

Additional Energizing Exercises

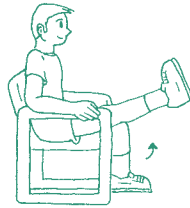


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These additional exercises will help you build muscle and burn fat. Try some today!

Seated lower leg lift

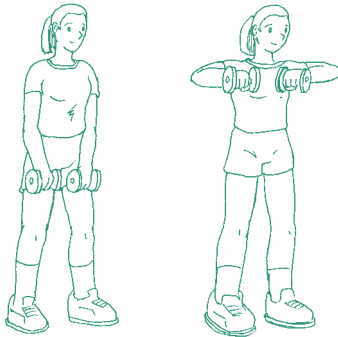
- Begin from a seated position with feet flat on the floor and hip width apart.
- Moving from the knee, raise one foot off the floor until your leg is almost straight (avoid locking the knee); keep your upper leg against the chair throughout the movement.
- Slowly lower leg back to starting position. repeat with the opposite leg.



- Grasp dumbbells with both hands.
- Rest elbows on the floor so the upper arm is in line with shoulders.
- Palms should be facing toward the knees and toes.
- Push the dumbbells straight up, keeping them over your chest (by extending at the elbow).
- Pause at the top, slowly lower dumbbells to starting position.

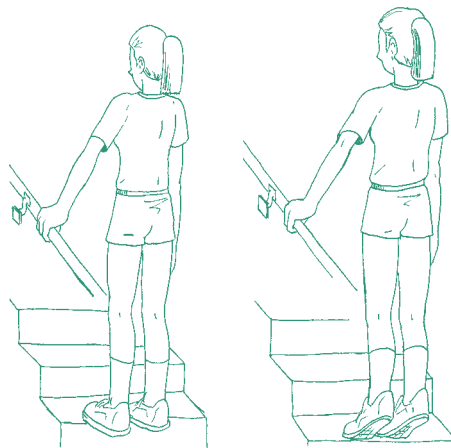
Upright rowing

- Hold dumbbells against upper thighs with palms facing toward body,
- Pull dumbbells straight up until the elbows are at shoulder height.
- The elbow should not exceed shoulder height.
- Pause at the top, then slowly lower to the starting position.



Calf raises

- Stand on the edge of a stairway or raised object.
- Hold onto a wall or railing for balance.
- Slowly push up on your toes, keeping your knees slightly bent but not locked.
- Slowly lower heels back to starting position.



Chest Press

- Lie on the floor with your knees bent and feet flat on the floor.



Outer thigh leg lift

- Begin by laying on your side on a firm surface.
- To stabilize your body, extend the arm that is against the floor overhead.
- Place the opposite hand in front of your body on the floor for support.
- Keep both legs straight (slight bend in bottom knee for balance).
- Keeping top leg straight, raise it by moving through the hips.
- Upper body should remain still.
- Slowly lower leg back to starting position.
- Repeat exercise with the opposite leg.



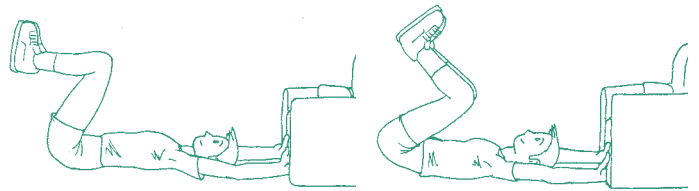
Inner thigh leg lift

- Begin by laying on your side on a firm surface.
- Slightly tilt hips toward ceiling.
- Bend the knee of the top leg so the foot is flat on the floor behind the bottom leg.
- Keep the bottom leg straight (avoid locking the knee).
- Lift the bottom leg – keeping it straight – off the floor by moving at the hips.
- The upper body should remain still.
- Slowly lower to the floor and repeat with the opposite leg.



Reverse crunch

- Lay flat on the floor, extend your arms overhead and hold onto a sofa for support.
- Bend hips and knees, keeping your lower back pressed into the floor.
- Lift your hips off the floor by contracting your stomach muscles.
- Pause, then slowly lower hips back to starting position.
- Avoid rocking your knees toward your chest to lift your hips off the floor.
- Instead, let your stomach muscles do the work.
- To increase the degree of difficulty, extend your legs and try to press your feet toward the ceiling.



Shoulder blade squeeze

- Lay face down with your forehead and arms on the floor.
- Bend the elbows to 90° with the palms face down resting next to ears.
- Slowly lift your arms off the floor by squeezing shoulder blades together.
- Pause, then return to starting position.



The health information in this brochure is provided for informational purposes only. Only a professional health care provider is qualified to prescribe treatment and diagnose illness. Check with your provider before beginning any vigorous physical activity program.