

# Low Impact Exercises

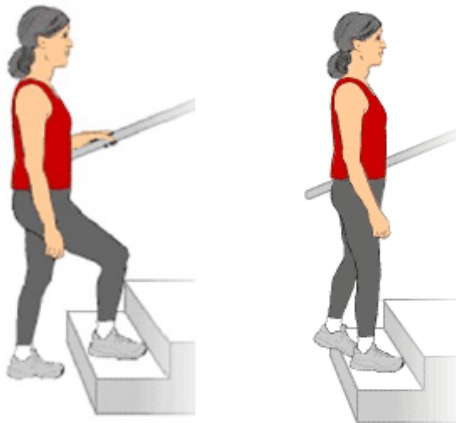


## Wall Push-ups



1. Find a wall that is clear of any objects—wall hangings, windows, etc. Stand a little farther than arm's length from the wall.
2. Facing the wall, lean your body forward and place your palms flat against the wall at about shoulder height and shoulder-width apart.
3. To a count of four, bend your elbows as you lower your upper body toward the wall in a slow, controlled motion, keeping your feet planted.
4. Pause. Then, to a count of two, slowly push yourself back until your arms are straight—but don't lock your elbows.
5. Repeat 10 times for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions.

## Step-Up



1. Stand alongside the handrail at the bottom of a staircase. With your feet flat and toes facing forward, put your right foot on the first step.
2. Holding the handrail for balance, to a count of two, straighten your right leg to lift up your left leg slowly until it reaches the first step. As you're lifting yourself up, make sure that your right knee stays straight and does not move forward past your ankle. Let your left foot tap the first step near your right foot.
3. Pause. Then, using your right leg to support your weight, to a count of four, slowly lower your left foot back to the floor.
4. Repeat 10 times with the right leg and 10 times with the left leg for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions with each leg.

## Toe Stands



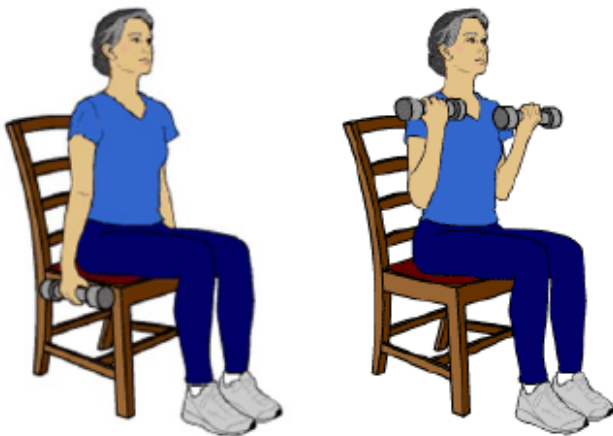
1. Near a counter or sturdy chair, stand with feet shoulder-width apart. Use the chair or counter for balance.
2. To a count of four, slowly push up as far as you can, onto the balls of your feet and hold for two to four seconds.
3. Then, to a count of four, slowly lower your heels back to the floor.
4. Repeat 10 times for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions.

### Squats



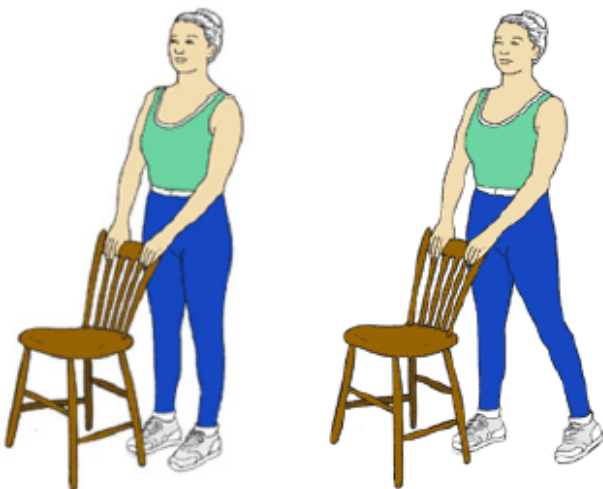
1. In front of a sturdy, armless chair, stand with feet slightly more than shoulder-width apart. Extend your arms out so they are parallel to the ground and lean forward a little at the hips.
2. Making sure that your knees NEVER come forward past your toes, lower yourself in a slow, controlled motion, to a count of four, until you reach a near-sitting position.
3. Pause. Then, to a count of two, slowly rise back up to a standing position. Keep your knees over your ankles and your back straight.
4. Repeat 10 times for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions

### Biceps Curl



1. With a dumbbell in each hand stand, or sit in an armless chair, with feet shoulder-width apart, arms at your sides, and palms facing your thighs.
2. To a count of two, slowly lift up the weights so that your forearms rotate and palms face in toward your shoulders, while keeping your upper arms and elbows close to your side—as if you had a newspaper tucked beneath your arm. Keep your wrists straight and dumbbells parallel to the floor.
3. Pause. Then, to a count of four, slowly lower the dumbbells back toward your thighs, rotating your forearms so that your arms are again at your sides, with palms facing your thighs.
4. Repeat 10 times for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions

### Hip Abduction



1. Stand behind a sturdy chair, with feet slightly apart and toes facing forward. Keep your legs straight, but do not lock your knees.
2. To a count of two, slowly lift your right leg out to the side. Keep your left leg straight—but again, do not lock your knee.
3. Pause. Then, to a count of four, slowly lower your right foot back to the ground.
4. Repeat 10 times with the right leg and 10 times with the left leg for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions with each leg