

# Up and Out Diagonal

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Shoulder (rotator cuff, anterior deltoid) muscles

Sit in a sturdy chair, feet flat on the floor and shoulders back for good posture. Grasp an end of the band with each hand, the less distance between the fists increases the resistance. Rest the Left hand on the Left hip, and Right hand on the Left knee/hip with thumbs toward the ceiling. This is the starting position. Inhale, then exhale and raise the Right hand up and out diagonally to the side, keeping thumbs up. Return the Right hand to the Left knee/hip and repeat for 8-15 repetitions, switching hands to complete 1 set. Use a mirror to watch form to keep the neck and back straight and stable instead of twisting, and never extend past the shoulders.

Complete 2 sets of 8-15 reps with each arm.