

Beginner Option



Wide Leg Squat



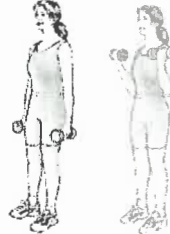
Standing Leg Curl
(with ankle weights)



Side Hip Raise
(with ankle weights)



Knee Extension
(with ankle weights)



Biceps Curl
(with dumbbells)



Overhead Press
(with dumbbells)



Toe Stand

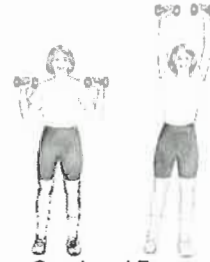


Bent Forward Fly
(with dumbbells)

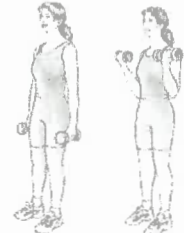
Intermediate Option



Wide Leg Squat



Overhead Press
(with dumbbells)



Biceps Curl
(with dumbbells)



Bent Forward Fly
(with dumbbells)



Wrist Curl
(with dumbbells)



Standing Calf & Toe Raise



Back Extension



Tummy Tuck



Chest Press
(with dumbbells)



Side Leg Raise

Cool-Down



Hamstring & Calf Stretch



Quadriceps Stretch



Chest & Arm Stretch



Upper Back Stretch

Balance Exercises



One-Legged Stork



Tandem Walk



How to Get Down to the Floor



1. Come to a sturdy chair.
Place both hands on the chair.



2. With your weight in your strong leg and arms, push your weaker leg backward to lower yourself onto one knee.



3. Lower your strong leg so your knee comes to the floor.



4. Back your knees up from the chair so you can lower your hands onto the floor without bumping your



5. Come to 4-point (hands and knees) and crawl to where you would like to lay down.



6. When you are ready to get onto the ground roll your hips to one side, lowering your butt to the floor.



7. Push your feet out away from your body and continue to roll over onto your back.



Graphics from <http://nihseniorhealth.gov/falls/faq/faq30.html>

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Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity. This document can be provided in an alternative format by calling (608) 757-5066 (voice) (711 for Wisconsin Relay).



How to Get Up from the Floor



1. Roll over onto one side and push your body up using the arm that is on the floor.



2. Bend your knees and pull them into your body as you place both hands on the ground.



3. Push your butt off of the floor and come to 4-point (hands and knees on the floor).



4. Crawl to a nearby chair.

5. Place your hands on the seat of the chair.



6. Slide your strong leg forward and place your foot flat on the floor. Keep the other leg bent so the knee is on the floor.



7. From here decide whether you are able to come straight to standing or need to sit before standing.

a. If you wish to stand directly: use your strong leg and arms and press your body up and stand.

b. If you need to come to seated first: use your strong leg and arms to press your body up, turning your body into the chair as you go. Continue to turn your body into the chair until you are seated. Rest here until ready to stand.



Graphics from <http://nihseniorhealth.gov/falls/faq/faq30.html>

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StrongPeople™ Strong Bodies Intermediate Option Two-Day Exercise Log

Name _____ Site _____

	Week				Week			
Date:								
WARM-UP								
	2 sets / 10 reps		2 sets / 10 reps		2 sets / 10 reps		2 sets / 10 reps	
STRENGTH TRAINING	Wt	EIS	Wt	EIS	Wt	EIS	Wt	EIS
Wide Leg Squat								
Overhead Press	LB/KG		LB/KG		LB/KG		LB/KG	
Bent Forward Fly	LB/KG		LB/KG		LB/KG		LB/KG	
Biceps Curl	LB/KG		LB/KG		LB/KG		LB/KG	
Wrist Curl	LB/KG		LB/KG		LB/KG		LB/KG	
Standing Calf & Toe Raise								
Back Extension								
Tummy Tuck								
Side Leg Raise	LB/KG		LB/KG		LB/KG		LB/KG	
Chest Press	LB/KG		LB/KG		LB/KG		LB/KG	
BALANCE								
One-legged Stork								
Tandem Walk								
COOL-DOWN & FLEXIBILITY	Hold 20-30 seconds		Hold 20-30 seconds		Hold 20-30 seconds		Hold 20-30 seconds	
Hamstrings & Calves								
Quadriceps								
Chest & Arms								
Upper Back								