

Strengthening from head... to toe

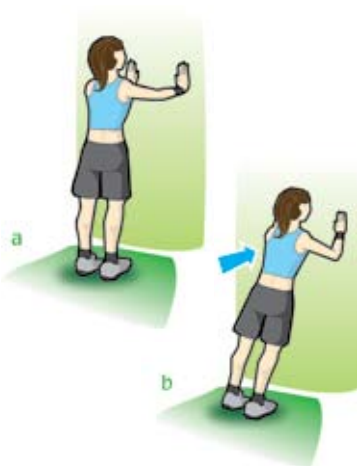
Tips:

- Always consult with a doctor before beginning any physical activity program.
- Check with an exercise specialist or physiotherapist to ensure you are using the proper technique.
- Start slowly – establish goals for yourself and gradually progress. Don't try to do too much too soon.
- Remember to continue breathing during exercises.
- **Never** continue if you feel pain. It is normal to feel a little stiff when beginning a new exercise program, but you should never experience pain during or afterwards.
- Aim to do strength exercises 2-4 days a week.
- Use weights or objects that you can lift comfortably for 12-15 repetitions. You can use no weight at all when first starting out. Soup cans or milk jugs are good substitutions for weights.



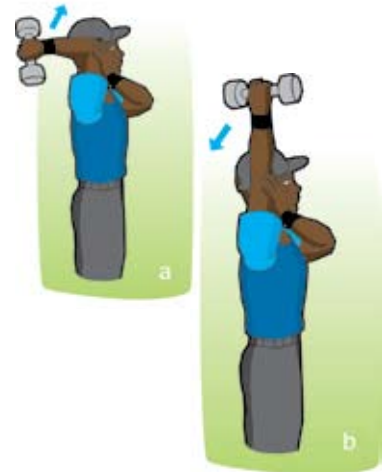
← Biceps – bicep curl

a) Stand straight with arms by your side, palms facing forward. b) Bend at the elbow and bring your hand toward your shoulder while maintaining elbow position. Lower your arm back down in a smooth, slow and controlled manner. Repeat with other arm.



Triceps – overhead press →

a) Holding your weight in one hand, stretch this arm straight up over your head. Bend at the elbow so your weight is slightly behind your head and your elbow is facing forward. Your upper arm should be straight up and down. Place the other hand on your elbow to ensure it stays stable. b) Press the hand with the weight to the ceiling and until your arm is stretching straight up but don't lock the elbow. Lower the arm back down in a smooth, slow, and controlled manner. Repeat with the other arm.

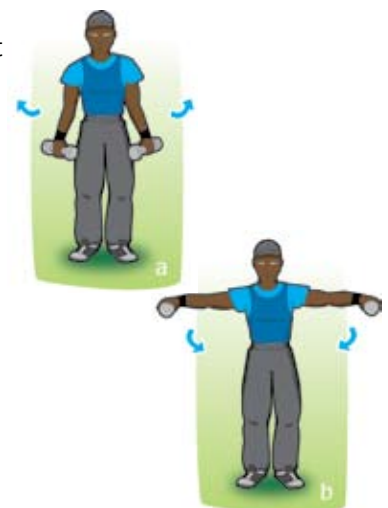


← Chest – wall push up

a) Face a wall with arms stretched out in front of your chest, placing hands on the wall slightly further than shoulder width apart. b) Bend the elbows to move your body closer to the wall. Keep your back straight and stomach tight. This exercise has the same movements as a push up only you are standing up.

Shoulder – lateral raise →

a) Hold weights in your hands, with your arms down at your side and palms facing in. b) Lift your arms sideways to shoulder height and hold for 1-2 seconds. Lower your arms back towards your side.



← Legs – chair squat

a) Stand facing a chair for balance. b) Slowly lower down as if you were going to sit down in a chair. Stop when your upper leg is parallel to the floor, making sure that your knees do not pass in front of your toes. Slowly stand upright.



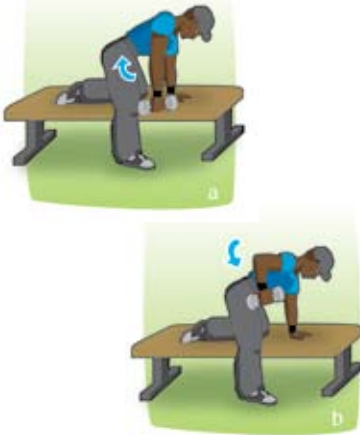
Quadriceps – leg extension →

Sitting in a chair with legs at 90 degrees, take one leg and stretch it straight out so it is parallel to the floor. Repeat with the other leg.



← Back – bent over row

a) Lean over a flat bench, placing one knee and one hand on it. Make sure your back is flat and your head is in line with your spine. Slightly bend the knee of your supporting leg. Hold your weight in the other hand, stretched out in front of your chest and towards the floor. b) Keeping your shoulders down, pull the elbow up toward the ceiling. Squeeze shoulder blades together throughout the movement and slowly return arm to the starting position. Repeat with the other arm.



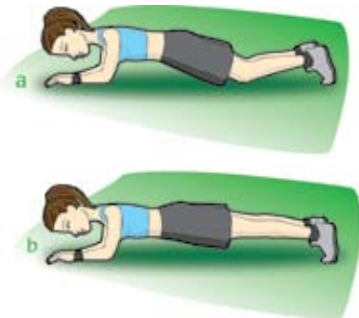
Back – bridge →

Laying on your back, bend your knees, and bring your feet toward your glutes. Balancing on your shoulder blades, lift your glutes off the floor and hold this position for 12-15 seconds.



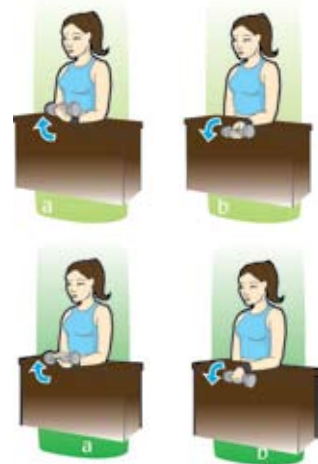
← Abs – plank

a) Laying on your stomach, lift your body off the ground by balancing on your elbows and knees. Pull your abs tight and hold this position. b) To make this move more difficult, try balancing on your feet and elbows.



Wrist – flexion and extension →

a) Place your arm on a table so just your wrist is hanging over the edge holding a weight. b) For wrist flexion, place palms up, facing the ceiling, and slowly curl up just moving at the wrist. a) For extension, begin with palms down, facing the floor and b) curl your wrist back. Repeat both with the other hand.



For more information:

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