

Stretches

The following are some sitting stretches you should do before you start and when you finish exercising.

Stretches While Lying Down

Ankle Pumps

Lie flat on the floor. Pump 1 foot by pointing your toes away from your body and then back toward the ceiling. Repeat with the other foot.

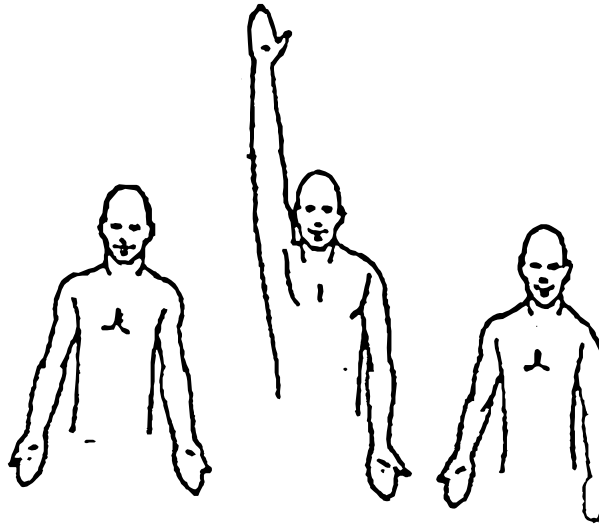
These pumps can be done in a sitting position also. Point your toes toward the floor and then toward the ceiling.



**Stretches While
Sitting**

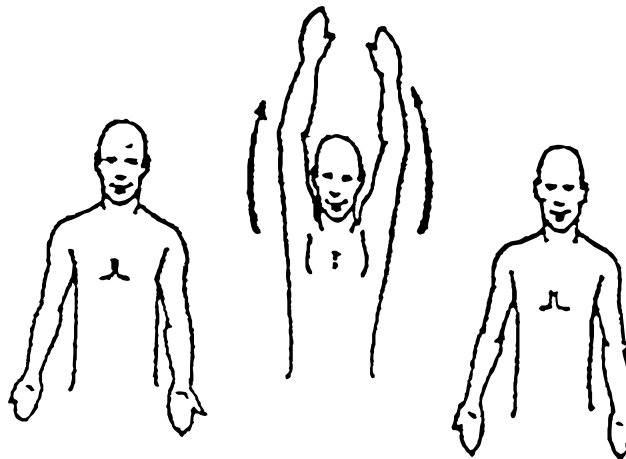
Arm Raise

Raise 1 arm above your head as high as possible. Slowly lower your arm to your side. Repeat with the other arm.



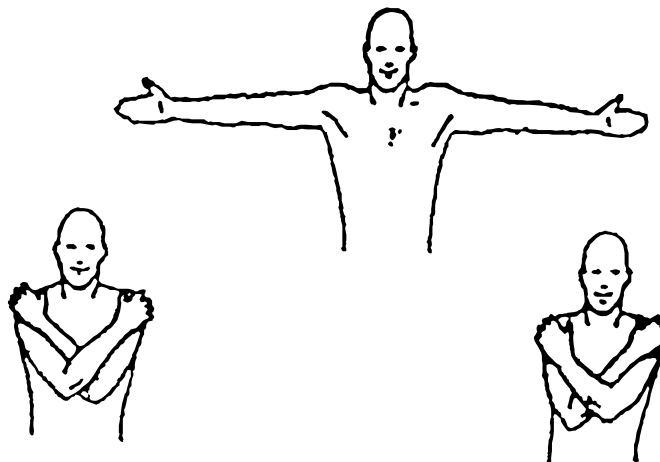
Double Arm Raise

Raise both arms above your head. Slowly lower your arms to your sides.

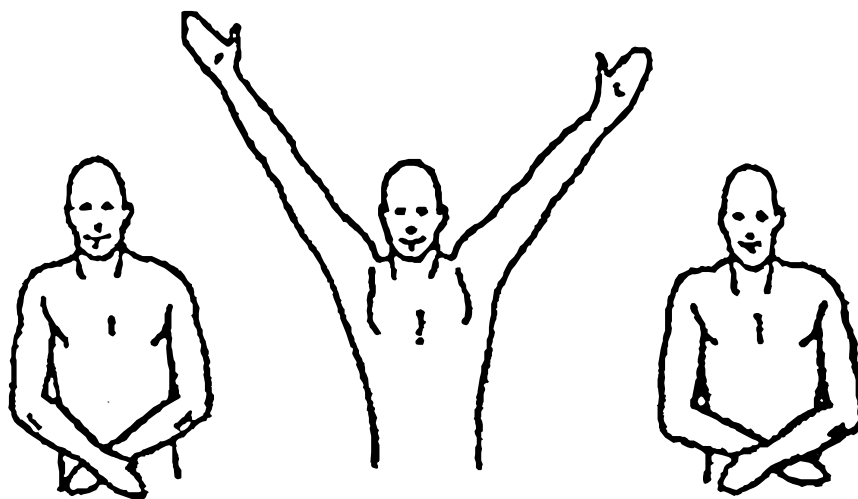


**Stretches While
Sitting, continued****Arm Hug**

Spread your arms out. Then give yourself a hug. Repeat.

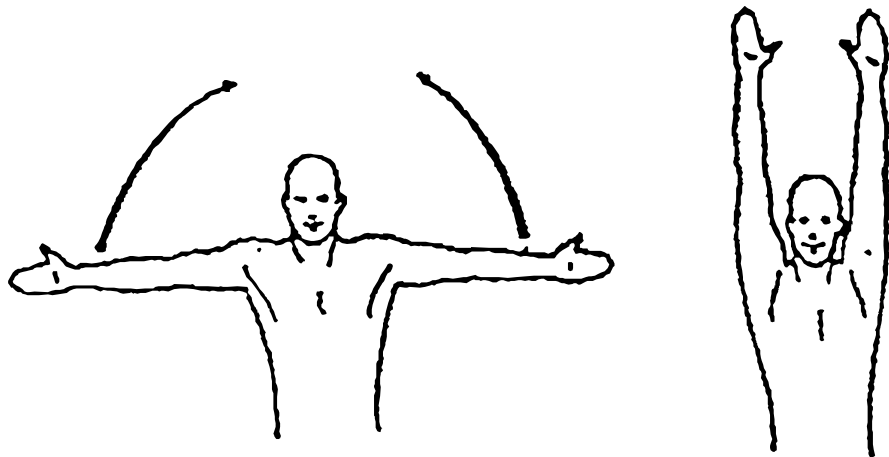
**Arm Cross**

Cross your arms in your lap. Uncross your arms as you lift them up and out. Slowly lower and re-cross your arms.



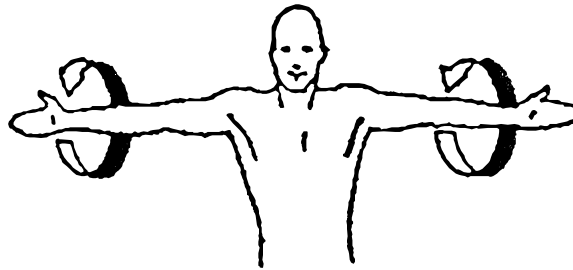
**Stretches While
Sitting, continued****Side Arm Raise**

Start with your arms out to your sides, at shoulder height. Lift your arms out above your head and back down.



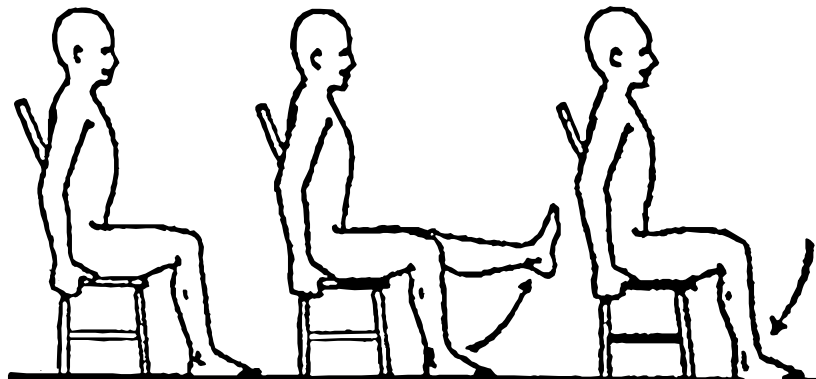
Arm Circles

Lift arms out to your sides, at shoulder height. Keeping your arms at shoulder height, circle them forward and then backward.



**Stretches While
Sitting, continued****Leg Lifts**

Extend 1 leg straight out, and then slowly lower the leg. Repeat with the other leg.

**Knee Lifts**

Raise 1 knee toward your chest, and then lower it to the floor. Alternate knees as if you are marching in place.

