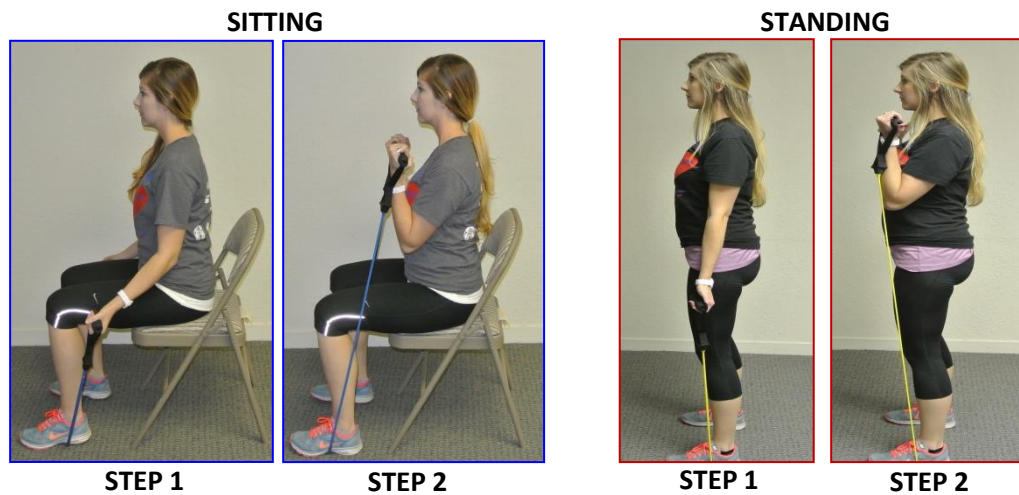


Young at Heart Exercises – Handout 2

Always begin in good posture before you begin any exercise. These exercises below are designed to help you build strength, increase flexibility, and improve balance. Work within your pain free range of motion.

STRENGTH – UPPER BODY – YAH BICEPS CURL

1. Place your tube securely under both feet and grasp the tube handles in each hand. In good posture, place feet hip width apart, arms at your sides with palms facing forward.
2. Bending at the elbows only, pull up on the handles so that your knuckles move toward your shoulders until you feel the greatest tension in the biceps. Repeat 6 times.



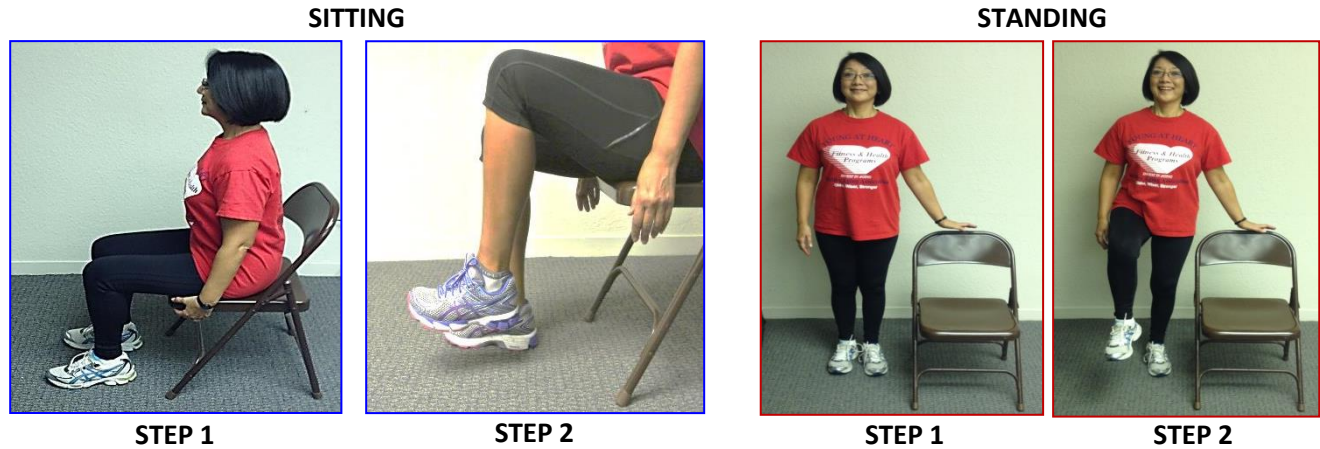
STRETCH – YAH BICEPS STRETCH

1. Extend hands out in front with wrists extended fingers pointed up.
2. Turn palms away from each other and hold, and then return to center.
3. Slowly bring extended hands reaching behind your back, and turn your wrists so that your fingertips point toward each other.



STRENGTH – LOWER BODY – YAH BENT LEG RAISE

1. Sit or stand in good posture with both feet flat on the floor and hip width apart, hold onto the sides of the chair if needed.
2. Lift the leg farthest from the chair (if standing) up to a 90 degree angle. Hold and then return to starting position.
3. Repeat 6 times on each leg.



STRETCH – YAH CHAIR LUNGE

1. Sit forward in chair with feet hip width apart.
2. Slowly turn your body to the left. Place your left arm on the back of the chair to prevent the chair from tipping over (DO NOT twist upper body).
3. Slowly lower the right leg to a 90 degree angle at the knee (the knee may or may not touch the floor).
4. Hold for 5-10 seconds and slowly return to starting position and repeat on other side.



BALANCE – YAH TANDEM STANCE

1. Hold on to chair with left hand and slide the left foot in front of the right foot, bringing the heel of left foot to the toes of the right foot.
2. Hold for up to 30 seconds and repeat on other side.
3. **Challenge:** Tandem Walk along back side of your chair – left heel to right toes, right heel to left toes and repeat the length of your chair.

