

FLEX YOUR MUSCLES

1 BICEPS

Sit down on a bench.

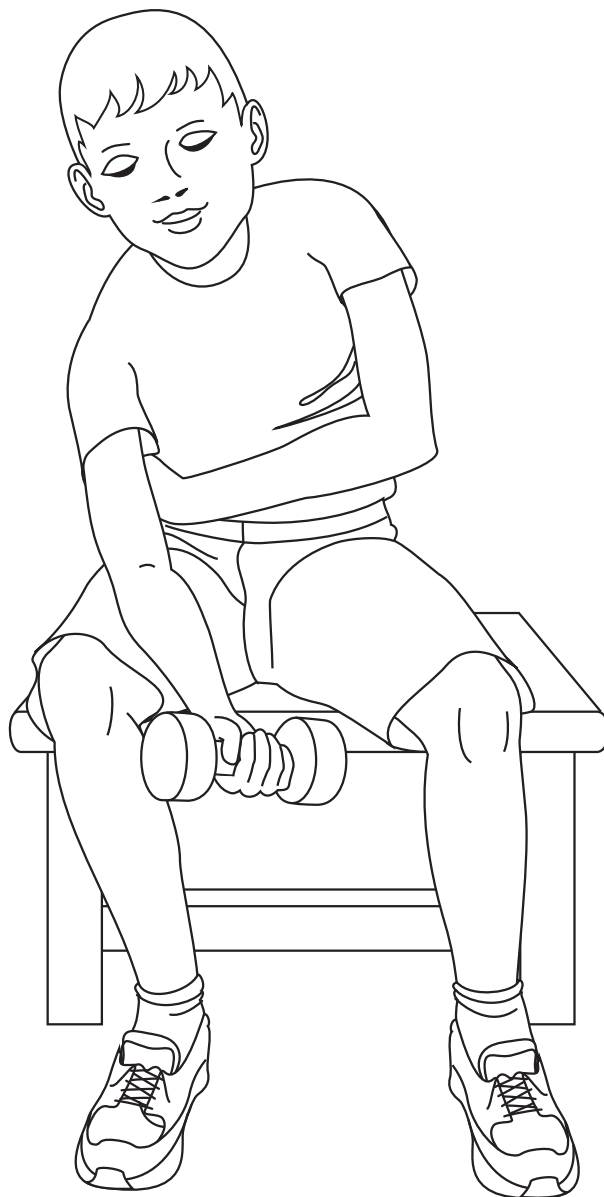
Hold a small weight in your right hand.

Lean forward slightly and rest your right elbow on your right knee.

Stretch your right arm out fully.

Now slowly bend your arm up, then return to the starting position fully stretching out your arm.

Repeat this several times, swapping arms.



FLEX YOUR MUSCLES CONTINUED

2 TRICEPS

Sit on the floor with your knees bent, your feet on the floor and your hands on the floor behind you, with fingers pointing toward your body.

To begin, lift your bottom off the floor.

Slowly and gently, bend your elbows and lower your body close to the floor and then lift it up again.

Repeat this several times.



FLEX YOUR MUSCLES CONTINUED

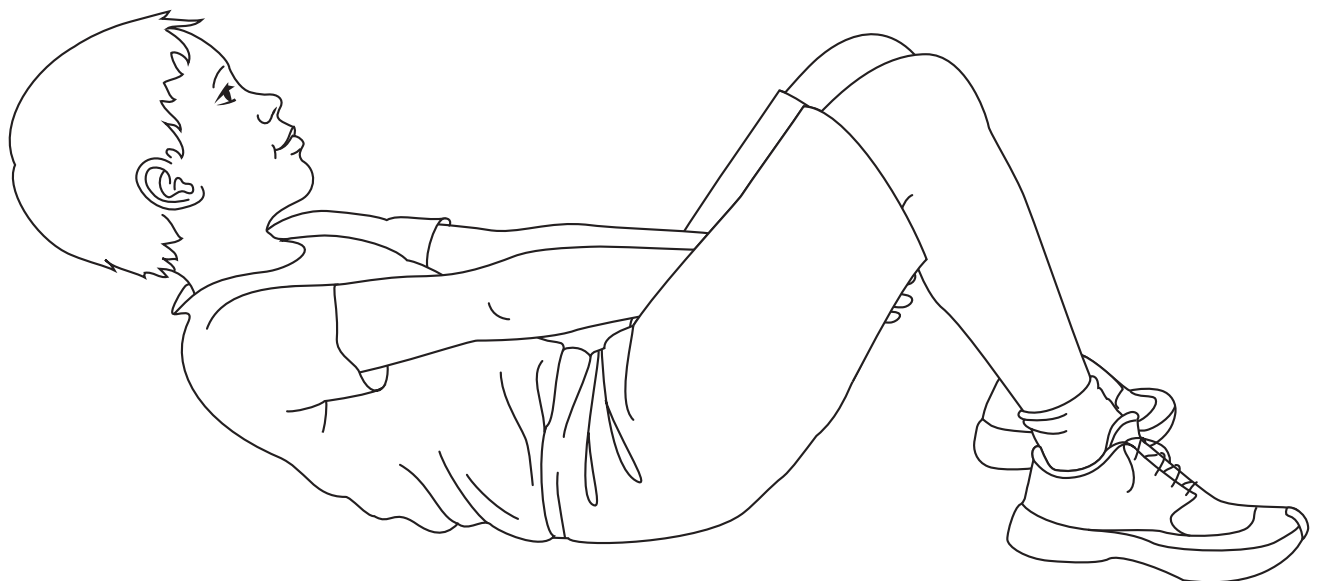
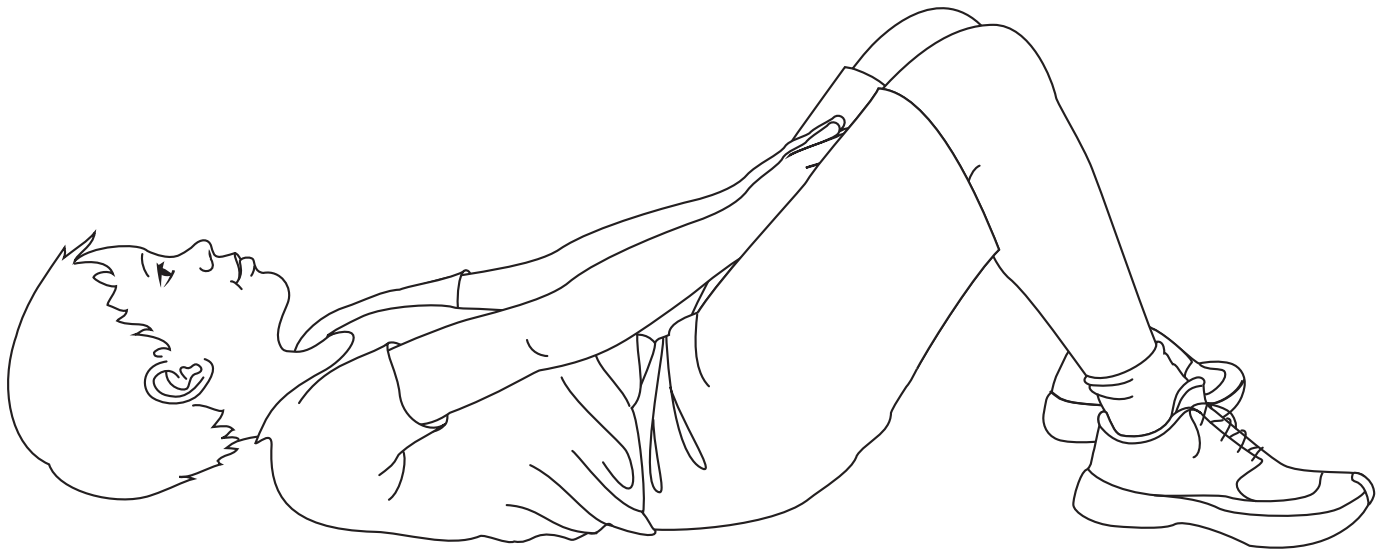
3 ABDOMINALS

Lie flat on your back with your feet pulled in and slightly apart.

Begin to sit up and reach your hands through between your legs.

Then lie back slowly.

Repeat this several times.



FLEX YOUR MUSCLES CONTINUED

4 OBLIQUES

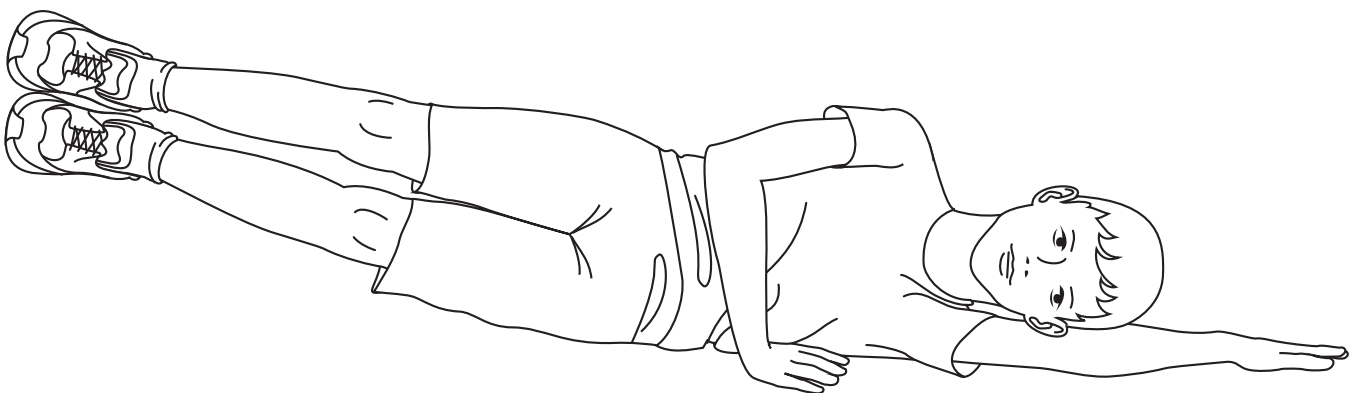
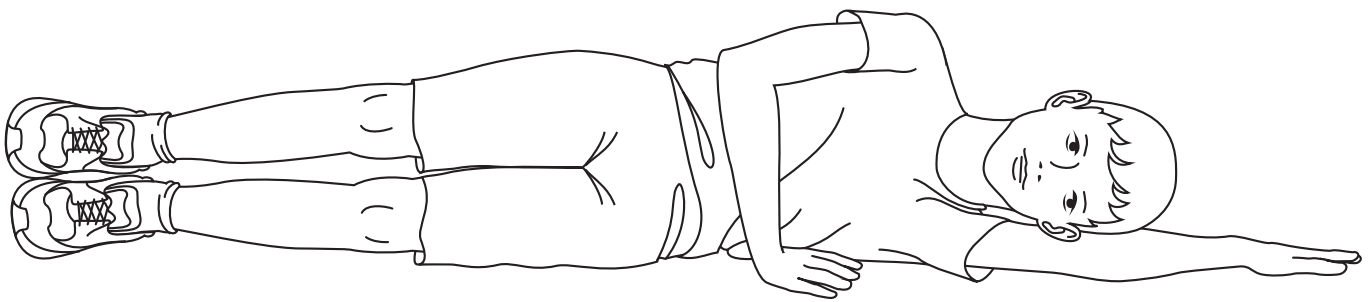
Lie on your side with your bottom arm stretched out above your head.

Rest your ear on your arm.

Place the other arm in front of you, to help you balance.

Lift both legs off the floor, keeping your body in one straight line. Then lower them slowly.

Repeat this several times.



FLEX YOUR MUSCLES CONTINUED

5 GLUTEALS

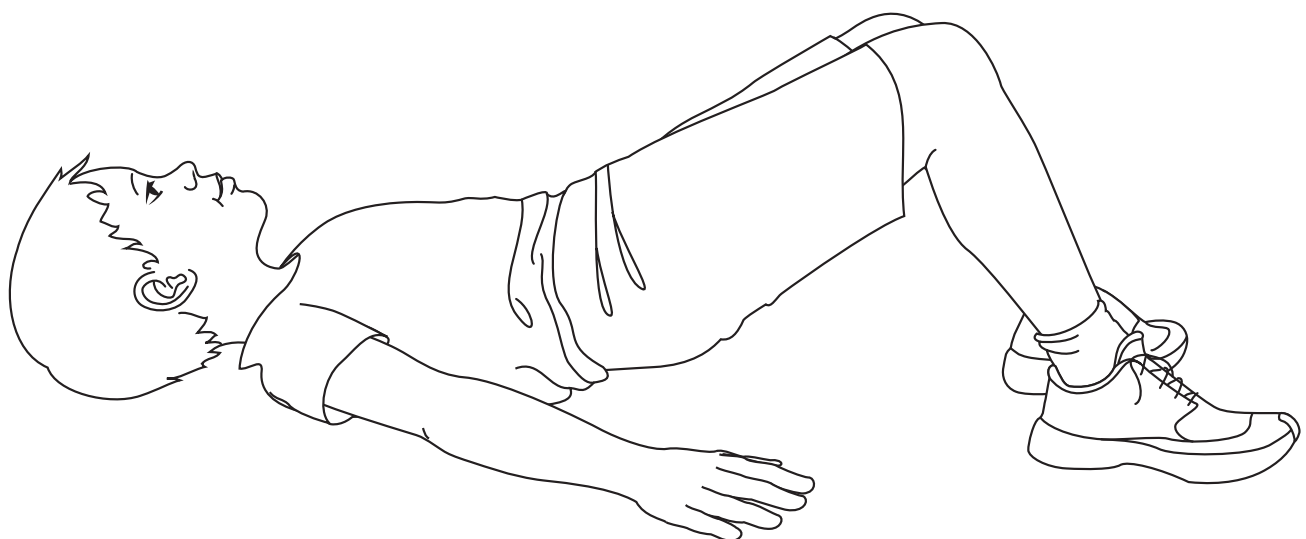
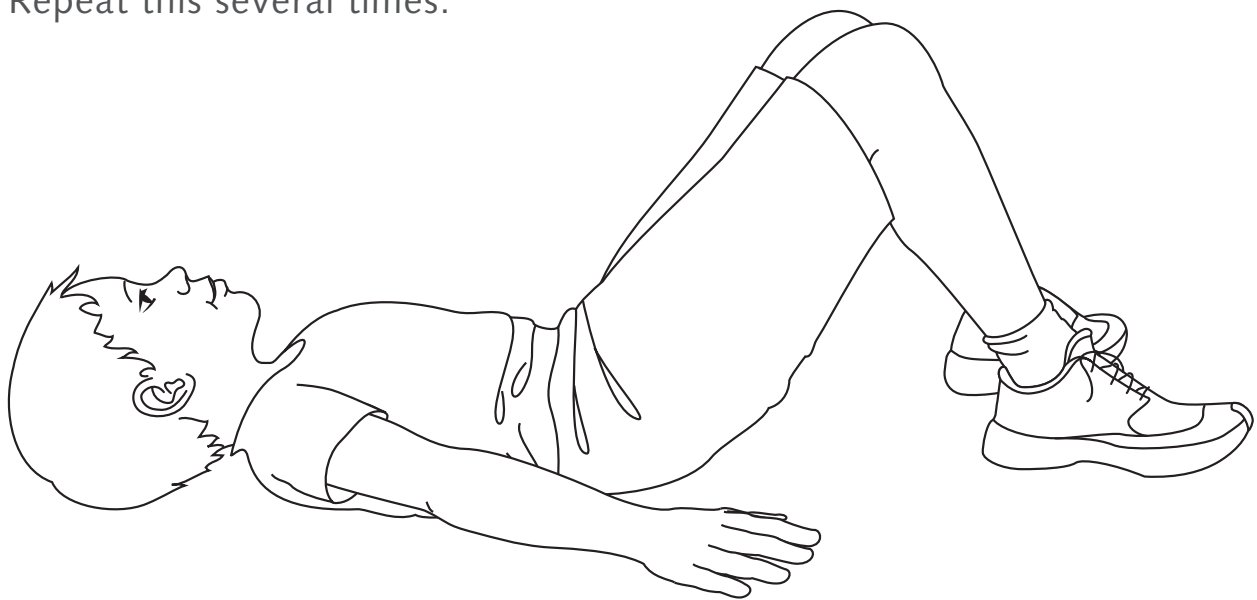
Lie on your back, with your legs bent and both feet on the floor, slightly apart.

Lay your arms flat on the ground, with your palms down.

Keep your head and shoulders relaxed.

Lift your bottom off the floor as high as you can, then relax.

Repeat this several times.



FLEX YOUR MUSCLES CONTINUED

6 QUADRICEPS

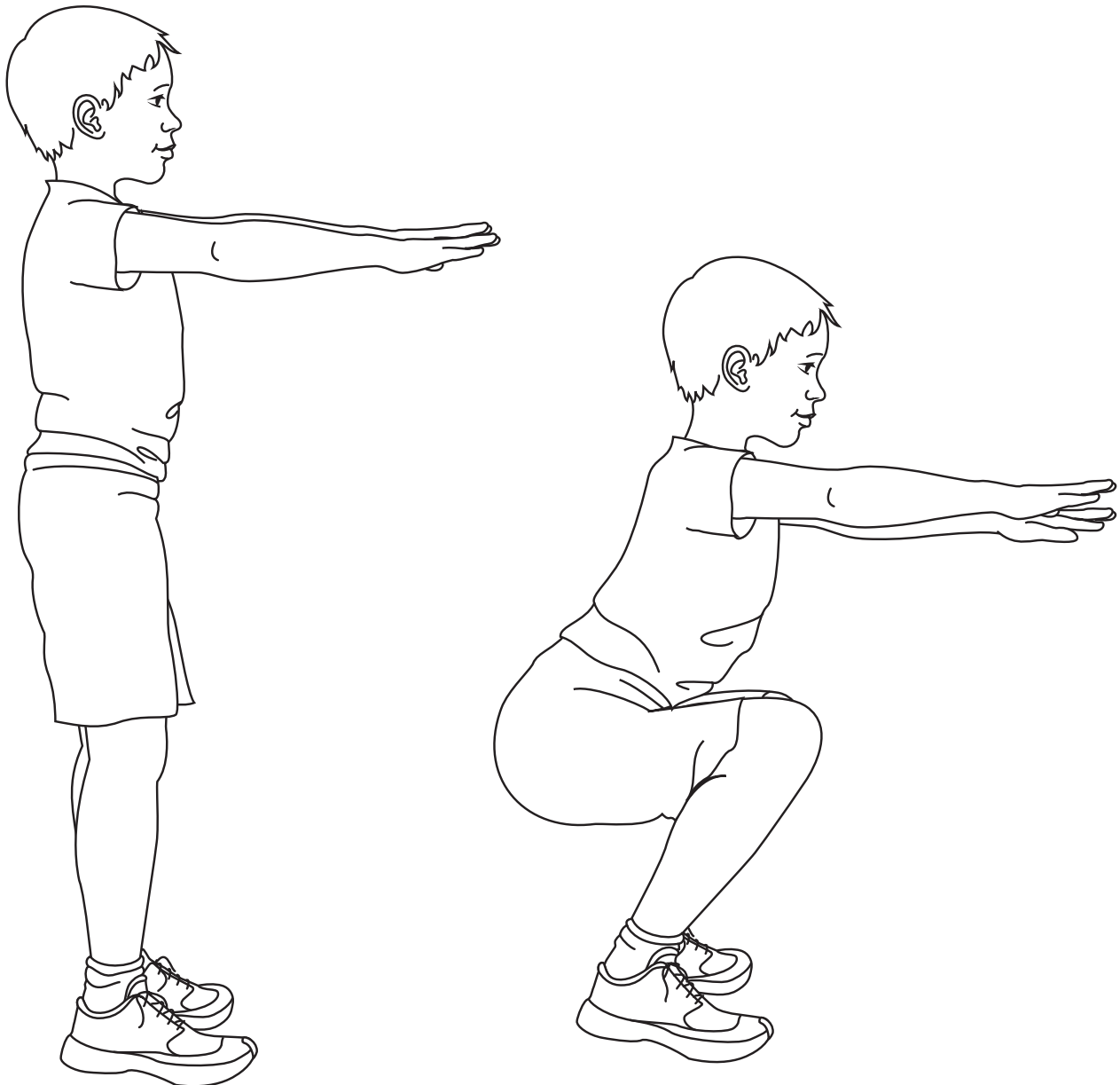
Stand up straight, with your feet slightly apart.

Hold your arms out in front of you.

Slowly bend your knees as though you are sitting down, sticking your bottom out behind you.

Then push back up to standing position.

Repeat this several times.



FLEX YOUR MUSCLES CONTINUED

7 CALVES

Stand with your legs slightly bent and apart.

Lift yourself on tiptoe as high as possible.

Hold this position for about a second.

Return slowly to the starting position.

Repeat this several times.

