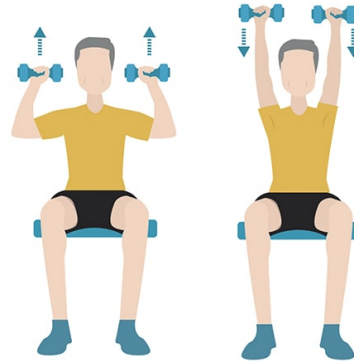


## Section 1 Weights

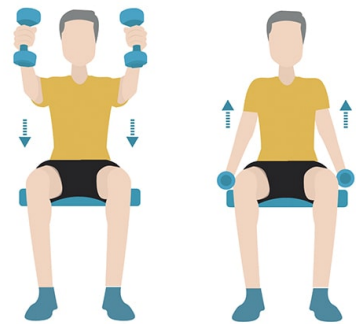
### 1. Shoulder Press

8,10, rest, 12



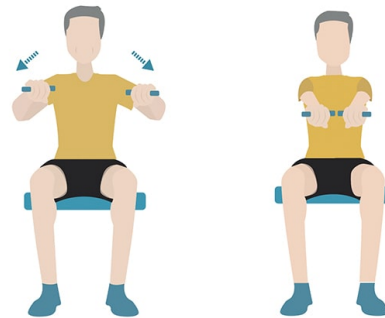
### 2. Seated Front Shoulder Raises

8,10, rest,12



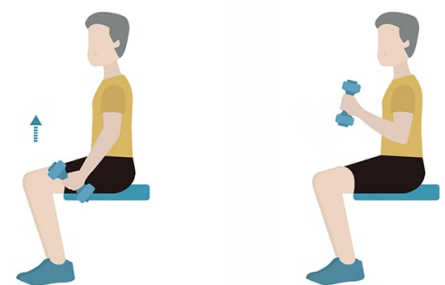
### 3. Seated Chest Press

8,10, rest, 12



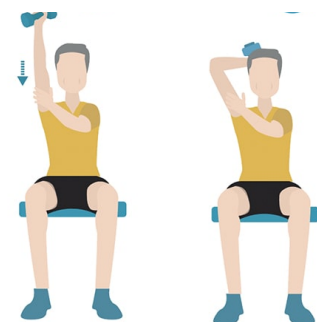
### 4. Seated Bicep Curls

8,10, rest, 12



### 5. Isolated Tricep Extensions

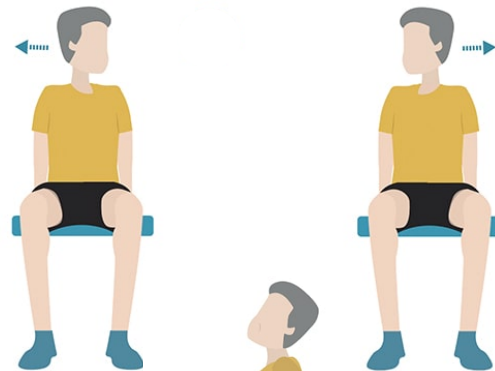
8,8 rest 10,10



## Section 2 Stretch Upper Body

### 1. Neck Turns

30 seconds x 3  
both sides



### 2. Seated Backbends

20 seconds x 5



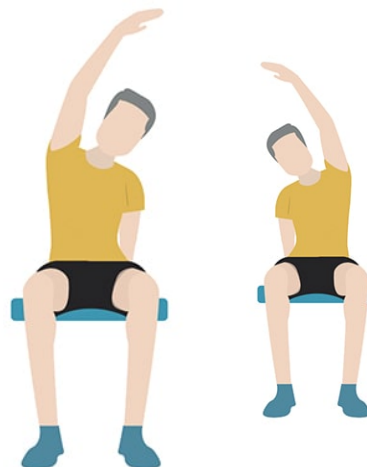
### 3. Seated Overhead Stretch

20 seconds x 5



### 4. Side Stretch

30 seconds x 3  
both sides



## Section 3 Core

### 1. Extended Leg Raises

8,10, rest, 12



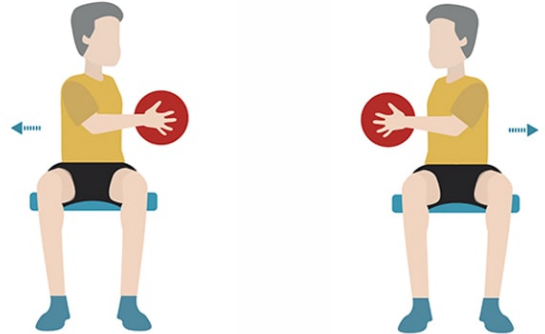
## 2. Leg Kicks

8, rest, 10, rest, 12



## 3. Tummy Twists

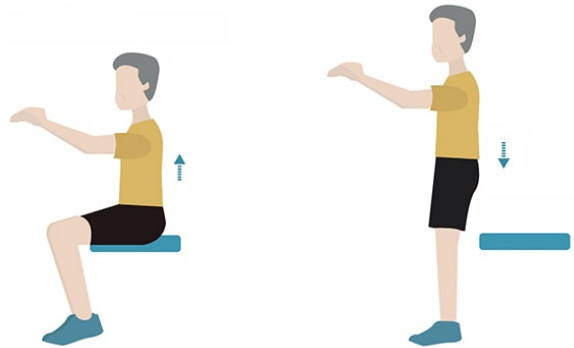
8, rest, 10, rest, 12,  
rest



## 4. Sit-to-Stands

“chair squat”

8, rest, 8, rest



## 5. Modified Squats

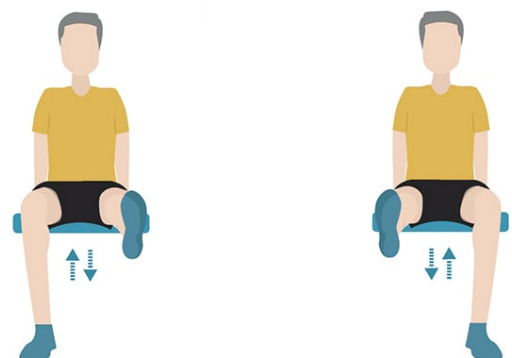
8, rest, 8, rest



## 6. Knee Extensions

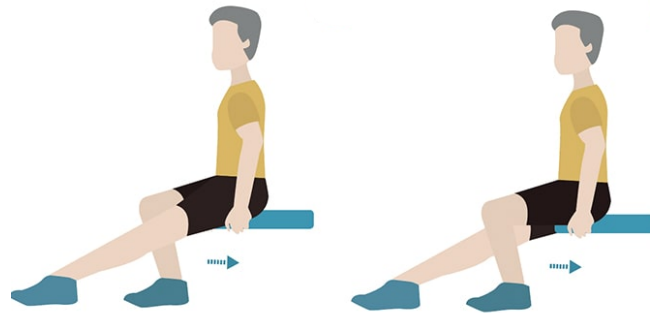
“easy kicks”

8, rest, 10, rest, 12



## 7. Heel Slides

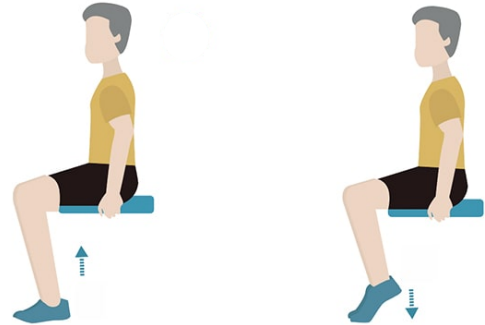
8,8 rest 10,10



## 8. Seated Calf Raises

“heels up”

8,10, rest,12



## 9. Seated Toe Raises

“toes up”

8,10, rest,12



## Section 4 Stretch Legs

### 1. Seated Hip Stretch

30 seconds x 2

both sides

### 2. Calf Stretch Stretch

30 seconds x 3

both sides



### **3. Ankle Stretch**

**30 seconds x 2**

**both sides**

## **Section 5 Cool Down**