale as you interlace your hands behind your back.



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Step 2

- Exhale and gently move arms backward.
- Pause, then return to the start position and repeat 10 times.



Shoulder Circles (click for video demonstration)

Step 1

- Sit comfortably in your chair.



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Step 2

- Place fingertips to your shoulders.
- Circle your shoulders 15 times forward.
- Then circle 15 times backward.



Shoulder Rolls (click for video demonstration)

Step 1

- Sit comfortably in your chair.



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Step 2

- Raise your shoulders up, back, then down.
- Relax and repeat 10 times.



Shoulder Stretch (click for video demonstration)**Step 1**

- Bring your left hand up onto your right shoulder.
- Support your elbow with your right hand.



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Step 2

- Gently pull left elbow toward right shoulder.
- When a stretch is felt, hold for 10 to 15 seconds.
- Repeat with the other side.
- Gently pull right elbow toward left shoulder.



Triceps Stretch (click for video demonstration)**Step 1**

- Sit in a chair while extending your left arm with your palm up.
- Bring your left arm overhead and pat yourself on the back. For doing a great job of course!



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Step 2

- Bring your right hand to your left elbow.
- Gently press the elbow back until a stretch is felt.
- Hold for 10 to 15 seconds.
- Repeat with the other arm.



Shoulder and Back Stretch (click for video demo)**Step 1**

- Bring palms together in front of chest.
- Take a breath in through your nose.



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Step 2

- Exhale as you bring arms up.
- Straighten arms overhead with palms forward.
- Lower your arms out to the side and back to the starting position.



Arm Ups (click for video demonstration)**Step 1**

- Sit or stand with arms at sides.
- Maintain a neutral spine.



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Step 2

- Breathe in as you raise your elbows to shoulder height.
- Bring your shoulder blades together.
- Return to the starting position and repeat 10 times.



Breathing Exercise (click for video demo)**Step 2**

- Sit comfortably in a chair.
- Place your right hand on your chest and your left hand on your belly.
- Inhale so that your right hand rises. This is chest breathing which uses the upper lobes of the lungs.
- Then inhale so that your left hand rises. This is abdominal breathing which uses the lower lobes of the lung. This is the preferred method of breathing in order to maximize the benefits of exercise.

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Step 2

Stand placing both hands on belly.

Take a deep breath in and expand your belly.

This is lower lobe deep breathing.



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Step 3 Rib lifting Exercise

- Stand with your arms crossed at the wrists in front of your waist.
- Breathe in as you raise your arms overhead.
- Relax and breathe out, lowering your arms. Repeat 10 times.



Chin Tucks (clicks for video demonstration)**Step 1**

- Begin by sitting comfortably in a chair.
- Relax your spine and lift your ribs.



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Step 2

- Slowly tuck your chin in, then down to your chest.
- Then continue the exercise by jutting your chin forward.
- Relax and return to a neutral position.



Shoulder Rolls (click for video demonstration)**Step 1**

- Sit comfortably in a chair.
- Lift your ribs and relax your spine into a neutral position.



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Step 2

- Slowly raise your shoulders up, back and then down.
- Relax your shoulders and repeat 10 times.



Shoulder Squeeze (click for video demonstration)**Step 1**

- Stand with your arms comfortably at your sides.
- Try to find a neutral spine position for your pelvis and mid back.



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Step 2

- Begin by bringing your shoulders back, then squeezing your shoulder blades together.
- Relax and return to the resting position. Repeat 10 times.



Seated Spinal Extension (click for video demo)**Step 1**

- Sit in a chair with arms at sides or on lap.
- Maintain a relaxed spine.



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Step 2

- Inhale as you slowly sit up as tall as possible.
- Then exhale slowly as you relax the back and chest.
- Repeat 10 times.



Wall Tilts

Step 1

- Stand with your back against a wall.
- Your feet shoulder width apart, knees are unlocked.

Step 2

- Place one hand behind your back.
- Try to flatten your low back so your hand feels increased pressure.
- Relax and repeat 10 times.

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