

## WEEK FOUR

2 days exercise, one days rest, 3 days exercise, one days rest

WEEK FOUR	AM	LUNCH	PM
<b>Muscle activation</b>	30 secs on each spot before walks and exercise		30 secs on each spot before walks and exercise
<b>Weight Shifting</b>	20 reps	20 reps	20 reps
<b>Weight Shoves</b>	20 reps		20 reps
<b>Side bends</b>	5 times on each side		5 times on each side
<b>Weight shifting on foam</b>	20 reps		20 reps
<b>Assisted sit -to -stand</b>	5 reps		5 reps
<b>foam corridor</b>	3 times		3 times
<b>Hip bounces</b>	20 reps		20 reps
<b>Walks (increase by 3 mins)</b>	8-12 mins		8-12 mins

not this week



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