

BED EXERCISE GUIDE

for seniors

Easy Bed Exercises & Stretches PRACTICE GUIDE

| | |
|--|--|
|  | Slide your feet up on your floor, and alternately bring your knees to your chest. Repeat 5 to 10 times, each time for 10 seconds. |
|  | Stretch the back your knees with feet flat on the floor. Push through your feet to lift your hips toward the ceiling. Hold for 10 seconds. Repeat 5 to 10 times. |
|  | Slide your feet up on your floor to stretch your knees. Hold for 10 seconds. Repeat 5 to 10 times. |
|  | Lie flat on your back with knees on your sides. Bend your knees, lift the right knee and hold for 10 seconds. Repeat 5 to 10 times. |
|  | Stretch the left side of your back, hold for 10 seconds. Repeat 5 to 10 times. |

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|  | Lie on your back with your legs straight and feet flat on the floor. Bring the feet back across your body, using your hands to guide. Hold for 10 seconds. Repeat 5 to 10 times. |
|  | Lie on your back. Bend your knees, holding your feet with your hands. Hold for 10 seconds. Repeat 5 to 10 times. |
|  | Lie flat on your back with your knees bent. Hold for 10 seconds. Repeat 5 to 10 times. |
|  | Lie flat on your back with your knees bent. Hold for 10 seconds. Repeat 5 to 10 times. |
|  | Lie flat on your back with your knees bent. Hold for 10 seconds. Repeat 5 to 10 times. |

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| | |
|---|---|
|  | Lie on your stomach with your knees bent and feet flat on the floor. Hold for 10 seconds. Repeat 5 to 10 times. |
|  | Lie on your stomach with your knees bent and feet flat on the floor. Hold for 10 seconds. Repeat 5 to 10 times. |
|  | Lie on your back with your knees bent and feet flat on the floor. Hold for 10 seconds. Repeat 5 to 10 times. |
|  | Lie on your back with your knees bent and feet flat on the floor. Hold for 10 seconds. Repeat 5 to 10 times. |
|  | Lie on your back with your knees bent and feet flat on the floor. Hold for 10 seconds. Repeat 5 to 10 times. |

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Exercise In Bed

Michael Hoelscher



Exercise In Bed:

Decoding **Exercise In Bed**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Exercise In Bed**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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