

## **STRENGTH EXERCISE MODULE**

**The actions for this module are:**

### **Action Sheet**

#### **■ ACTION #1**

Hold your weights in both hands by your sides. Bend your elbows bringing weight to shoulders. Lower for a count of 4. Repeat 8 – 12 times.

#### **■ ACTION #2**

Hold the weight in both hands at shoulder level. Slowly raise your arms overhead and lower for a count of 4. Repeat 8 – 12 times.

#### **■ ACTION #3**

Sit on the edge of your chair. Bring your toes under your knees. Lean forward with your body weight over your ankles, and then stand. Repeat 10 times.