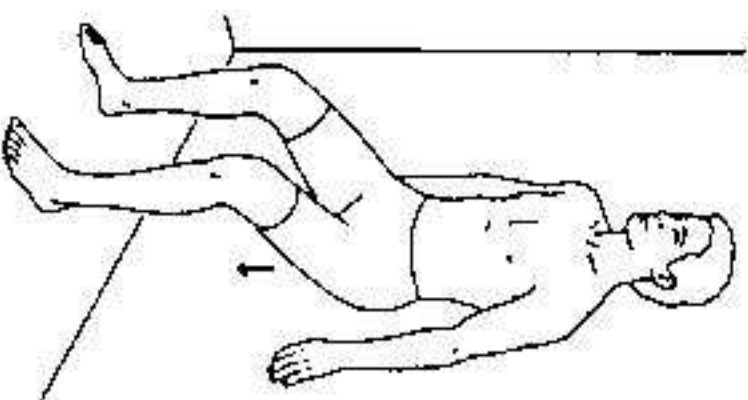


HIP / KNEE - 25 Strengthening Wall Slide

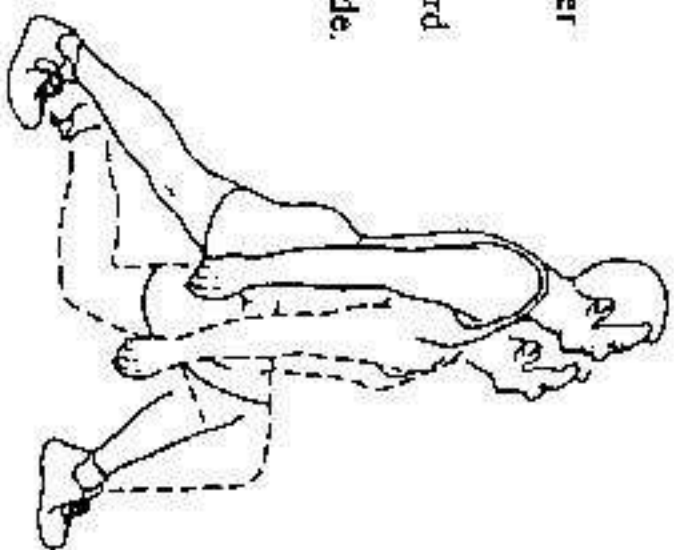
Learning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 10 seconds. Tighten thigh muscles and return



Repeat 12 times per set.  
Do 2 sets per session.  
Do 1 sessions per day.

LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

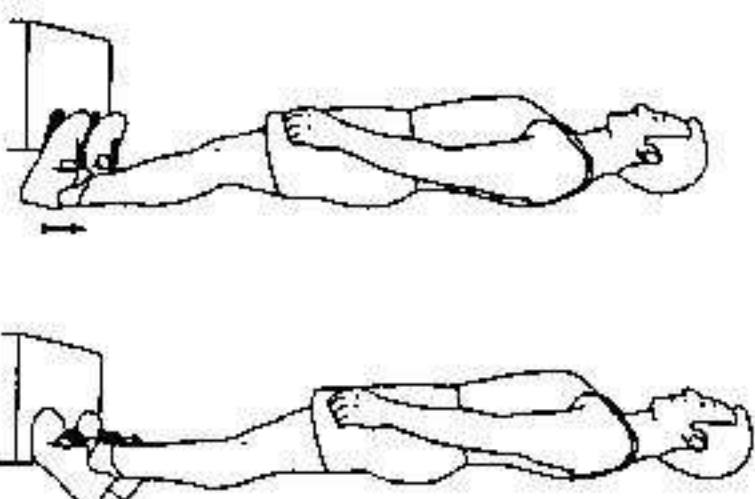
In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.



Do 2 sets.  
Complete 12 repetitions.

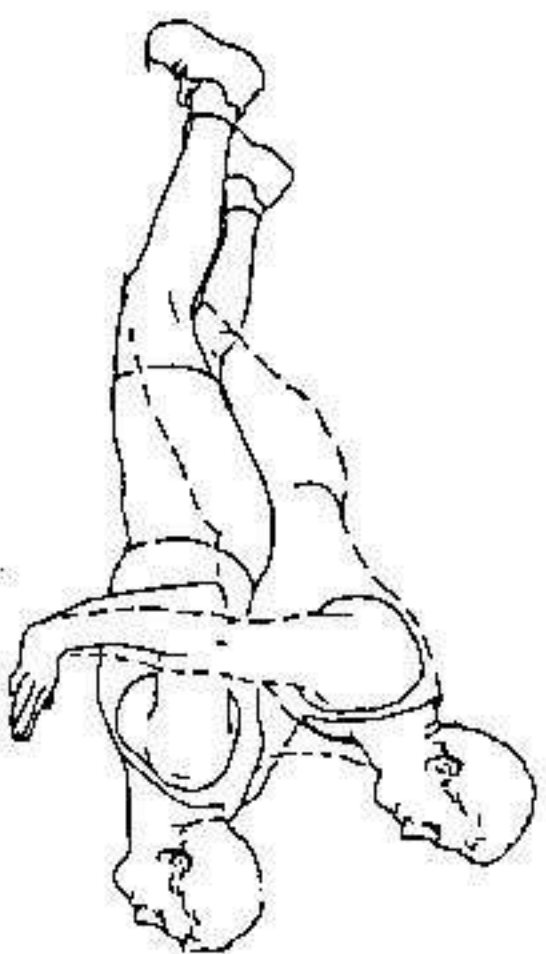
LEGS: CALVES - 1 Heel Raise: Standing

Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do 2 sets.  
Complete 12 repetitions.

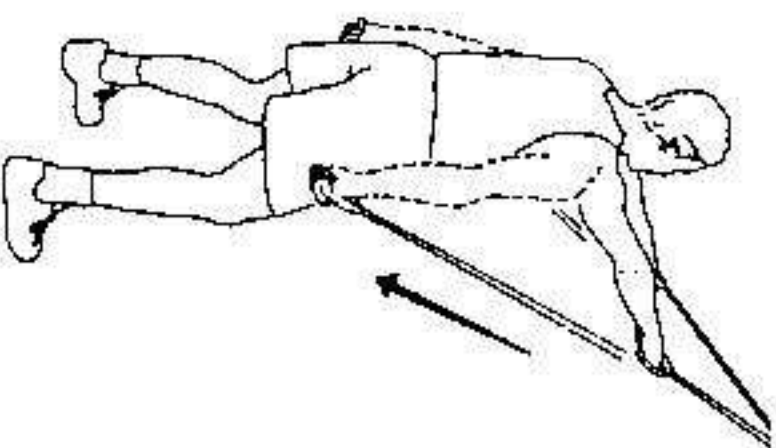
CHEST - 7 Push-Up: Modified - Wide Hands



Chest a few inches from floor, push up until arms are straight, bending at knees.  
Do 2 sets. Complete 12 repetitions.

SHOULDER / UPPER BACK - 4 Lat Pull Down

Face anchor with knees slightly flexed. Palms down, pull arms down to sides.

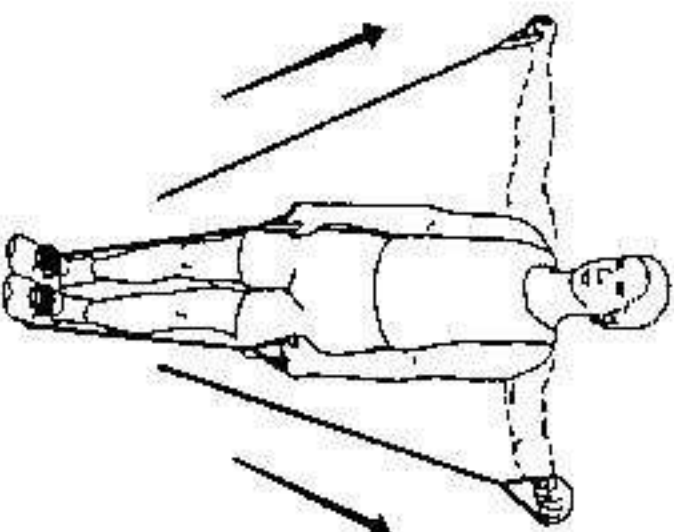


Repeat 12 times per set.  
Do 2 sets per session.  
Do 3 sessions per week.

Anchor Height:  
Over Head

SHOULDER / UPPER BACK - 10 Raise: Lateral

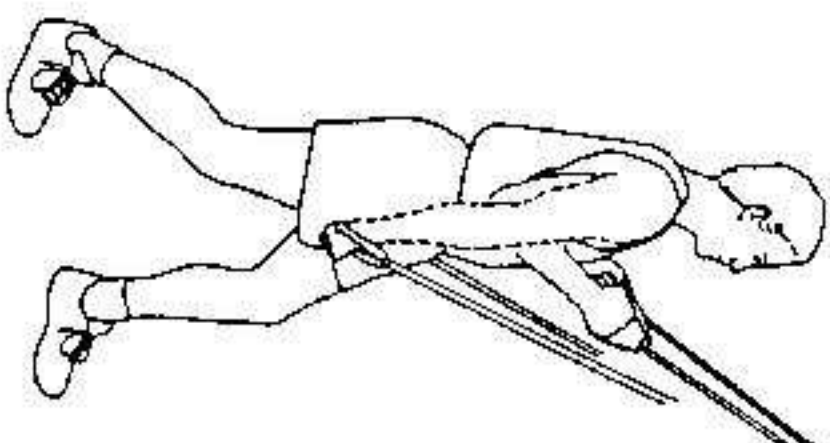
Anchor tubing under feet in narrow stance. Thumbs forward, raise arms out from sides to parallel.



Repeat 12 times per set.  
Do 2 sets per session.  
Do 3 sessions per week.

TRICEPS - 1 Press: Standing

Face anchor in stride stance. Thumbs up, straighten arms, rotating to palms down.

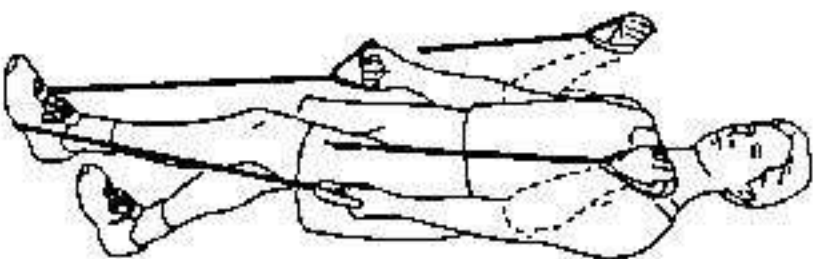


Repeat 12 times per set.  
Do 2 sets per session.  
Do 3 sessions per week.

Anchor Height:  
Over Head

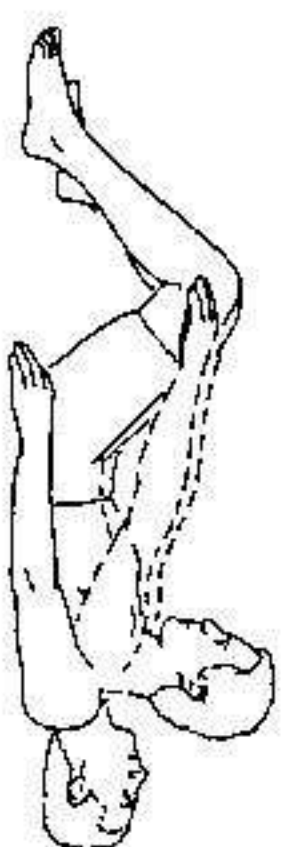
BICEPS - 1 Curl: Standing

Anchor tubing under front foot in stride stance. Palms forward, curl arms.



Repeat 12 times per set.  
Do 2 sets per session.  
Do 3 sessions per week.

BACK - 23 Curl-Up: Phase 1

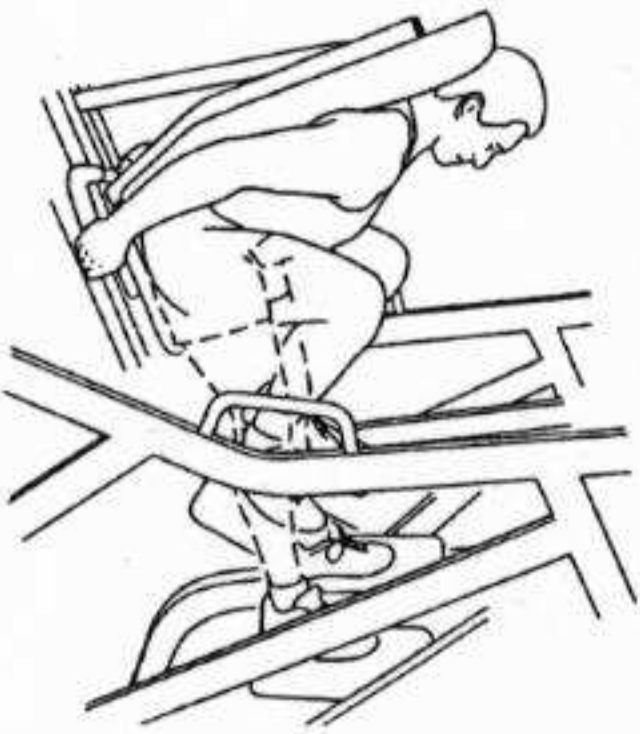


With arms at sides, tilt pelvis to flatten back. Raise head and shoulders from floor. Use arms to support trunk if necessary.

Repeat 12 times per set. Do 2 sets per session.  
Do 1 sessions per day.

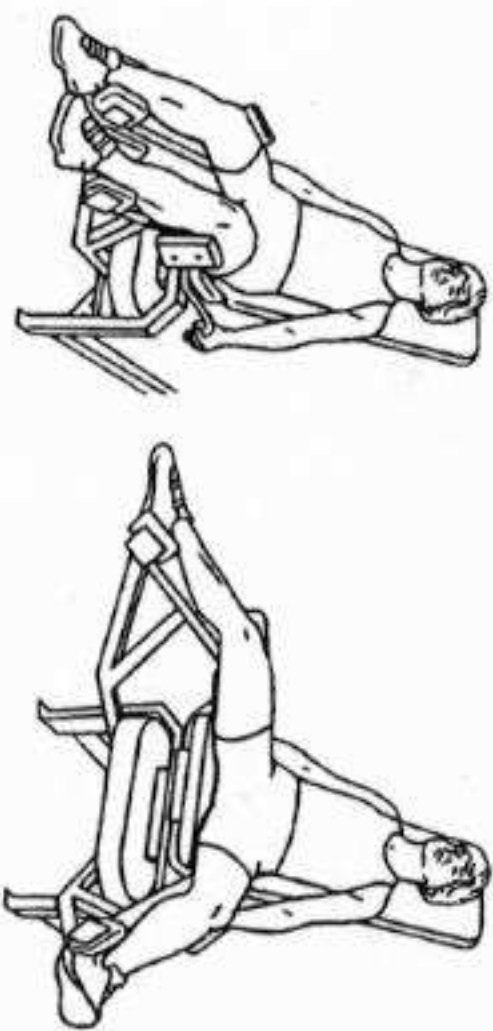


LEGS: GLUTES / THIGHS - 23 Leg Press (Machine)



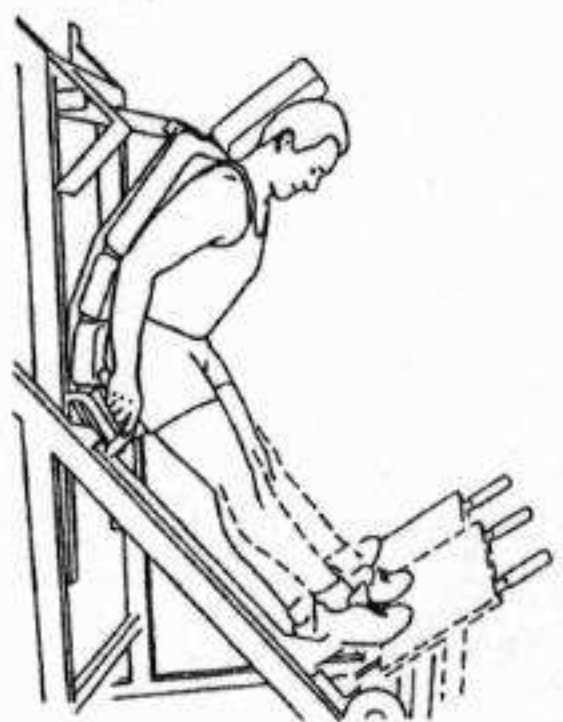
Press forward until knees are just short of locked position.  
Do   2   sets. Complete  12  repetitions.

LEGS: GLUTES / THIGHS - 32 Leg Abduction: Sitting (Machine)



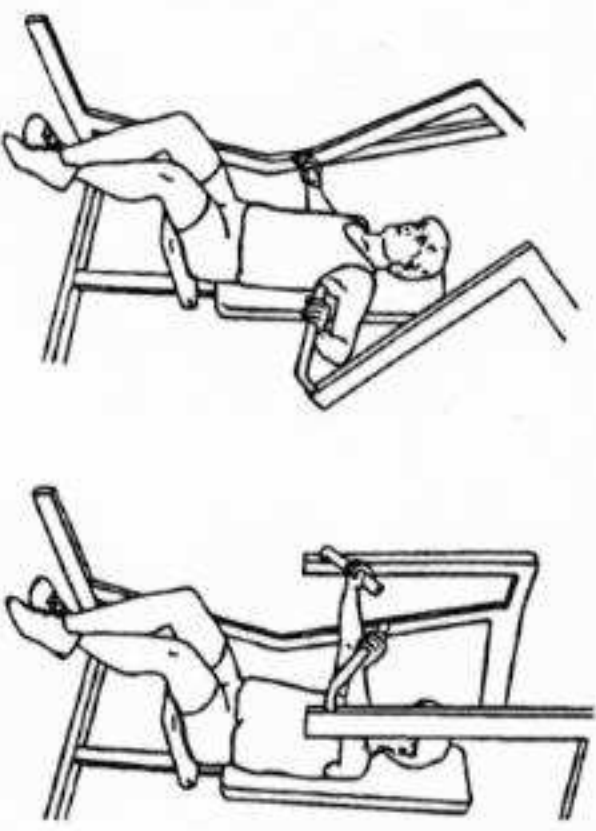
Move legs outward and slowly return to start.  
Do   2   sets. Complete  12  repetitions.

LEGS: CALVES - 9 Heel Raise - Incline (Machine)



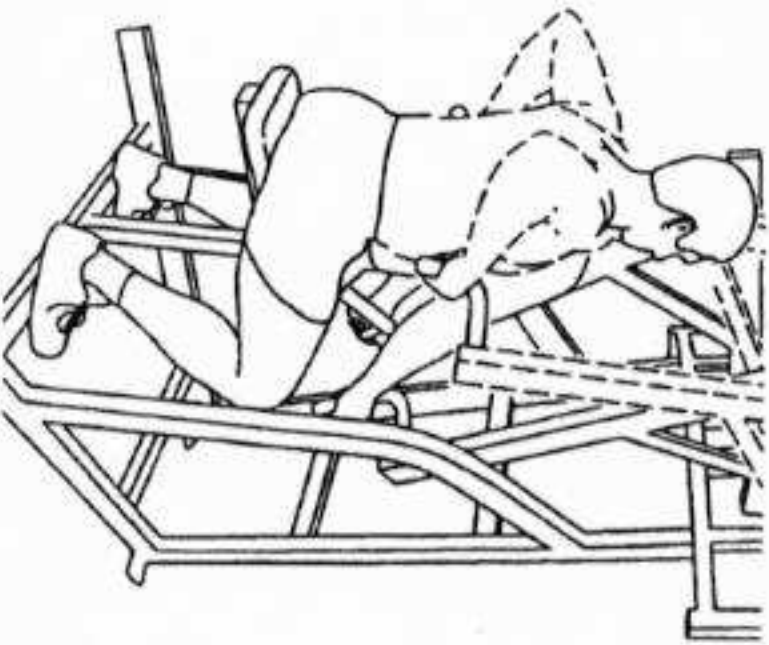
Ankles flexed and calves stretched, press toes forward as far as possible.  
Do   2   sets. Complete  12  repetitions.

CHEST - 40 Bench Press (Machine)



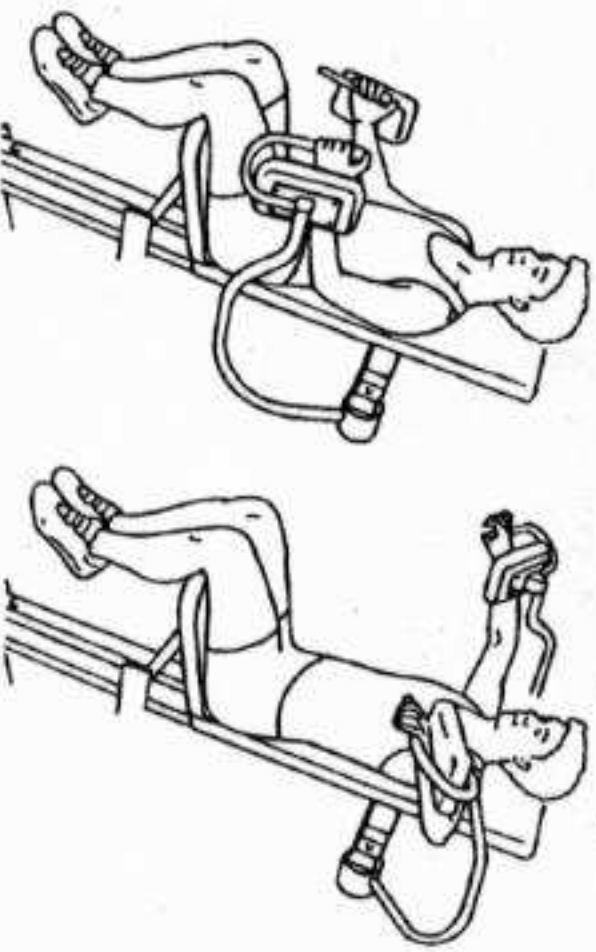
Press to straight arms.  
Do   2   sets. Complete  12  repetitions.

BACK: TRAPS - 15 Row: Low (Machine)



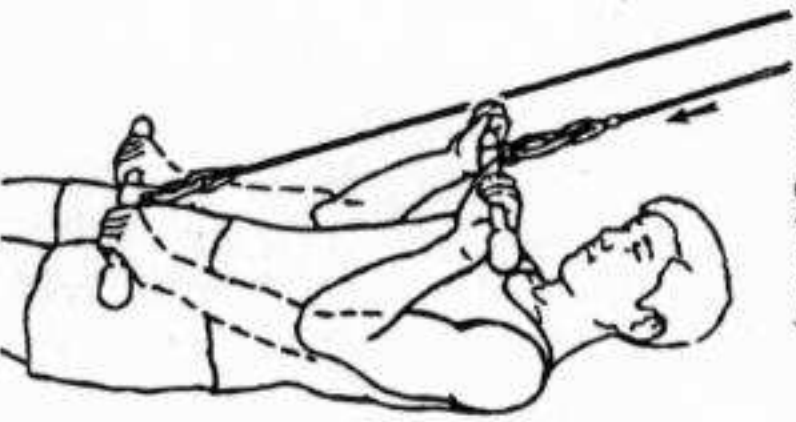
Bend arms, pulling handles back to sides of chest.  
Do   2   sets.  
Complete  12  repetitions.

SHOULDERS - 16 Lateral Deltoid Raise (Machine)



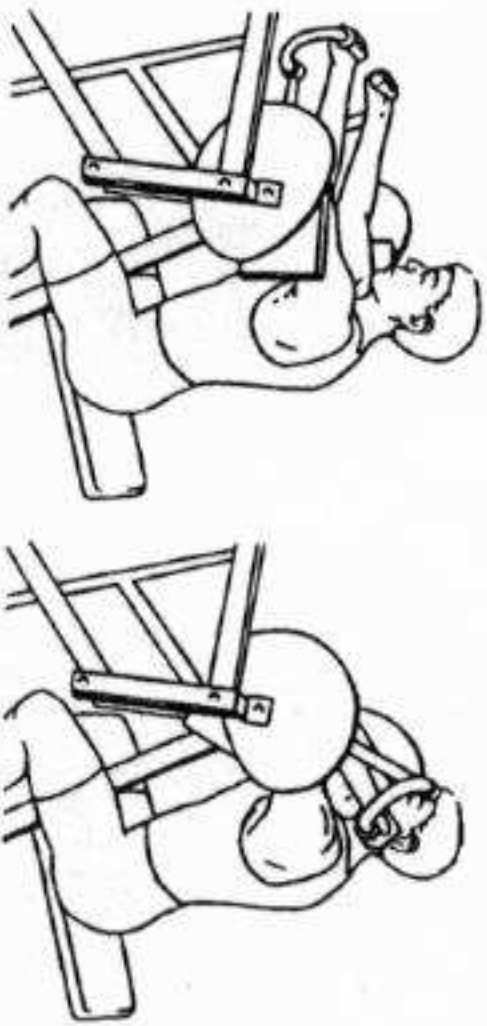
Arms bent 90°, raise upper arms to just above shoulder height. Lead with elbows.  
Do   2   sets. Complete  12  repetitions.

ARMS: TRICEPS - 18 Extension: Standing (Cable)



Knees slightly bent, straighten arms, keeping upper arms close to sides of body.  
Do   2   sets.  
Complete  12  repetitions.

ARMS: BICEPS - 23 Curl: Sitting (Machine)



Wrists straight, curl arms toward shoulders, keeping upper arms in contact with pad.  
Do   2   sets. Complete  12  repetitions.

BACK - 23 Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders from floor. Use arms to support trunk if necessary.  
Repeat  12  times per set. Do   2   sets per session.  
Do   1   sessions per day.

## USE YOUR MUSCLES

- Safe resistance training helps you maintain muscle as you lose weight. Without it we expect there to be a loss of muscle as you lose weight.
- There are many benefits to training your muscles. This includes:
  - Disease prevention
  - Increased metabolism
  - Increased physical abilities and tolerance to all activities of life
- There are many options for safe resistance training. A home routine can work very well.
- Guidelines include:
  - Warm up before sessions
  - Start conservatively, and safely progress intensity only as able. The goal is to reach a point of being tired or fatigued by the end of a given set.
  - Avoid holding your breath
  - Adhere to the Arthritis Foundation 'two hour rule'
  - Work all major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) through 8-12 reps, 2-3 sets, 3 x week.

## Homework

## Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____

## Notes