

Side bridge



Row



**10-15
reps**

Crunch



Push Ups



Squats



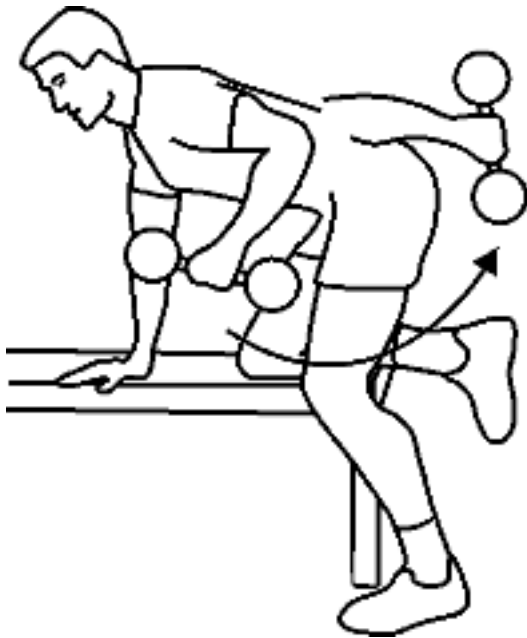
10-15
reps

Lunge



**10-15
reps**

Bridges



Kickbacks & Curls

Stretches

-Home Program- 1 to 2 days per week, days off in between.

-Aerobic Training-walking every day 20 minutes .

•Always warm up 5 minutes before exercising •Stretch out after warm up and after training

hold each stretch for a 15 to 30 count

1. pull elbow to chest with arm straight, repeat other side
2. elbow behind head, repeat other side
3. clasp hands behind back, keep arms straight and raise hands up
4. hold onto ankle and bring to buttocks, repeat other side
5. put foot out in front with toe raised up, try to touch toe, repeat other side then put up on chair and repeat other side
6. place chest against wall and bring one foot back to a point that you get a good stretch on calves repeat with knee bent
7. door way stretch
8. seated hip stretch with ankle on knee bend forward

•Always breathe when exercising, don't hold breath

•Perform 1 set eventually 2 sets per exercise

•Perform 10-15 reps each set or till it burns

•Take a 30 second rest between sets