EXERCISE PLAN

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





TUESDAY WEDNESDAY THURSDAY MONDAY FRIDAY Flexibility Flexibility Balance Balance Balance



Standing on one leg

START: 5 x 5 seconds, increasing by 5 s REPEAT: 5 x 20 s



Walking with one foot in front of the other

Spreading

the hips

REPEAT: 20 steps

Stretching along the wall

START: 3-5 reps, gradually stretching further REPEAT: 10 times



Stretching the shoulders and back

START: 3-5 reps, gradually stretching further REPEAT: 10 times



one leg

Standing on

START: 5 x 5 seconds, increasing by 5 s REPEAT: 5 x 20 s



Walking with one foot in front of the other



Stretching along the wall

START: 3-5 reps, gradually stretching further REPEAT: 10 times



Stretching the shoulders and back

START: 3-5 reps, gradually stretching further REPEAT: 10 times

Arm Strength



Standing on one leg

START: 5 x 5 seconds, increasing by 5 s

REPEAT: 5 x 20 s



Walking with one foot in front of the other

REPEAT: 20 steps

Leg Strength

Arm Strength



the elbows

START: 10 repetitions alternating legs and increasing by 10 increasing by 10

REPEAT: 3 sets of 30 repetitions



Flexing the hips and knees

START: same as above **REPEAT: 3 sets of 30 repetitions**



Squats

START: 10 repetitions, increasing

by 10

REPEAT: 3 sets of 30 repetitions



Flexing

START: 10 repetitions, increasing the weight (1 lb) and

REPEAT: 3 sets of 30 repetitions



Raising the arms

START: same as above REPEAT: 3 sets of 30 repetitions



Spreading the arms

START: 10 repetitions, increasing by 10

RÉPEAT: 3 sets of 30 repetitions



the hips

Leg Strength

START: 10 repetitions alternating legs and increasing by 10 REPEAT: 3 sets of 30 repetitions



Flexing the hips and knees

Spreading

START: same as above **REPEAT: 3 sets of 30 repetitions**



Squats

START: 10 repetitions, increasing by 10

RÉPEAT: 3 sets of 30 repetitions



Flexing the elbows

START: 10 repetitions, increasing the weight (1 lb) and increasing by 10

REPEAT: 3 sets of 30 repetitions



START: same as above REPEAT: 3 sets of 30 repetitions



Spreading the arms

START: 10 repetitions, increasing by 10

RÉPEAT: 3 sets of 30 repetitions



Spreading the hips

START: 10 repetitions alternating legs and increasing by 10 REPEAT: 3 sets of 30 repetitions



Flexing the hips and knees

START: same as above **REPEAT: 3 sets of 30 repetitions**



Squats

START: 10 repetitions, increasing

by 10

RÉPEAT: 3 sets of 30 repetitions