

P-SARP EXERCISES FOR POST-70'S MEN & WOMEN

THE C L U E PROGRAM Core • Lower • Upper • Egg

LOWER EXAMPLES



LEG ELASTO STRETCH

Hold counter top or chair back
Place right leg back, keep straight, while bending left knee
Push right heel towards the floor (feel stretch in right calf muscle)
Hold the stretch 5 seconds
Stand up, then bend knee again and repeat 5 times
Switch legs and repeat 5 times

2 SETS

(stretches leg and lower back muscles, tendons)



TIPTOE ELASTO BALANCE

Hold counter top lightly or chair back
Stand up on tip toe, rotate to left, hold 5 seconds, then
rotate to right, hold 5 seconds

5 times each side /2 SETS

(stretches leg muscles, helps balance)



QUADS ELASTO PRESS

One-third to half squat
Place hands on top of quads
Slowly rotate 15 degrees, side to side
5 rotations

2 SETS

(strengthens quads, hamstrings, triceps, biceps)