



Notes :

## 1 Arm Curl



Sets: 3 Reps: 8-10

Standing or sitting

Hold weights straight down at your sides, palms facing forward.

Bend your elbows and lift weights toward chest.

Keep elbows at your sides.

Slowly lower your arms.

## 2 Front Arm Raise



Sets: 3 Reps: 8-10

Standing or sitting

Hold weights straight down at your sides, with palms facing backward.

Keeping them straight, raise both arms in front of you to shoulder height.

Slowly lower arms.



### 3 Side arm raise



Sets: 3 Reps: 8-10

Standing or sitting

Hold hand weights straight down at your sides with palms facing inward.

Raise both arms to the side, shoulder height.

Slowly lower your arms.

### 4 Overhead Arm Raise



Sets: 3 Reps: 8-10

Sitting or standing

Hold weights at your sides at shoulder height with palms facing forward.

Breathe out as you raise both arms up over your head keeping your elbows slightly bent.

Slowly lower your arms.



## 5 Leg Straightening



Sets: 3 Reps: 8-10

Sit in a sturdy chair with your back supported by the chair.

Slowly extend the leg in front of you as straight as possible, but don't lock your knee.

Slowly lower leg back down.

## 6 Chair stand



Sets: 3 Reps: 8-10

Stand in front of a chair. Hold onto the back of another chair in front of you for support.

Slowly stick out your bottom as if you were about to sit down, slightly bend your knees

Return to standing



## 7 Toe Stand



Sets: 3 Reps: 8-10

Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance.

Slowly stand on tiptoes, as high as possible.

Slowly lower heels to the floor.

## 8 Side Leg Raise



Sets: 3 Reps: 8-10

Stand behind a sturdy chair with feet slightly apart, holding on for balance.

Slowly lift one leg out to the side.

Slowly return your leg back to starting position