7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

1. Stationary March with Arm Swing/Seated March

Strength Exercises

2. Sit to Stand
3. Standing Hip Extension

Balance Exercises

4. Side Leg Raise
5. Single Leg Stand

Flexibility Exercise

6. Triceps Stretch

Cool Down

7. Standing Quadriceps Stretch