

Exercise Cards

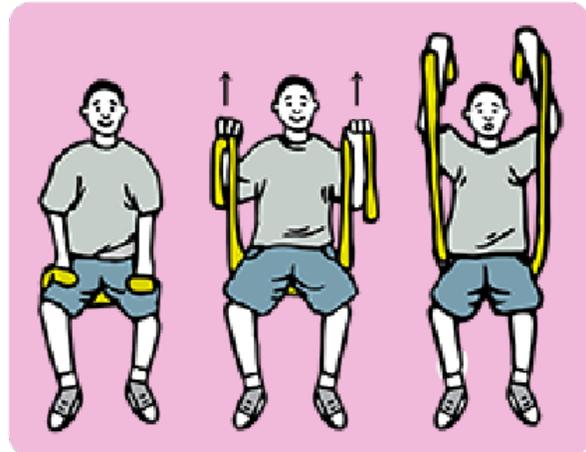


Overhead Reach

Shoulder Strength

Using an exercise band, place the band under both of your legs or the seat of a chair. Grasping each end with your hands, palms facing out, stretch your arms straight up and then back down as in a shoulder press. Repeat 10 times.

Tool: Exercise band (or alternative)



Hip Abduction

Hip Strength

Place your feet shoulder width apart and tie the exercise band around both your ankles. Stretch your legs as far apart as you can and then back together, repeating 10 times.

Tool: Exercise band



Triceps Extension

Triceps Strength

Extend your right arm up over your head while grasping the band or cord. With the left hand, grasp the bottom of the cord and extend that same left arm straight down. Flex (bend) your arm back to a 90-degree angle (waist level). Repeat 10 times. Then switch arms. This band exercise can be done while sitting or standing.

Tool: Exercise band



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Exercise Cards

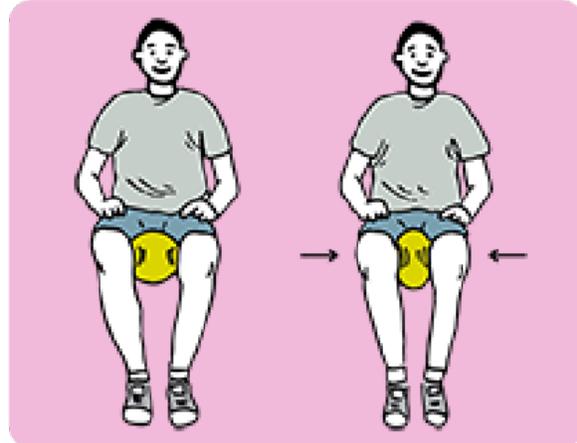


Hip Adduction

Hips Strength

Place a playground-size rubber ball or foam ball between your knees. Squeeze and release 10 times.

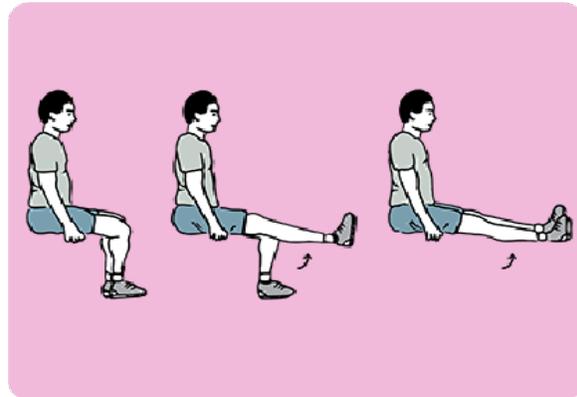
Tool: Rubber ball



Knee Extensions

Quadriceps Strength

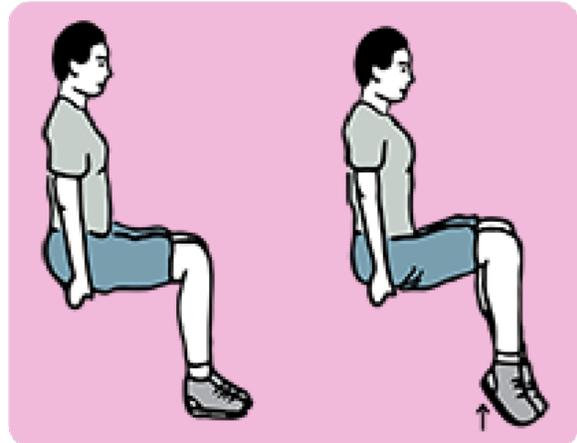
While sitting, extend and flex your leg 90 degrees. Do this 10 times. Repeat with your other leg or do both legs together. As you progress, add an ankle weight, like a piece of heavy rope or something similar, secured around each ankle to add weight resistance while lifting.



Heel-Toe Raises

Calf Strength

Raise your heels, and then raise your toes. Repeat 10 times. As you progress, tie a piece of heavy rope, or something similar, around each ankle to add weight resistance while lifting.



Exercise Cards



Biceps Curls

Biceps Strength

While holding your choice of weights, curl your arms up and down. Repeat 10 times.

Tool: Weights (or alternative)

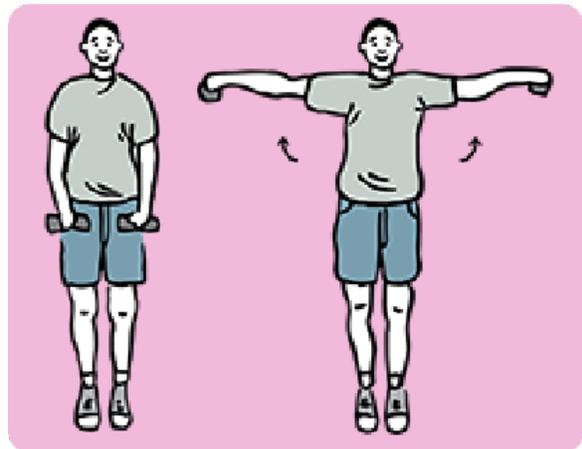


Lateral Raise

Deltoid Strength

Begin with your arms at your side and, holding your desired weight, stretch your arms straight out to the side to shoulder level. Keeping your arms straight, lower your arms back to your side, and then raise them back up to shoulder level again. Repeat 10 times.

Tool: Weights

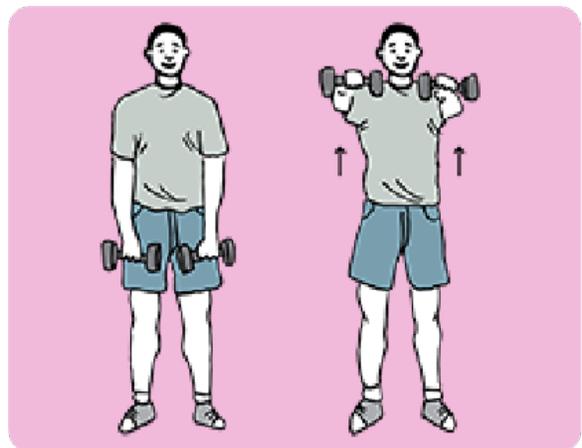


Front Arm Raise

Deltoid Strength

Begin with your arms straight down in front of your body, holding your desired weight. Stretch your arms straight out in front of your body to shoulder level. Keeping your arms straight, lower your arms back to your starting position, and then raise them back up to shoulder level again. You can do this exercise one arm at a time or both arms together. Repeat 10 times.

Tool: Weights



Exercise Cards



Directions: Create your own exercise cards. Come up with a new strategy that was not mentioned.

Exercise Name:

Image:

Description:

Tool:

Exercise Name:

Image:

Description:

Tool:

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Image:

Description:

Tool:

