

PROGRAM BEFORE THE PROGRAM 2

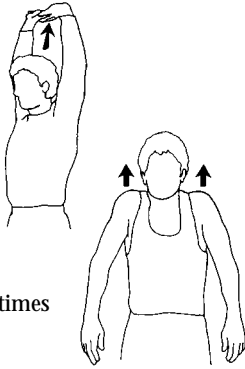
Stretch every day. Lift OR Move on alternate days.

Stretch

4 min

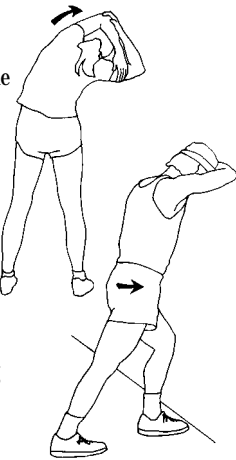
- Breathe easily
- Do not bounce
- No pain!
- Feel each stretch
- See Stretching Instructions, pp. 77-84

1
15 sec
p. 81



2
5 sec, 2 times
p. 81

3
10 sec
each side
p. 82



4
20 sec
each leg
p. 79

5
15 sec
each leg
p. 79

6
30 sec
p. 78

7
30 sec
each leg
p. 84

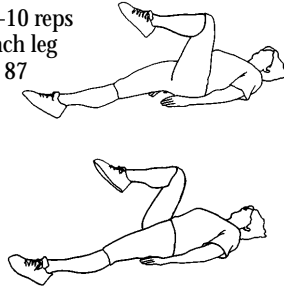
8
5 sec
each side
p. 83

Lift

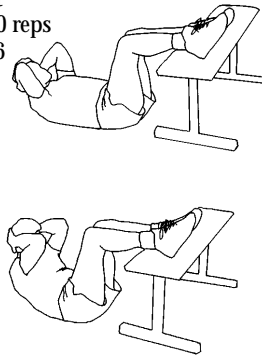
13 min

- Set = a fixed number of repetitions
- Rep = a repetition
- See Lifting Instructions, pp. 85-108

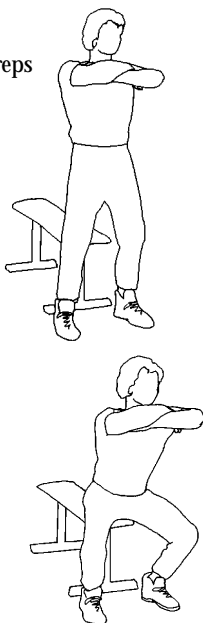
1
1 set
5-10 reps
each leg
p. 87



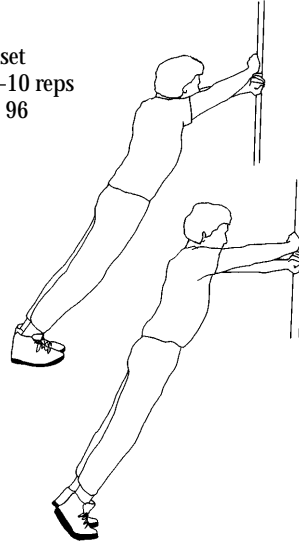
2
1 set
5-10 reps
p. 86



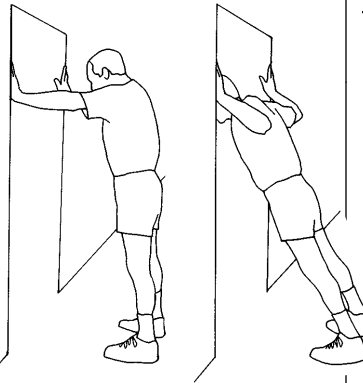
3
1 set
10-12 reps
p. 103



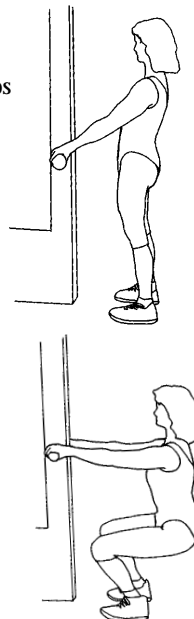
4
1 set
5-10 reps
p. 96



5
1 set
10-12 reps
p. 98



6
1 set
5-10 reps
p. 91



Move

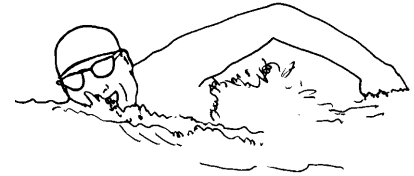
5-10 min

- See Moving Instructions, pp. 64-76



WALK
5 min
whenever
you can

OR

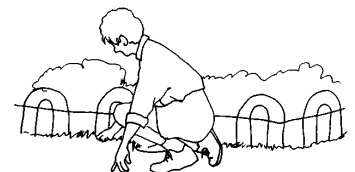


SWIM
10 min

Stop and rest whenever needed.

OR

DO YARDWORK OR
HOUSEWORK
mow lawn, wash car,
vacuum, etc.



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