



MELODY LIVING  
LIFE IN HARMONY™

Love Your Heart





MELODY LIVING  
LIFE IN HARMONY™

*Love Your Heart*



## 5 MINUTE WALK

Walk for 5 minutes to get your muscles warm and loose for strength training. You can walk outside if the weather permits, inside around the house, or on a treadmill if you have one. Another option is to walk the length of the floor you live on to use the elevator farthest from your apartment every day.

Warming up is important for preventing injury. It also helps you get the most benefit from the exercise because flexible, warm muscles respond better to the challenge of lifting weights. You can also use a bike, rowing machine, stair stepper or other piece of aerobic equipment to warm up.

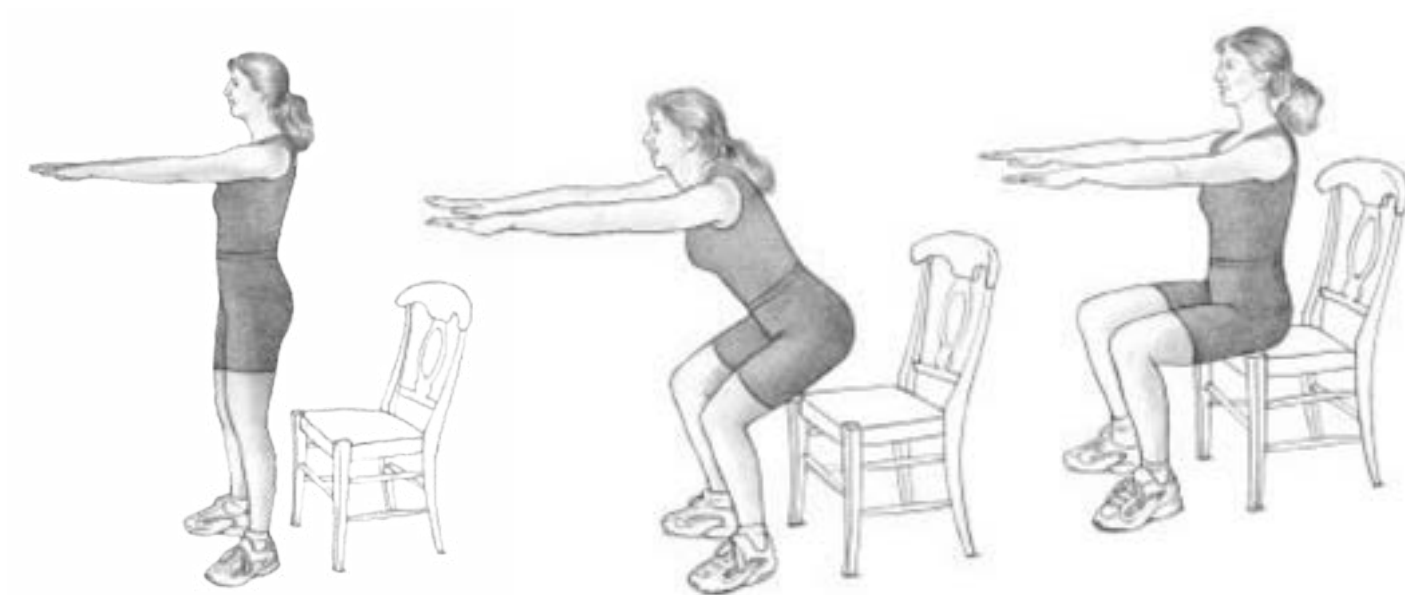
Please be mindful of your personal physical limitations and follow guidance of your personal medical provider.





MELODY LIVING  
LIFE IN HARMONY™

# Love Your Heart



## SQUATS

- Stand directly in front of a sturdy chair. Your feet should be slightly more than shoulder-width apart. Extend your arms so that they are parallel to the ground. Place your weight more on your heels than on the balls of your feet.
- Bend your knees as you lower your buttocks towards the chair in a slow, controlled motion, while you count to 4.
- Pause. Then, slowly rise back up to a standing position as you count to keep your knees over your ankles and your back straight.
- Repeat the squat ten times. This equals 1 set. Rest for about 1 minute. Then complete a second set of 10 squats.

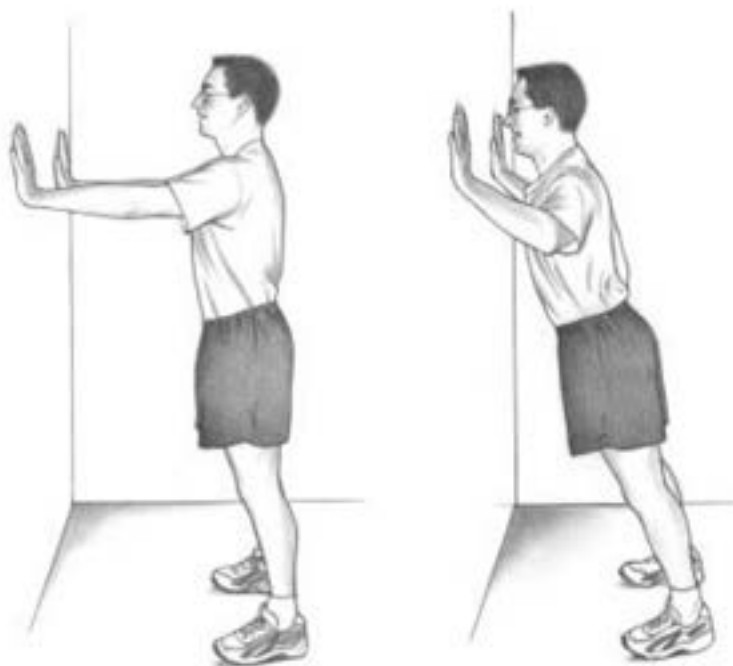
Please be mindful of your personal physical limitations and follow guidance of your personal medical provider.





MELODY LIVING  
LIFE IN HARMONY™

## Love Your Heart



## WALL PUSH-UPS

- Find a wall that is clear of any objects such as wall hangings and windows. Stand a little farther than arm's length from the wall. Face the wall, lean your body forward and place your palms flat against the wall at about shoulder-height and shoulder-width apart.
- Bend your elbows as you lower your upper body toward the wall in a slow, controlled motion as you count to 4. Keep your feet planted.
- Pause. Then, slowly push yourself back until your arms are straight as you count to 4. Make sure you don't lock your elbows.
- Repeat the wall push-up 10 times for 1 set. Rest for about 1 minute. Then do a second set of 10 wall push-ups.

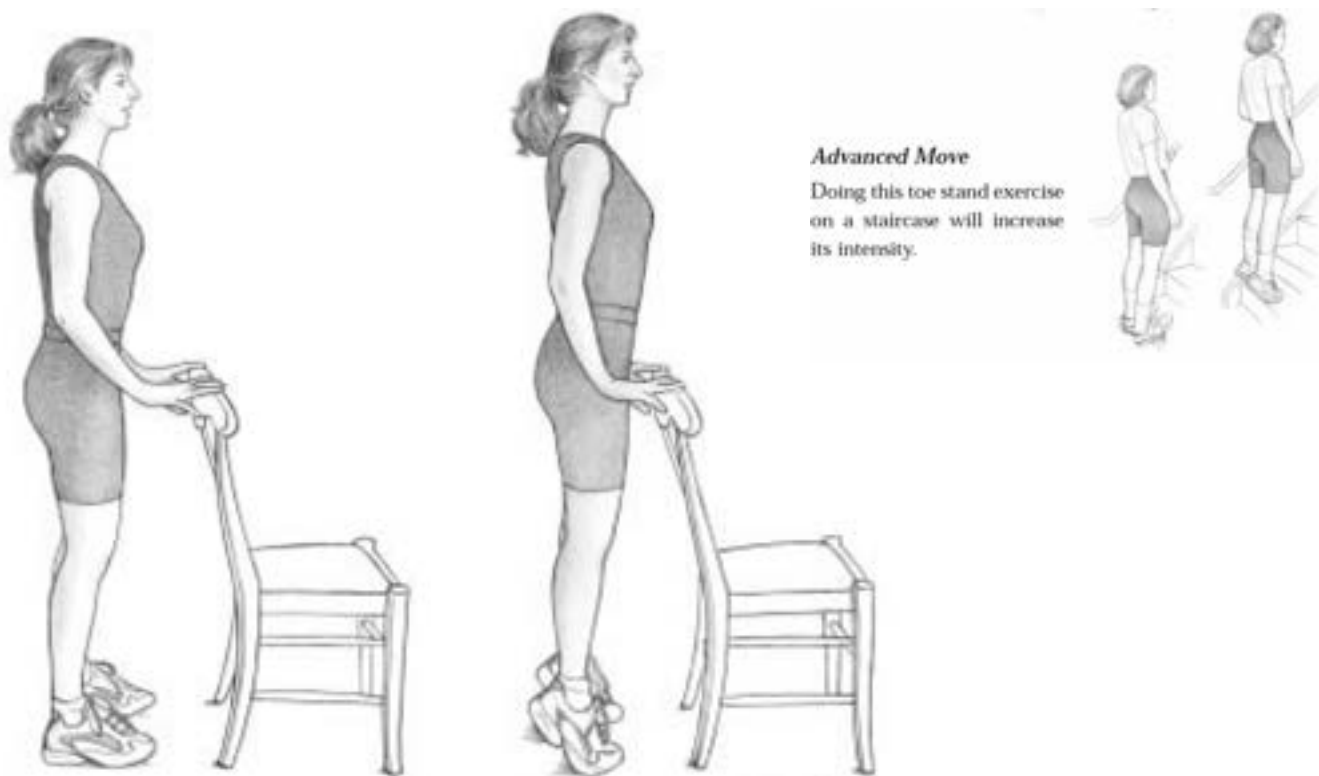
Please be mindful of your personal physical limitations and follow guidance of your personal medical provider.





MELODY LIVING  
LIFE IN HARMONY™

# Love Your Heart



## TOE STANDS

- Stand with your feet shoulder-width apart near a counter or sturdy chair. Use the chair or counter for balance.
- Slowly push up as far as you can onto the balls of your feet as you count to 4. Hold this position for 2 to 4 seconds.
- Then, slowly lower your heels back to the floor as you count to 4.
- Repeat 10 toe stands for 1 set. Rest for about 1 minute. Then complete a second set of 10 toe stands.





MELODY LIVING  
LIFE IN HARMONY™

## Love Your Heart



## FINGER MARCHING

Stand or sit forward in a chair with your feet on the floor. Your feet should be shoulder-width apart.

**Movement 1:** Imagine there is a wall directly in front of you. Slowly walk your fingers up the wall until your arms are above your head. Hold your arms overhead while wiggling your fingers for about 10 seconds. Then slowly walk them back down.

**Movement 2:** Next, try to touch your hands behind your back. If you can, reach for the opposite elbow with each hand—or get as close as you can. Hold the position for about 10 seconds, feeling a stretch in your back, arms, and chest. Release your arms.

**Movement 3:** Interlace your fingers in front of your body. Raise your arms so that they're parallel to the ground. Rotate your hands so your palms face an imaginary wall. Stand up straight, but curl your shoulders forward. You should feel the stretch in your wrists and upper back. Hold the position for about 10 seconds. Repeat the exercise 3 times.





MELODY LIVING  
LIFE IN HARMONY™

*Love Your Heart*



## BICEPS CURL

**Weights optional.**

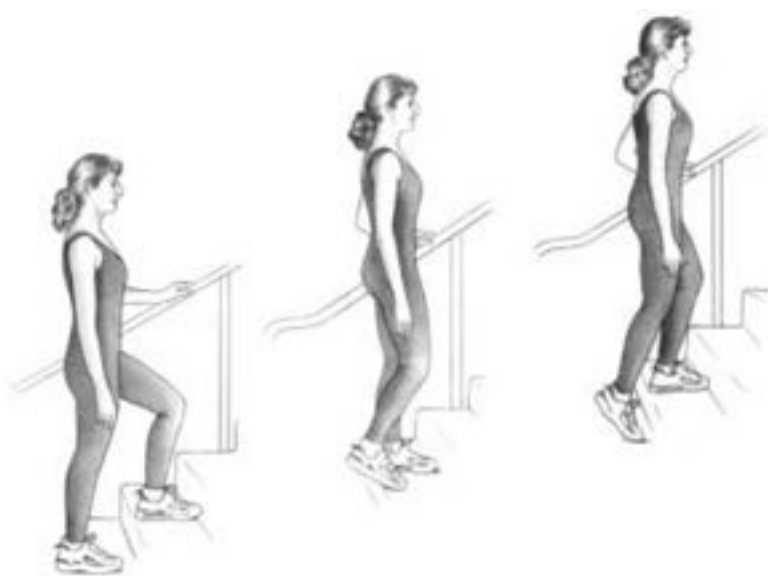
- Stand or sit in a chair with a dumbbell in each hand. Your feet should be shoulder-width apart with your arms at your sides and your palms facing your thighs.
- Rotate your forearms and slowly lift the weights as you count to 2. Your palms should be facing in towards your shoulders. Keep your upper arms and elbows close to your side—as if you had a newspaper tucked under your arm.
- Pause. Then, slowly lower the dumbbells back towards your thighs as you count to four. Rotate your forearms so that your arms are again at your sides, palms facing your thighs. Repeat 10 times for 1 set. Rest for about 1 minute. Then complete a second set of 10 repetitions.





MELODY LIVING  
LIFE IN HARMONY™

## Love Your Heart



### STEP-UPS

- Stand next to a handrail at the bottom of a staircase. With your feet flat and toes facing forward, put your entire left foot on the first step.
- Hold the handrail for balance. As you count to 2, place your weight on your left leg and straighten it as you slowly lift your right leg until it reaches the first step. Make sure that your left knee stays straight and does not move forward past your ankle as you're lifting yourself up. Let your right foot tap the first step near your left foot.
- Pause. Then, use your left leg to support your weight and slowly lower your right foot back to the floor as you count to 4.
- Repeat 10 times with the left leg and 10 times with the right leg for 1 set. Rest for about 1 minute. Then do a second set of 10 repetitions with each leg.







MELODY LIVING  
LIFE IN HARMONY™

*Love Your Heart*



## OVERHEAD PRESS

Weights optional.

- Stand or sit in a chair with feet shoulder-width apart. Pick up a dumbbell in each hand. Raise your hands with your palms and forearms facing forward, until the dumbbells are level with your shoulders and parallel to the floor.
- Slowly push the dumbbells up over your head until your arms are fully extended as you count to 2. Make sure you don't lock your elbows.
- Pause. Then, slowly lower the dumbbells back to shoulder level as you count to 4, bringing your elbows down close to your sides.
- Repeat 10 times for 1 set. Rest for about 1 minute. Then complete a second set of 10 repetitions.

Please be mindful of your personal physical limitations and follow guidance of your personal medical provider.





MELODY LIVING  
LIFE IN HARMONY™

*Love Your Heart*



## SIDE HIP RAISE

Weights optional.

- Stand behind a sturdy chair, with feet slightly apart and toes facing forward. Keep your legs straight, but do not lock your knees.
- Slowly lift your left leg out to the side as you count to 2. Keep your leg straight—but again, do not lock your knee.
- Pause. Then, slowly lower your left foot back to the ground as you count to 4.
- Repeat 10 times with the left leg and 10 times with the right leg for 1 set. Rest for about 1 minute. Then do a second set of 10 repetitions with each leg.





MELODY LIVING  
LIFE IN HARMONY™

*Love Your Heart*



## KNEE EXTENSION

Weights optional.

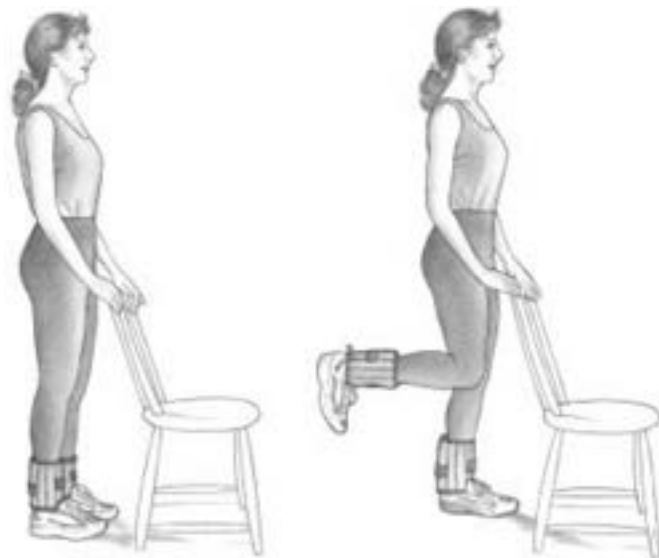
- Put your ankle weights on snugly. Sit all the way back in a sturdy chair so that your feet barely touch the ground. If your chair is too low, add a rolled-up towel under your knees.
- Point your toes forward. Flex your left foot and slowly lift your left leg as you count to two. Extend your leg until your knee is straight.
- Pause. Then, slowly lower your foot back to the ground as you count to 4.
- Repeat 10 times with the left leg and 10 times with the right leg for 1 set. Rest for 1 to 2 minutes. Then do a second set of 10 repetitions with each leg.





MELODY LIVING  
LIFE IN HARMONY™

## Love Your Heart



### KNEE CURL

Weights optional.

- Keep your ankle weights on and stand behind a sturdy chair. Your feet should be a little less than shoulder-width apart and face forward.
- Keep your foot flexed and slowly bend your right leg and bring your heel up toward your buttocks as you count to 2.
- Pause. Then, slowly lower your foot back to the ground as you count to 4.
- Repeat 10 times with your right leg and 10 times with your left leg for one set. Rest for 1 to 2 minutes. Then do a second set of 10 repetitions with each leg.





MELODY LIVING  
LIFE IN HARMONY™

*Love Your Heart*



## CHEST & ARM STRETCH

- Stand with your arms at your sides and your feet about shoulder-width apart.
- Extend both arms behind your back and clasp your hands together. Retract your shoulders if possible.
- Hold the stretch for a slow count of 20 to 30 seconds, breathing throughout. Release the stretch and repeat.





MELODY LIVING  
LIFE IN HARMONY™

*Love Your Heart*



## HAMSTRING & CALF STRETCH

- Stand facing a sturdy chair.
- Slowly bend forward at the hip, keeping your legs straight without locking your knees. Rest your hands on the seat of the chair with your elbows slightly bent, feeling a stretch in the back of your upper and lower leg. Keep your back flat.
- Hold the stretch for a slow count of 20 to 30 seconds, breathing throughout. Release the stretch and repeat.





MELODY LIVING  
LIFE IN HARMONY™

*Love Your Heart*



## QUADRICEPS STRETCH

- Stand next to a counter or sturdy chair with your feet about shoulder-width apart and your knees straight—but not locked.
- Hold a chair or counter for balance with your left hand. Bend your right leg back and grab your right foot or ankle in your right hand until your thigh is perpendicular to the ground. Make sure you stand up straight—don't lean forward. (If you can't grab your ankle in your hand, just keep your leg as close to perpendicular as possible and hold the bend.) You should feel a stretch in the front of your thigh.
- Hold the stretch for a slow count of 20 to 30 seconds, breathing throughout. Release your right ankle and repeat the stretch with the other leg.





MELODY LIVING  
LIFE IN HARMONY™

*Love Your Heart*



## NECK, UPPER BACK & SHOULDER STRETCH

- Stand (or sit) with your feet shoulder-width apart, your knees straight but not locked, and your hands clasped in front of you. Rotate your hands so that your palms face the ground. Then raise your arms to about chest height.
- Press your palms away from your body and feel a stretch in your neck, upper back, and along your shoulders.
- Hold the stretch for a slow count of 20 to 30 seconds, breathing throughout. Release the stretch and repeat.

