

Exercise Activities – Schedule



Day	Body part	Week 1	Week 2	Week 3	Week 4
Mon	Head and Shoulders	Neck tilts	Shoulder Rolls	Neck rotations	Shoulder Shrugs
Tue	Arms	Arm Circles	Bicep Curls	Arm Raises	Tricep Extensions
Wed	Hands and wrists	Wrist Flexion and Extension	Finger and Thumb Flexibility	Wrist Flexor and Extensor Stretch	Ball Squeezes
Thu	Back/torso/waist	Seated Back Extensions	Torso Twists	Seated Cat-Cow Stretch	Seated Side Bends
Fri	Upper leg	Seated Leg Lifts	Standing Knee Extensions	Seated Leg Press	Heel Slides
Sat	Lower Leg / ankles	Calf Raises	Seated Ankle Circles	Seated Heel Raises	Towel Scrunches
Sun	Mindfulness	Breathing Awareness	Body Scan	Mindful Walking	Five Senses Check-In

NOTE: Remind residents to breath normally during all of the exercises