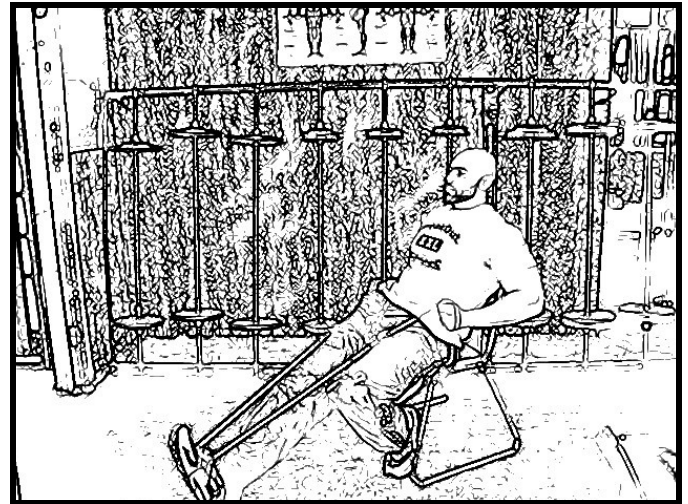
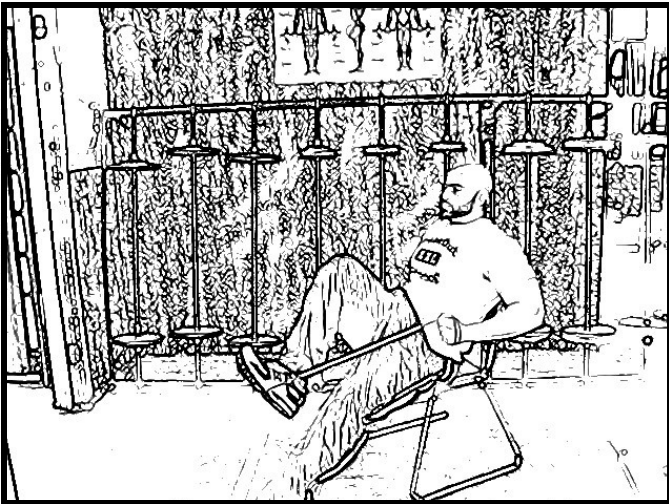


Single Leg Press

- 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: Upper Leg muscles

Sit toward the end of a sturdy chair, one leg bent with the foot flat on the floor, the other leg extended with the middle of the band around the ball of the foot. Grasp an end of the band in each hand so it is straight and not overstretched, hands resting on the hips. Lean back to touch shoulder blades to chair and lift the band and foot together. This is the starting position. Inhale, then exhale and extend the knee (always keeping a slight bend). Inhale and return to the starting position for one repetition. Continue for 8-15 repetitions, and repeat with the other leg to complete 1 set. Focus on pushing through the heel to target the quadriceps and hamstring muscles, never arching the back to raise the foot.

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