

# Strength Exercises

## Arm Raise

Strengthens shoulder muscles.

1. Sit in armless chair with your back supported by back of chair.
2. Keep feet flat on floor even with your shoulders.
3. Hold hand weights straight down at your sides, with palms facing inward.
4. Hold the position for 1 second.
5. Slowly lower arms to sides. Pause.
6. Repeat 8 to 15 times.
7. Rest; then do another set of 8 to 15 repetitions.



## Biceps Curl

Strengthens upper-arm muscles.

1. Sit in armless chair with your back supported by back of chair.
2. Keep feet flat on floor even with your shoulders.
3. Hold hand weights straight down at your sides, with palms facing inward.
4. Slowly bend one elbow, lifting weight toward chest. (Rotate palm to face shoulder while lifting weight.)
5. Hold position for 1 second.
6. Slowly lower arm to starting position. Pause.
7. Repeat with other arm.
8. Alternate arms until you have done 8 to 15 repetitions with each arm.
9. Rest; then do another set of 8 to 15 alternating repetitions.



## Plantar Flexion

Strengthens ankle and calf muscles. Use ankle weights, if you are ready.

1. Stand straight, feet flat on floor, holding onto a table or chair for balance.
2. Slowly stand on tiptoe, as high as possible.
3. Hold position for 1 second.
4. Slowly lower heels all the way back down. Pause.
5. Do the exercise 8 to 15 times.
6. Rest; then do another set of 8 to 15 repetitions.



Variation:

As you become stronger, do the exercise standing on one leg only, alternating legs for a total of 8 to 15 times on each leg. Rest; then do another set of 8 to 15 alternating repetitions.

## Triceps Extension

Strengthens muscles in back of upper arm. Keep supporting your arm with your hand throughout the exercise.

1. Sit in chair with your back supported by back of chair.
2. Keep feet flat on floor even with shoulders.
3. Hold a weight in one hand. Raise that arm straight toward ceiling, palm facing in.
4. Slowly bend raised arm at elbow, bringing hand weight toward same shoulder.
5. Slowly straighten arm toward ceiling.
6. Hold position for 1 second.
7. Slowly bend arm toward shoulder again. Pause.
8. Repeat the bending and straightening until you have done the exercise 8 to 15 times.
9. Repeat 8 to 15 times with your other arm. Rest; then do another set.



## Knee Flexion

Strengthens muscles in back of thigh. Use ankle weights, if you are ready.

1. Stand straight holding onto a table or chair for balance.
2. Slowly bend knee as far as possible. Don't move your upper leg at all; bend your knee only.
3. Hold position for 1 second.
4. Slowly lower foot all the way back down. Pause.
5. Repeat with other leg.
6. Alternate legs until you have done 8 to 15 repetitions with each leg. Rest; then do another set.



## Hip Flexion

Strengthens thigh and hip muscles. Use ankle weights, if you are ready.

1. Stand straight to the side or behind a chair or table, holding on for balance.
2. Slowly bend one knee toward chest, without bending waist or hips.
3. Hold position for 1 second.
4. Slowly lower leg all the way down. Pause.
5. Repeat with other leg.
6. Alternate legs until you have done 8 to 15 repetitions with each leg.
7. Rest; then do another set of 8 to 15 alternating repetitions.



### Shoulder Flexion

Strengthens shoulder muscles.

1. Sit in armless chair with your back supported by back of chair.
2. Keep feet flat on floor even with your shoulders.
3. Hold hand weights straight down at your sides, with palms facing inward.
4. Raise both arms in front of you (keep them straight and rotate so palms face upward) to shoulder height.
5. Hold position for 1 second.
6. Slowly lower arms to sides. Pause.
7. Repeat 8 to 15 times.
8. Rest; then do another set of 8 to 15 repetitions.



### Knee Extension

Strengthens muscles in front of thigh and shin. Use ankle weights, if you are ready.

1. Sit in chair. Only the balls of your feet and your toes should rest on the floor. Put rolled towel under knees, if needed, to lift your feet. Rest your hands on your thighs or on the sides of the chair.
2. Slowly extend one leg in front of you as straight as possible.
3. Flex foot to point toes toward head.
4. Hold position for 1 to 2 seconds.
5. Slowly lower leg back down. Pause.
6. Repeat with other leg.
7. Alternate legs until you have done 8 to 15 repetitions with each leg.
8. Rest; then do another set of 8 to 15 alternating repetitions.



### Hip Extension

Strengthens buttock and lower-back muscles. Use ankle weights, if you are ready.

1. Stand 12 to 18 inches from a table or chair, feet slightly apart.
2. Bend forward at hips at about 45-degree angle; hold onto a table or chair for balance.
3. Slowly lift one leg straight backwards without bending your knee, pointing your toes, or bending your upper body any farther forward.
4. Hold position for 1 second.
5. Slowly lower leg. Pause.
6. Repeat with other leg.
7. Alternate legs until you have done 8 to 15 repetitions with each leg.
8. Rest; then do another set of 8 to 15 alternating repetitions.



### Side Leg Raise

Strengthens muscles at sides of hips and thighs. Use ankle weights, if you are ready.

1. Stand straight, directly behind table or chair, feet slightly apart.
2. Hold onto a table or chair for balance.
3. Slowly lift one leg 6-12 inches out to side. Keep your back and both legs straight.
4. Don't point your toes outward; keep them facing forward.
5. Hold position for 1 second.
6. Slowly lower leg. Pause.
7. Repeat with other leg.
8. Alternate legs until you have done 8 to 15 repetitions with each leg.
9. Rest; then do another set of 8 to 15 alternating repetitions.



**SOURCE:** National Institute on Aging Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892