

# Exercise Card

## Muscle Strengthening Exercises

Do 3 sets of 10 repetitions of each exercise, 30 sec rest in between sets

Keep your back straight and your abdominals tight for all exercises

### Chest Press (Chest)



Sit on a chair with the resistance band positioned around your back as illustrated. Slowly straighten your arms forward, hold for 1 sec, slowly bend your arms to return to starting position and repeat.

### Seated Row (Back)



Sit on the floor, legs forward, knees slightly bent, resistance band positioned as illustrated. Slowly pull the resistance band to your tummy, hold for 1 sec, slowly straighten your arms to return to starting position and repeat.

### Lateral Raise (Shoulders)



Stand, with the resistance band positioned under your foot as illustrated. Slowly lift your arm up sideways to shoulder height, hold for 1 sec, lower your arm to starting position and repeat. Repeat on other side.

### Knee Extension (Quadriceps)



Sit on a chair, with the resistance band positioned as illustrated. Slowly straighten your leg (toes pointing up and hip, knee and ankle aligned), hold for 1 sec, slowly lower leg to starting position and repeat. Repeat on other side.

### Hamstring Pull (Hamstrings)



Stand behind a chair, with the resistance band positioned as illustrated. Slowly bend your knee (try touch your bum with your foot; hip, knee and ankle aligned), hold for 1 sec, slowly return to starting position and repeat. Repeat on other side.

### Ankle Flexion (Calves)



Sit on the floor, one leg bent and the other leg straight, toes up, resistance band positioned as illustrated. Lower your foot and point your toes against the resistance band, hold for 1 sec, slowly return to starting position and repeat. Repeat on other side.

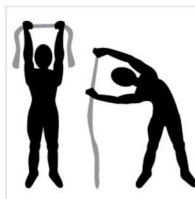
## Stretches

### Hamstring Stretch



Lie on your back and position the resistance band over your foot as illustrated. Start with the bottom knee bent and straighten the knee until you feel a slight stretch behind the top knee. Hold the position for 20 sec, return to starting position. Repeat 3 times on each side.

### Side Stretch



Stand with hips shoulder-width apart, holding the resistance band overhead. Bend sideways, keeping head, shoulder and hip aligned. When feeling a slight stretch, hold the position for 20 sec, return to the starting position. Repeat 3 times on each side.

### Disclaimer

The exercises are done at your own risk. It is essential to get a doctor's approval before participating in any exercise programme, especially if you have a medical or orthopedic condition. LifeAssist, the Biokineticist, its employees or agents will not be held liable for any injury, loss or damage of whatsoever nature and howsoever incurred arising out of the exercises.