

# 7 EASY EXERCISES

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

## Warm-Up



### 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