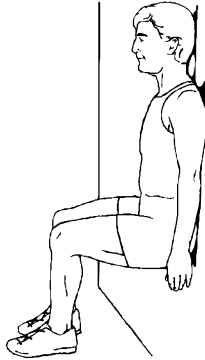


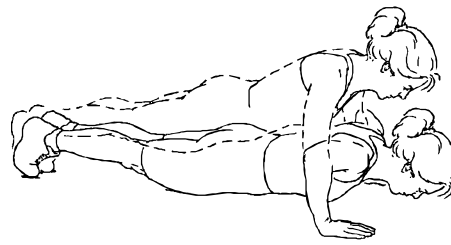
Wall Sit

Back against wall, slide down so knees are at 90° angle. Hold 15-60 seconds.

Do 1 sets.
Complete 1 repetitions.



Wall Push-Up



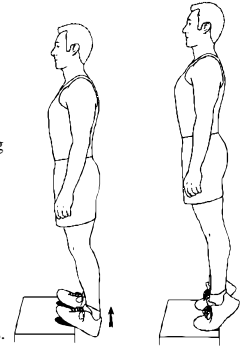
Stand a few feet away from a wall and place the hands shoulder width apart on the wall. Lower the chest a few inches from the wall, repeat.

Do 1 sets. Complete 10-12 repetitions.

Heel Raise

Lightly holding onto a chair for balance, lift the heels off of the floor coming as high as you can onto the toes.

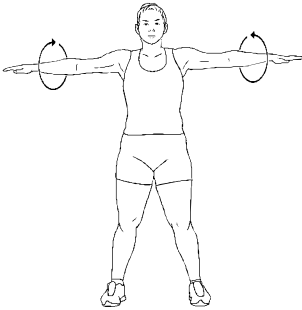
Do 1 sets.
Complete 10-12 repetitions.



Arm Circle

Arms out to sides. Do small circles forward then backward; progress to larger circles.

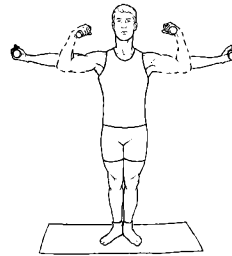
Do 1 sets
10-12 reps.
Do reps both ways for one set.



Biceps Curl

Stand with feet slightly turned out, heels together, arms out at shoulder height. Bend arms in toward shoulders and slow extend back out.

Do 1 set. 10-12 repetitions.

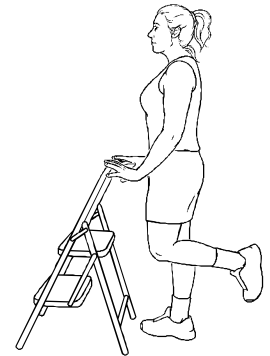


One-Leg Balance

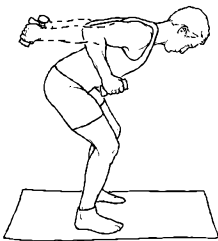
Stand on one leg in neutral spine holding support. Hold 15-60 seconds.

Repeat on other leg.

Do 1 repetitions,
1 sets.



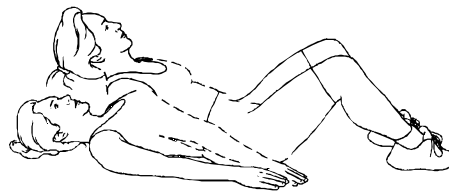
Triceps Extension



Stand with feet parallel, hip width apart, knees slightly bent. Bend to 90°, arms bent, elbows by ribs. Exhale, extending arms straight back. Inhale, bending arms back.

Do 1 set. Repeat 10-12 times.

Chair Crunches



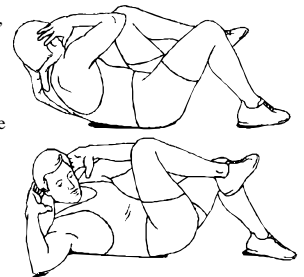
Sitting in a chair, inhale and sit up tall, exhale and crunch forward scooping the abdomen. Draw the navel back towards the spine. Inhale back to starting position. Repeat.

Do 1 sets. Complete 10-12 repetitions.

ABS - 17 Crunch: Twist - Bent Leg, Alternating

Sitting in a chair, inhale and sit up tall, exhale crunch forward and twist so that you bring your right elbow to the opposite knee. Inhale back to starting position. Repeat twisting to the other side.

Do 1 sets.
Complete 10-12 repetitions.



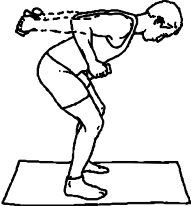

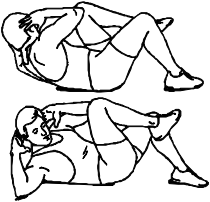


	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Routine For: Nuts & Bolts of Physical Activity
 Created By: Healthy Utah

Feb 25, 2010
 Moves for a Strong Foundation

		Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
		Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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