

getting & staying **FIT**

STRETCH for strong, flexible muscles & joints

Stretch slowly, and never do any exercise that causes pain.

Excerpted from skinet.com



Leg Abduction

Lie on your side as shown with your left foot resting on a chair, and the right one below, resting on the ground. Raise the lower leg upward against the bottom of the chair. Hold for 10 seconds and then return the leg to the floor. Repeat 10 times then switch sides to exercise the left leg.



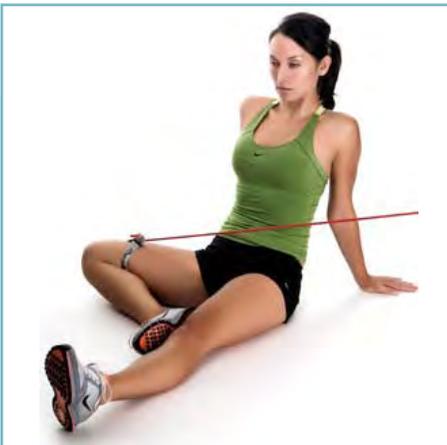
Biceps Curls on Ball

Sit erect on Swiss ball with your chest out, shoulders relaxed and back. Maintain your lumbar curve and keep abdominal muscles tightened. Hold weights in hands and lift alternately bringing hands to shoulder level and down. Remember to relax shoulders and keep shoulder blades down and back. Repeat 10 times with each arm.



Military Press

While sitting on a ball or chair, with dumbbells in each hand. Position your arms at shoulder level as shown, and then press upward to the ceiling. Repeat 10 times. Try to do 3 sets.



Hip Abduction

Attach one end of the SportCord to a low stationary fixture, the other to the area three inches above your knee. Slowly extend your right knee outward toward the floor. Hold for ten seconds then return to starting position. Repeat ten times. Switch legs and repeat.



Ski Exercise Moguls

Place a towel on the floor. Start on your right foot with your left hand on the floor. Next, jump upward from this position, across the towel landing on your left foot and right hand. Get momentum going and hop from side to side for one minute, then rest. Repeat for ten one minute intervals.



Abdominal Crunch

Lie on your back with feet together, raised up. Raise your shoulders up slightly so they are four inches off the ground. Do not use your hands to jerk your head up. Hold for 3 seconds, then lower. Repeat 10 times.