











December 11th Strength Training

- Please do not do any exercises that cause pain
- Please modify any exercises to work within your limits
- Workout should take approximately 15 minutes. Start with exercise #1 and work through exercise #5 and repeat 2 more times so you do each exercise a total of 3 times each.

<p>1) Starting position Good Morning</p>  <p>-Feet shoulder width apart -Hands on hips -find an object straight ahead to focus on</p>	<p>2) Starting position Single leg balance</p>  <p>-weight evenly distributed on one foot.</p>	<p>3) Starting position Pick up jacks</p>  <p>-sit on floor with knees bent</p>	<p>4) Starting position Lunges</p>  <p>- feet 1 stride apart -hands on hips, feet facing forward</p>	<p>5) Starting position Inch worms</p>  <p>-pushup position with hips flat and shoulders above hands.</p>
<p>1) Active Position</p>  <p>-Bent at your waist -Keep eyes on object as you lower to keep back straight. If you lose the straight back position do not go any lower and return to starting position -knees should remain straight or slightly bent as you lower</p>	<p>2) Active Position</p>  <p>- Rise one foot off ground and hold</p>	<p>3) Active Position</p>  <p>-rotate from side to side like you are picking up jacks from one side and placing them on the other. If this is easy with feet down try lifting feet off the ground.</p>	<p>4) Active Position</p>  <p>-Imagine a pole that travels down the middle of you. You are going to bend your knees without shifting your weight forward, or letting your front knee pass over your front foot. Think about the pole and sliding down the pole and then back up.</p>	<p>5) Active Position</p>  <p>- bend at your hips and walk feet in toward hands. Walk hand out back to plank position and repeat.</p>
<p>1) Time/Repetitions</p> <p>- 15 reps</p>	<p>2) Time/Repetitions</p> <p>- 30 second hold each leg</p>	<p>3) Time/Repetitions</p> <p>-15 to each side</p>	<p>4) Time/Repetitions</p> <p>-10 each leg (do all 10 on one leg and then switch legs)</p>	<p>5) Time/Repetitions</p> <p>-10 reps</p>