

Exercise Activities – Week 2



Unless otherwise stated:

Repetitions: Start with 6-8 repetitions per exercise. If this feels too easy or too challenging, adjust the number of repetitions accordingly.

Sets: 1-2 sets are a good starting point. Increase to 2-3 sets as strength and endurance improve. Allow 30-60 seconds of rest between each set.

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

SHOULDER ROLLS

MONDAY

BASIC: Sit or stand, roll your shoulders up, back, and down in a smooth circular motion.

EASIER: Reduce the range of motion.

HARDER: Hold at the top for a few seconds before completing the circle.



BICEP CURLS

TUESDAY

BASIC: With light weights or cans, bend your elbow to lift the weight towards your shoulder.

EASIER: Use lighter weights or no weights.

HARDER: Increase the weight or slow down the movement.



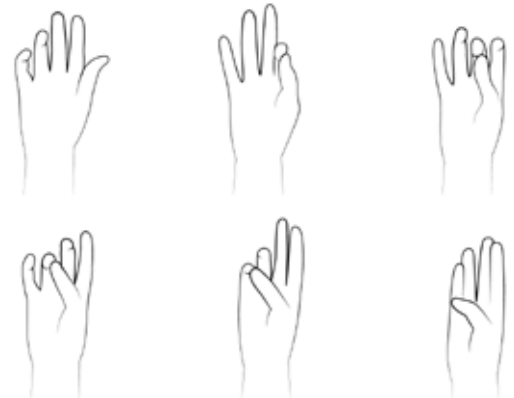
FINGER AND THUMB FLEXIBILITY

WEDNESDAY

BASIC: Open and close your hands, then touch each fingertip to your thumb in sequence.

EASIER: Perform more slowly.

HARDER: Resist with the other hand or use a soft ball.



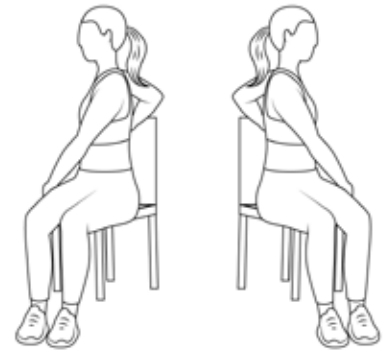
TORSO TWISTS

THURSDAY

BASIC: Sit upright, gently twist your torso to one side, then the other.

EASIER: Perform with a smaller range of motion.

HARDER: Hold the twist position longer.



STANDING KNEE EXTENSIONS

FRIDAY

BASIC: Stand holding onto a chair, extend one knee at a time.

EASIER: Perform while seated.

HARDER: Add ankle weights or increase repetitions.



SEATED ANKLE CIRCLES

SATURDAY

BASIC: Rotate your ankles in a circle, one at a time.

EASIER: Make smaller circles.

HARDER: Perform more repetitions or add resistance with a band.



BODY SCAN

SUNDAY

START IN A RELAXED POSITION: Lie down or sit comfortably. Close your eyes to enhance focus.

BEGIN AT YOUR FEET: Focus your attention on your feet. Notice any sensations, warmth, coolness, pressure, or tingling.

PROGRESS UPWARD: Slowly move your focus up through your body – to your legs, hips, abdomen, chest, hands, arms, shoulders, neck, and head. Spend a few moments on each part.

OBSERVE SENSATIONS: Acknowledge any tension, pain, or discomfort without judgment, and then let it go.

COMPLETE THE SCAN: Once you reach the top of your head, take a few deep breaths, and observe your entire body as a whole.

CONCLUDE: Gently wiggle your fingers and toes to bring awareness back, and open your eyes when ready.

