

Exercise List for Residents

- **Roll Your Wrists Forward/Backwards:** Repeat x10
- **Roll Arms Forward/Backwards:** Repeat x10
- **Arm Circles Forward/Backwards:** Repeat x10
- **Punch To The Ceiling:** Repeat x10
- **Bicep Curls:** Repeat x10
- **Over Head Stretches:** Repeat x10
- **Row Boat Forward/Backwards:** Repeat x10

- **Hand Squeezes:** Hold a ball in front of your body, squeeze the ball together as if trying to push the air out of a ball. Release & wiggle fingers: Repeat x10
- **Tummy Twists:** Place arms on hips and turn gently from side to side: Repeat x5
- **Wonder Woman Pose!** Put your arms together at chest and push then open to the side & bring arms back to starting pose: Repeat x5
- **Touch your toes:** Put your hands on your lap. Slowly slide to your toes or as far as you're able & slide to start position. Repeat x5
- **Do the wave!**
- **YMCA!**
- **Boxing!**
- **Skiing!**

- **Roll Your Ankles Forward/Backwards:** Repeat x10
- **Leg Circles Forward/Backwards:** Repeat x10
- **Knee Lifts:** Lift your right knee slowly towards the chest, slowly lowering the knee back to the beginning position and switch the motion to the left leg. Repeat x10
- **Scissor Kicks:** Lift/swing legs up & over each other, alternating Repeat x10
- **Flutter Kicks:** Kick legs up and down Repeat x10
- **March In Place:** Repeat x15
- **Flex And Point Your Toes:** Repeat x15
- **Toes Taps:** Repeat x15
- **Sit and stand:** Repeat x10

- **Turn head to one side, look forward and then turn head to the other side:** Repeat x5
- **Move your right ear to your right shoulder and move your left ear to your right shoulder:** Repeat x5
- **Move your chin to your chest up & down:** Repeat x5
- **Roll your head from side to side:** Repeat x5
- **Lift your shoulders up & down:** Repeat x5
- **Move your upper torso forwards and then back:** Repeat x5
- **Kick out 1 leg to the side, 1 at time:** Repeat x10
- **Knees & feet together, moving only knees:** Repeat x10
- **Keep feet flat on floor and lift toes:** Repeat x10
- **Keep feet flat on floor and lift heels:** Repeat x10
- **Keep feet flat on floor and separate toes:** Repeat x10
- **Keep feet flat on floor and separate heels:** Repeat x10
- **Put hands in a praying pose. Open hands. Bring elbows backwards and move hands back to praying pose:** Repeat x5
- **Put your arms out straight -palms down. Bring your arms up one at a time:** Repeat x5
- **Put your arms out straight -palms up. Bring your arms up one at a time:** Repeat x5
- **Shake out your arms and wiggle your hands and fingers!**
- **Touch your thumb to fingers one at a time and back to thumb:** Repeat x5
- **Move both arms and legs in walking motion while sitting in chair:** Repeat x15
- **Slowly swing your right arm back and forth. Slowly swing your left arm back and forth:** Repeat x10
- **Bring both arms up and take a deep breath in through the nose and let out a deep sigh:** Repeat x3
- **Ball Toss:** Sit in a circle. Toss/Bounce ball in a circle clockwise x 5 and then counterclockwise x5.