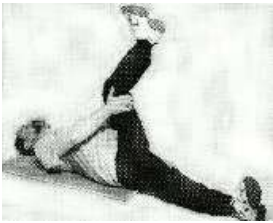


# Home Exercise Program

Stretching needs to be part of your workout. Often neglected in physical fitness routines, stretching is important for keeping the muscles and joints loose. Let also protects against injury and increases blood flow. Stretching can be done at any time of the day and almost anywhere. All you need is a padded surface or exercise mat. A complete stretching routine lasts no longer than 15 minutes. Each stretch should be held for 20 to 30 seconds.

**Pike Stretch (Hamstrings and lower back)** Sit with your legs fully extended in front of you and your feet together. Bend forward at the waist and reach for your calves. Reach as far as you comfortably can and then hold. Repeat.



**Calves.** Lie on your back. With your knee slightly bent, grasp behind the knee and raise your leg. Your goal is to raise your thigh to 90 degrees. Try to point your toe toward your nose; you will begin to feel the pull in your calf muscle. Hold, lower your leg, and then repeat with the other leg. Do the stretch at least twice with each leg.

**Upper trapezius stretch.** Reach over your head with your right hand, and place your palm above your left ear. Gently pull your head to the right, and hold for 30 seconds. Do 1 to 3 repetitions, and then repeat using your Left hand on the opposite side of your head.



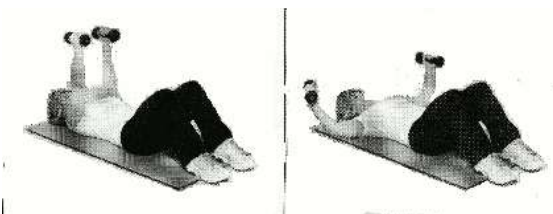
**Standing Shoulder Stretch (chest, front).** Stand upright, and, with your left arm fully extended, place your palm on a stable vertical surface with your fingers pointed up. Keeping your hand in place, slowly begin to turn away from your outstretched arm by moving your feet. When you feel the stretch, hold, and then repeat using your other arm.

**Individual Triceps.** Stand up straight and reach behind your head with your right arm as if you were going to pat yourself on the back. Point your elbow toward the ceiling. Hold your right elbow with your left hand. Gently pull your right arm toward your head until you feel a stretch. Hold, and then repeat on the opposite side,



Resistance-training activities, such as weight lifting, build muscular strength and involve briefly exerting force and repeating contractions until the muscle tires. The health benefits of weight training are well-documented, and exercises with weights are easy to do. All you need is an exercise mat and two 5-lb or 10-lb dumbbells. Here are some basic principles of resistance training:

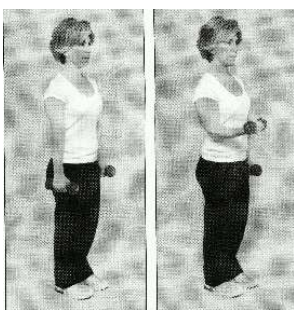
- Start with a weight that you can lift 6 to 8 times without feeling that it takes too much effort..
- Lift the weight 6 to 8 times, rest, and repeat.
- Routine includes the exercises listed below be sure to follow the instructions closely



**Lying Chest Flys.** Lie on your back on a padded surface. Hold a dumbbell in each hand and press the weight above your head at eye level. Be sure to keep your arms straight with palms facing each other about 12 inches apart, Very slightly bend your elbows, and keep your hands up and your elbows pointed toward the floor. While inhaling, slowly begin to lower the weight, At the end of the movement, your elbows should almost be touching the floor, Slowly return your arms back to the starting position

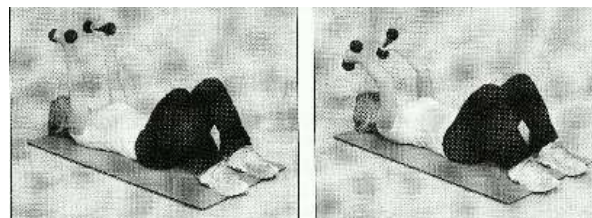
while exhaling. Your arms should be straight and your hands 12 inches apart when returned to the starting position. This keeps the stress on the chest muscles, which is your goal with this exercise.

**Individual Lat row.** You will need a padded chair for this exercise. Throughout, be sure to keep your back straight. Begin by placing your right knee and right hand on the chair to stabilize your upper body. Hold a dumbbell in your left hand and let it hang naturally at your left side. As you exhale, slowly pull the dumbbell up to the level of your waistline, making sure to keep your elbow close to your body. Now slowly lower the weight as you inhale. The movement is completed when your arm is hanging naturally at your side. Now, repeat the instructions above using opposite sides. This is considered to be 2 full sets. As you get stronger, increase the number of sets to 3, when you feel comfortable doing 3 sets, increase the number of times you lift the weight in each set to 10. Once this becomes easy, gradually increase the weight of the dumbbells.



**Biceps curl.** Hold a weight in each hand, arms hanging naturally, elbows at your side, and palms facing the sides of your thighs. Your back should be straight. While exhaling, begin curling your right arm up, being sure to keep the elbow stationary against your side. Midway through the movement, rotate your wrist so your hand is palm up. Your forearm should come up just higher than parallel to the floor. While inhaling, lower the weight and rotate your wrist so that the palm again faces the thigh. When your right arm is straight at your side, begin to curl the left arm using the same technique. Each arm curl completes 1 full repetition.

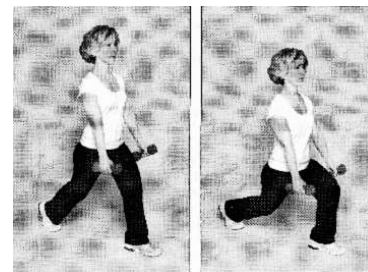
**Lying Dumbbell Triceps Extension.** Lie on your back on a padded surface. Hold a dumbbell in each hand and press the weight above your head at eye level. Be sure to keep your arms straight with your palms facing each other about 12 inches apart. Your elbows and shoulders should be completely stationary throughout this exercise. While inhaling, slowly begin to lower the dumbbells at the same time toward the sides of your head. Do not let them touch the ground. While exhaling, slowly bring the dumbbells back up to the starting position.



**Lateral Raise (shoulders).** You may perform this exercise seated or standing, whichever is more comfortable. Begin by holding a dumbbell in each hand, arms hanging naturally at your sides, palms facing your legs. Keeping your arms and wrists straight and your palms facing the floor, slowly raise your arms straight out to the sides as you exhale. Raise them to shoulder level. As you inhale, slowly lower them back down to the starting position, but do not allow them to touch the thighs.

**Dumbbell lunge (thighs, gluteus).** Begin by standing with a weight in each hand. Let your arms hang naturally at your sides. Step forward slowly with the left leg, stepping out far enough that the knee does not go farther than the toe. This will protect the knee from injury. Keep the right leg slightly bent at the knee, inhale, and lower you toward the ground with the left leg. Be sure to keep the weight on the left heel. Go down as far as is comfortable. At the bottom of the movement, the left knee should be fairly even with the toe, and the right knee should come close to the floor but not touch it. While exhaling, slowly begin to push yourself back up to the starting position. Completing these instructions is 1 full repetition.

Repeat using the right leg,



**Body Squat.** Stand up straight with your feet pointed forward and shoulder-width apart. Cross your arms, keeping them close to your body. While exhaling, slowly begin to squat down, keeping your back as erect as possible and your knees pointed forward. Try to keep your weight on the heels of your feet; this will help you stay balanced. Go down as far as you comfortably can, trying to bring your thighs parallel to the floor. While inhaling, slowly raise yourself back up to the starting position. As you gain strength, you may increase the resistance by performing this exercise while holding a dumbbell in each hand.