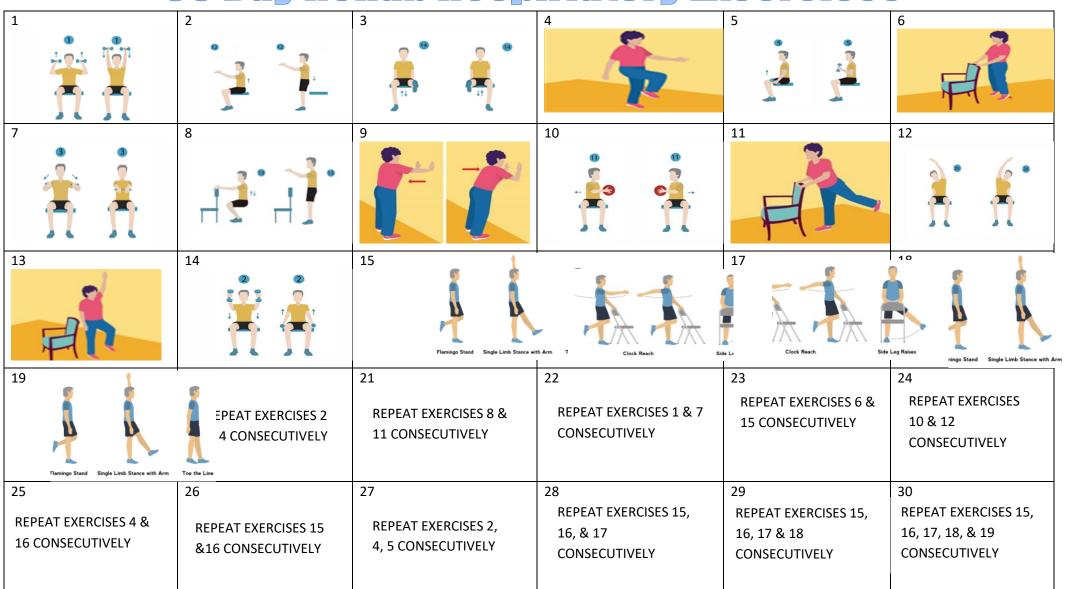


## **30 Day Rehab Respiriatory Excercises**







## **30 Day Rehab Respiriatory Excercises**



- 1) Over Head Press: 4 sets of 10 using either 2 cans of baked beans or 2 bottles of water as weights
- 2) Sit to Stand: 20 times
- 3) Front Kicks: 30 times each leg
- 4) March on the spot: 2 minutes
- 5) Bicep Curls: 4 sets of 10 using either 2 cans of baked beans or 2 bottles of water as weights
- 6) Heel Raises: 20 times
- 7) Chest Press: 4 sets of 10 using either 2 cans of baked beans or 2 bottles of water as weights
- 8) Mini Squats: 20 times
- 9) Wall Press: 20 times
- 10) Alternate Twist: 10 times each side holding cushion out in front
- 11) Leg Extension: 20 times each leg
- 12) Alternate Reach: 20 times each side
- 13) Same Arm / Knee Lift: 10 times each side
- 14) Shoulder Swings: 4 sets of 10 using either 2 cans of baked beans or 2 bottles of water as weights
- 15) Alternate Leg Hold: 5 counts hold each leg 5 times
- 16) Clock Reach: Stand on one leg and swing same arm 10 times, repeat other leg
- 17) Side Leg Lifts: 4 sets of 10 each leg
- 18) Toe to Heel Walk: 10 steps forward 10 steps backwards
- 19) Opposite Arm Leg Swings: 10 times each side