

## Exercise & Stretching

Try to aim for three sets of each exercise, doing 15-20 repetitions with a weight that feels comfortable for the first few repetitions and starts to feel heavy by the time you hit the last set.

### Shoulder Press



Hold dumbbells overhead in a 90 degree angle with palms facing forward.

Your elbows should be slightly lower than shoulder level and dumbbells should be in line with elbows.

Inhale and as you exhale push dumbbells directly over head until your arms are straight.

Slowly lower back to starting position and repeat.

## Bicep Curl



Stand with feet shoulder width apart

Hold a dumbbell in each hand

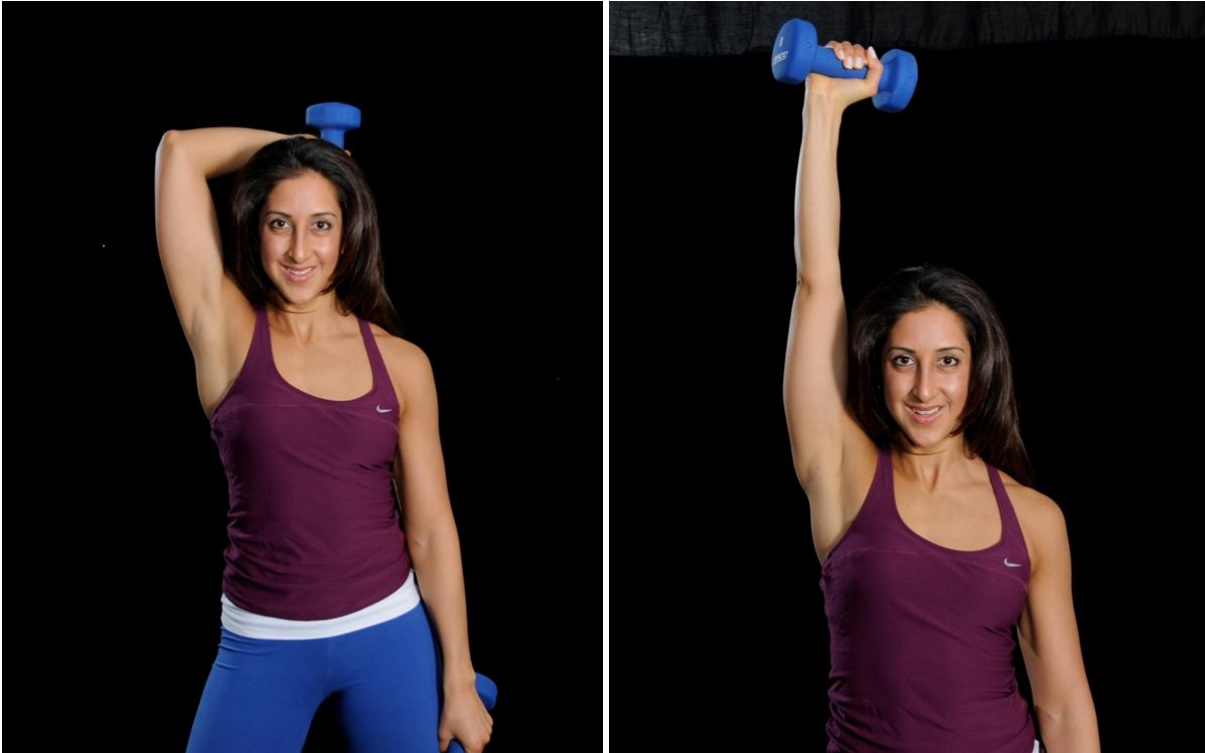
Extend your arms so that the dumbbells are by your side, turn your palms so they face front

Contract your biceps so that as you bend your elbow you bring the dumbbells toward your shoulders

Remember to squeeze the muscle at the top and slowly lower back to starting position with control.

Inhale as you lower the dumbbell and exhale as your curl up

Tricep extension:



Stand with feet shoulder width apart

Hold dumbbell in the right hand; lower the dumbbell behind your head toward the opposite ear to the 5 o' clock position.

Pause at the bottom, feeling a slight stretch in your tricep (the back of the arm)

Slowly extend your arm to the upward position

Think of your arm as moving from 12 o'clock position to the 5 o'clock position when your elbow is bent

Remember to keep your neck long, and to exhale on the way up, and inhale as you lower the weight down.

## Lunge



Stand tall in neutral stance

Keep abdominals tucked in, with your shoulders under your hips and knees relaxed.

Take a large step forward with the right foot leading with the heel pushing into the ground for stability

Lower your body until the right leg makes a 90 degree angle with the floor, and push back up to starting position.

Repeat with opposite foot

## **Stretching**

### ***Butterfly Stretch- Inner Thigh stretch***

*Sit with bottom of heels pressed together and slightly push knees down to hit the floor*



### ***Back and Quadriceps Stretch***

*You can do this lying on your back. Pull your knees close into your chest*



### ***Childs pose- for arms and back***

*Sitting on your heels, extend your arms out in front of you stretched out on the floor. Push your arms down into the floor as you extend and elongate your spine.*

### ***Cobra Stretch- Abdominals***

*Starting on your stomach, take your hands pressed onto the floor on the outside of your chest and push your body up and out. Elongate your abdominal muscle without putting any pressure on your lower back.*



### ***Leg Stretch***

*Sitting on your knees, take your right leg and extend it straight out to the right side. Push your heel into the floor for a deeper stretch. Repeat on other side.*



### ***Gluteal Stretch***

*Lying on your back, take your left ankle, cross it over on your right knee, and slightly pull your right knee into your chest. Repeat on other side.*

### ***Hip and Back Stretch***

*Open Up Feet a little wider than shoulder width apart. Extend arms straight out to your sides and lean over to the right side keeping your torso long as you extend your arm overhead. Repeat on other side*



### ***Shoulder Stretch***

*Take your right arms straight across the chest (no bend in the elbow). Take opposite hand and pull the right elbow closer into chest. Repeat other arm.*

