

Knee Flexion



Strengthen muscles in back of thigh. Use ankle weights, if you are ready.

1. Stand straight holding onto a table or chair for balance.
2. Slowly bend knee as far as possible. Don't move your upper leg at all; bend your knee only.
3. Hold position for one second.
4. Slowly lower foot all the way back down. Pause.
5. Repeat with other leg.
6. Alternate legs until you have done eight to 15 repetitions with each leg.
7. Rest; then do another set of eight to 15 alternating repetitions.

Hip Extension



Strengthens buttock and lower-back muscles. Use ankle weights, if you are ready.

1. Stand 12 to 18 inches from a table or chair, feet slightly apart.
2. Bent forward at hip at about 45-degree angle; hold onto a table or chair for balance.
3. Slowly lift one leg straight backwards without bending your knee, pointing your toes, or bending your upper body any farther forward.
4. Hold position for one second.
5. Slowly lower leg. Pause.
6. Repeat with other leg.
7. Alternate legs until you have done eight to 15 repetitions with each leg.
8. Rest; then do another set of eight to 15 alternating repetitions.

Side Leg Raise



Strengthens muscles at sides of hips and thighs. Use ankle weights, if you are ready.

1. Stand Straight, directly behind table or chair, feet slightly apart.
2. Hold onto a table or chair for balance.
3. Slowly lift one leg six to 12 inches out to side. Keep your back and both legs straight. Don't point your toes outward; keep them facing forward.
4. Hold position for one second.
5. Slowly lower leg. Pause.
6. Repeat with other leg.
7. Alternate legs until you have done eight to 15 repetitions with each leg.
8. Rest; then do another set of eight to 15 alternating repetitions.

Shoulder Flexion



Strengthens shoulder muscles.

1. Sit in armless chair with your back supported by back of chair.
2. Keep feet flat on floor even with your shoulders.
3. Hold hand weights (or cans of soup) straight down at your sides, with palms facing inward.
4. Raise both arms in front of you (keep them straight and rotate so palms face upward) to shoulder height.
5. Hold position for one second.
6. Slowly lower arms to sides. Pause.
7. Repeat eight to 15 times.
8. Rest; then do another set of eight to 15 repetitions.

Arm Raise



Strengthens shoulder muscles.

1. Sit in armless chair with your back supported by back of chair.
2. Keep feet flat on floor even with your shoulders.
3. Hold hand weights straight down at your sides, with palms facing inward.
4. Raise both arms to side, shoulder height.
5. Hold the position for one second.
6. Slowly lower arms to sides. Pause.
7. Repeat eight to 15 times.
8. Rest; then do another set of eight to 15 repetitions.

Biceps Curl



Strengthens upper-arm muscles.

1. Sit in armless chair with your back supported by back of chair.
2. Keep feet flat on floor even with your shoulders.
3. Hold hand weights straight down your sides, with palms facing inward.
4. Slowly bend on elbow, lifting weight toward chest. (Rotate palm to face shoulder while lifting weight.)
5. Hold position for one second.
6. Slowly lower arm to starting position. Pause.
7. Repeat with other arm.
8. Alternate arms until you have done eight to 15 repetitions with each arm.
9. Rest; then do another set of eight to 15 alternating repetitions.

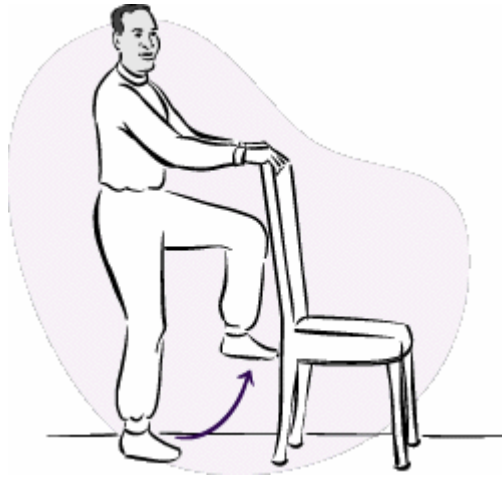
Triceps Extension



Strengthens muscles in back of upper arm. Keep supporting your arm with your hand throughout the exercise.

1. Sit in chair with you back supported by back of chair.
2. Keep feet flat on floor even with shoulders.
3. Hold a weight in one hand. Raise that arm straight toward ceiling, palm facing in.
4. Support this arm, below elbow, with other hand.
5. Slowly bend raised arm at elbow, bringing hand weight toward same shoulder.
6. Slowly straighten arm toward ceiling.
7. Hold position for one second.
8. Slowly bend arm toward shoulder again. Pause.
9. Repeat the bending and straightening until you have done the exercise eight to 15 times.
10. Repeat eight to 15 times with your other arm.
11. Rest; then do another set of eight to 15 alternating repetitions.

Hip Flexion



Strengthens thigh and hip muscles. Use ankle weights, if you are ready.

1. Stand straight to the side or behind a chair or table, holding on for balance.
2. Slowly bend one knee toward chest, without bending waist or hips.
3. Hold position for one second.
4. Slowly lower leg all the way down. Pause.
5. Repeat with other leg.
6. Alternate legs until have you done eight to 15 repetitions with each leg.
7. Rest; then do another set of eight to 15 alternating repetitions.