

Exercise Group #2

Exercise #1 –

Squat: Stand tall with your feet shoulder-to-hip-width apart. Hold your arms straight out in front of you at shoulder level and brace your core. This is your starting position. From here, push your hips back, and bend your knees to slowly lower your body into a squat, not letting your knees cave in as you do so. Pause, then push through your heels to slowly return to the starting position. That's one rep. Aim for 10-15. To make it easier stand in front of a chair. Keeping your weight on your heels, bend your knees to slowly lower your body to the chair with control. As soon as your rear touches the seat, push through your heels to return to standing.

Exercise #2 – Seated Sit Ups

Sit securely toward the front of a sturdy armless chair, leaning back against the backrest, crossing your arms across the chest. Slowly move forward from the hips tightening the abdominal muscles. Pause when seated upright and return slowly to the starting position. Perform the exercise 5 – 10 times, slowly and controlled.

Exercise #3 – Leg Extension

Sit squarely and slightly forward on a chair with your feet flat on the floor, hip distance apart. Slowly extend your lower right leg up to hip level, pause, then slowly return your leg to the starting position. Add ankle weight if you wish. Complete 10 – 15 repetitions. When finished, repeat the exercise with your left leg.

Exercise #4 – Seated Back Extension

Sit securely toward the front of a sturdy armless chair, with feet flat on the floor and shoulder-width apart. Place your hands under your thighs. On the exhale, slowly bend forward from the hips. Keep your back and neck straight. Slightly relax your neck and lower your chin, and slowly bend farther forward. Allow your hands to slide down toward the heels or to a point of tension. Hold the position for 10 to 30 seconds. Slowly inhale and straighten up by pulling your abdominal muscles toward the spine. Repeat the stretch three to five times. TIP: when straightening, slowly uncurl each part of the spine, starting from the pelvis and working your way up.

Do three or four reps of all four exercises for a good program.