

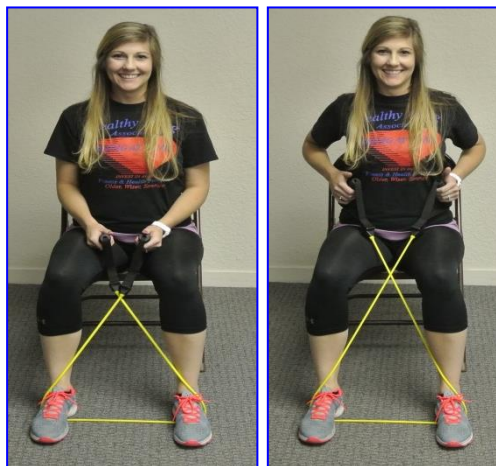
Young at Heart Exercises – Handout 3

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 SEATED ROW

1. Sit in good posture towards the front edge of your chair with feet shoulder width apart. Place your tube securely under both feet and exchange the handles to opposite hands so that the tube forms an “X” between your legs.
2. Maintain good posture; pull the handles into your ribs with your palms facing your sides. In this position, your shoulders are pulled back with your shoulder blades squeezing together.
3. Repeat 6 times.

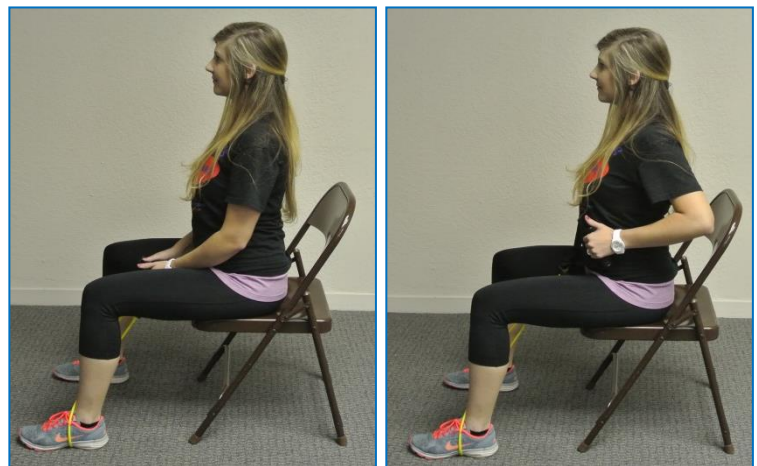
FRONT VIEW



STEP 1

STEP 2

SIDE VIEW

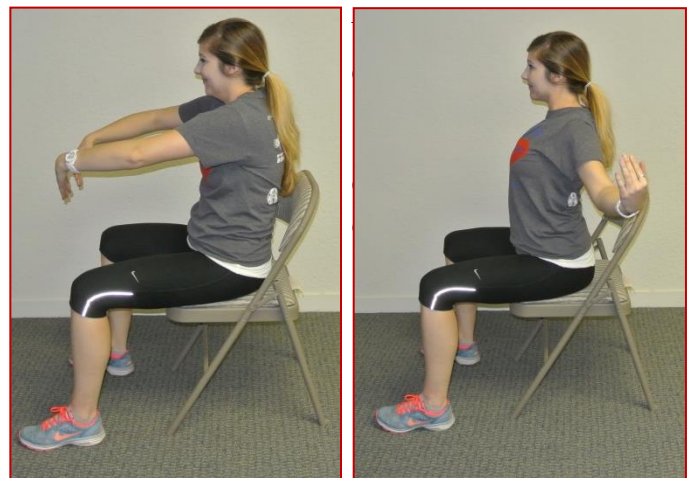


STEP 1

STEP 2

STRETCH – CAT STRETCH

1. Bring arms out in front of body, round the spine like a cat. **DO NOT** let the head level. Hold for 5 seconds.
2. Now, focus on the horizon and reverse the by letting your back sway and bring arms 5 seconds and return to good posture.
3. Return to good posture.



STRENGTH – LOWER BODY – YAH SITS & STANDS

1. Sitting in good posture, cross arms in front of body (or leave on thighs for support) feet flat on the floor, hip width apart.
2. Movement
 - **Basic:** Lean slightly forward, tighten your abdominal muscles, and slightly rise out of the chair, pause and gently sit down (not a full stand)
 - **Progression:** Lean slightly forward and rise to a standing position out of the chair with body weight in the heels of feet.
3. Gently return to starting position. Repeat 6 times.



STRETCH – SIT AND REACH

1. Sit at the end of the chair, extend right leg and keep the left leg planted on the ground with knee at a 90° angle.
2. Bend at the hips and reach straight over the toes of the extended (right) leg. Keep head above the heart and hold for at least 5-10 seconds and release.
3. Repeat on other leg.



BALANCE – YAH STATUE OF LIBERTY

1. Standing next to your chair, find your center of balance (weight evenly distributed).
2. Raise your right arm out in front while you extend your left leg back toes pointing down.
3. Return to starting position and repeat opposite arm & leg.
4. Motion should be slow and controlled. Repeat up to 6 times.

