

EXERCISE PLAN

Please consult with a health professional before starting any exercise program.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Balance</p> <div data-bbox="115 443 264 586"> </div> <p>Standing on one leg</p> <p>START: 5 x 5 seconds, increasing by 5 s REPEAT: 5 x 20 s</p> <div data-bbox="115 681 264 824"> </div> <p>Walking with one foot in front of the other</p> <p>REPEAT: 20 steps</p>	<p>Flexibility</p> <div data-bbox="479 443 628 586"> </div> <p>Stretching along the wall</p> <p>START: 3-5 reps, gradually stretching further REPEAT: 10 times</p> <div data-bbox="479 681 628 824"> </div> <p>Stretching the shoulders and back</p> <p>START: 3-5 reps, gradually stretching further REPEAT: 10 times</p>	<p>Balance</p> <div data-bbox="846 443 995 586"> </div> <p>Standing on one leg</p> <p>START: 5 x 5 seconds, increasing by 5 s REPEAT: 5 x 20 s</p> <div data-bbox="846 681 995 824"> </div> <p>Walking with one foot in front of the other</p> <p>REPEAT: 20 steps</p>	<p>Flexibility</p> <div data-bbox="1220 443 1369 586"> </div> <p>Stretching along the wall</p> <p>START: 3-5 reps, gradually stretching further REPEAT: 10 times</p> <div data-bbox="1220 681 1369 824"> </div> <p>Stretching the shoulders and back</p> <p>START: 3-5 reps, gradually stretching further REPEAT: 10 times</p>	<p>Balance</p> <div data-bbox="1578 443 1727 586"> </div> <p>Standing on one leg</p> <p>START: 5 x 5 seconds, increasing by 5 s REPEAT: 5 x 20 s</p> <div data-bbox="1578 681 1727 824"> </div> <p>Walking with one foot in front of the other</p> <p>REPEAT: 20 steps</p>
<p>Leg Strength</p> <div data-bbox="115 1024 264 1167"> </div> <p>Spreading the hips</p> <p>START: 10 repetitions alternating legs and increasing by 10 REPEAT: 3 sets of 30 repetitions</p> <div data-bbox="115 1290 264 1433"> </div> <p>Flexing the hips and knees</p> <p>START: same as above REPEAT: 3 sets of 30 repetitions</p> <div data-bbox="115 1500 264 1643"> </div> <p>Squats</p> <p>START: 10 repetitions, increasing by 10 REPEAT: 3 sets of 30 repetitions</p>	<p>Arm Strength</p> <div data-bbox="479 1024 628 1167"> </div> <p>Flexing the elbows</p> <p>START: 10 repetitions, increasing the weight (1 lb) and increasing by 10 REPEAT: 3 sets of 30 repetitions</p> <div data-bbox="479 1290 628 1433"> </div> <p>Raising the arms</p> <p>START: same as above REPEAT: 3 sets of 30 repetitions</p> <div data-bbox="479 1500 628 1643"> </div> <p>Spreading the arms</p> <p>START: 10 repetitions, increasing by 10 REPEAT: 3 sets of 30 repetitions</p>	<p>Leg Strength</p> <div data-bbox="846 1024 995 1167"> </div> <p>Spreading the hips</p> <p>START: 10 repetitions alternating legs and increasing by 10 REPEAT: 3 sets of 30 repetitions</p> <div data-bbox="846 1290 995 1433"> </div> <p>Flexing the hips and knees</p> <p>START: same as above REPEAT: 3 sets of 30 repetitions</p> <div data-bbox="846 1500 995 1643"> </div> <p>Squats</p> <p>START: 10 repetitions, increasing by 10 REPEAT: 3 sets of 30 repetitions</p>	<p>Arm Strength</p> <div data-bbox="1220 1024 1369 1167"> </div> <p>Flexing the elbows</p> <p>START: 10 repetitions, increasing the weight (1 lb) and increasing by 10 REPEAT: 3 sets of 30 repetitions</p> <div data-bbox="1220 1290 1369 1433"> </div> <p>Raising the arms</p> <p>START: same as above REPEAT: 3 sets of 30 repetitions</p> <div data-bbox="1220 1500 1369 1643"> </div> <p>Spreading the arms</p> <p>START: 10 repetitions, increasing by 10 REPEAT: 3 sets of 30 repetitions</p>	<p>Leg Strength</p> <div data-bbox="1578 1024 1727 1167"> </div> <p>Spreading the hips</p> <p>START: 10 repetitions alternating legs and increasing by 10 REPEAT: 3 sets of 30 repetitions</p> <div data-bbox="1578 1290 1727 1433"> </div> <p>Flexing the hips and knees</p> <p>START: same as above REPEAT: 3 sets of 30 repetitions</p> <div data-bbox="1578 1500 1727 1643"> </div> <p>Squats</p> <p>START: 10 repetitions, increasing by 10 REPEAT: 3 sets of 30 repetitions</p>