

Daily Workout

LEGS

Step 1: Walk one min; Jog two min for 15–20 min. total.

Step 2: Two sets of 10 **step-ups** – Hold dumbbells or equal weight in each hand. Stand behind a step (stair case step is fine) or stable platform. Step up (right leg), up (left leg), down (right leg), down (left leg). Perform 10 reps, and then do 10 reps leading with the left leg.



Step-Ups

Step 3: Two sets of 10 **side (lateral) lunges** – Stand with the feet together and hands on your hips, or hold dumbbells or a weighted object in front of the body. Take a large step to one side, immediately lowering into a lunge, sinking hips back and bending the lunging knee. Keep the other leg straight but not locked, with both feet pointing forward. Do not let the chest lower too far forward. Push out of the lunge, and step the foot next to the planted foot to return to the starting position. Perform 10 reps on one side, then repeat to the other side.



Side Lunge

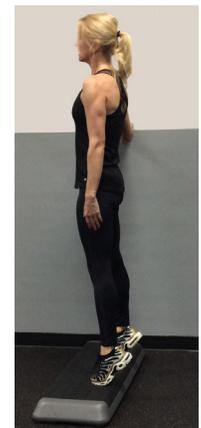
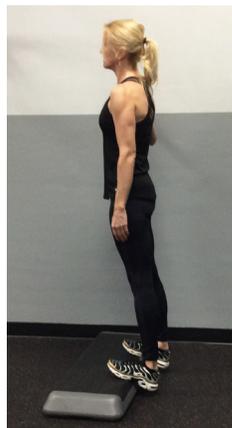
Step 4: Two sets of 10 **seated leg extensions** – Sit on a chair on bench. You may hold the sides of the chair, or place both hands under your working leg for support. Keeping one foot on the floor, extend the other leg (lift the foot) until it is parallel with the floor. Hold for a second or two, then slowly lower to the starting position. Concentrate on squeezing your quadriceps. If needed, you may place an ankle weight on your ankle for additional resistance. Perform 10 reps, then repeat with the other leg.



Seated Leg Extension

Step 5: Two sets of 15 **calf raises** – A calf raise is very simple. Stand up straight, then push through the balls of your feet, and raise your heels until you are standing on your toes. Slowly lower to the starting position. If you need more resistance, you may hold dumbbells or equal weight in each hand. And, if you perform the calf raises on a step, you'll be able to lower your heels at the end of the movement for an added stretch.

Step 6: Light stretching.



Calf Raises