

We recommend the following tips for using your ankle/wrist weights. Wrist weights should never exceed 2.5 lbs each. Higher weights can cause joint and tendon injuries in the wrists, elbows, shoulders, and neck. They are great for targeted exercises if you can't grip a dumbbell or have a weakened grip due to arthritis or a stroke. Using a light pair of hand weights while performing step exercises is a controlled movement as is marching in place and raising the weights above your head.

Ankle weights are great for exercises targeting the hips and leg muscles. Leg lifts, standing leg raises, bicycle crunches and reverse crunches, are all great examples. Using for rehabilitation after an injury or neurologic rehabilitation post stroke, to encourage normal movement patterns.

WRIST CIRCLES

1. Sitting or standing with straight back, shoulders rolled back, and chin up looking straight ahead.
2. Extend your arms out in front of you at shoulder level and fold each palm into a fist.
3. Keeping elbows stationary, turn your wrists to the left, flex them up, turn to the right, and then flex down. Repeat 10 times.
4. Reverse the direction and repeat 10 times.

BICEP CURLS

1. Stand with your feet positioned about hip-width apart and extend your arms out in front of you so that they are parallel to the ground, with palms facing upwards.
2. Bring your palms to your shoulders by bending your elbows.
3. Extend the arms out again and repeat until you feel tired. This exercise can also be performed while you're sitting on a bench or exercise ball.



**TRICEP
CURLS**

1. Extend your arms upward overhead towards the ceiling.
2. Bend your elbows until your hands reach the back of your neck.
3. Without moving your elbows, lift your forearms from behind your neck until your arms are extended straight toward the ceiling.
4. Repeat.

**SHOULDER
RAISE**

1. With arms placed down at your sides, palms facing down.
2. With arms straight and without bending your elbows, raise your arms until they reach shoulder height.
3. Slowly drop your arm, straight down to start position.
4. Repeat.

PUNCHES

1. Standing with feet hip width apart, back straight, chin up looking straight ahead.
2. With arms bent at the elbows and holding wrists at chest level.
3. Punch with your left hand straight out in front of you at chest level.
4. Bring left arm back to chest and punch out with your right hand.
5. Repeat.





UPPER CUT

1. Standing with feet hip width apart, back straight, chin up looking straight ahead.
2. Arms positioned at your waist with elbows bent.
3. Punch up with your left hand at a slight diagonal across your body, bring back down to start and repeat with your right hand.
4. Move your arms rapidly from one to another.

SPINNERS

1. Standing with one leg slightly in front of the other, split step. Back is straight, chin up looking forward.
2. Place arms in front of you at shoulder height with one on top of the other, bent at the elbows.
3. Start to spin or rotate your arms in circles around each other going forward for 5 spins and then reversing and spinning backwards for 5 spins.
4. Repeat

ALTERNATING LEG RAISES

1. Lying on an exercise mat, legs straight out in front of you, back pressed to the floor.
2. Keeping one leg on the mat, slowly raise the other straight up to the ceiling so that your bottom is slightly lifted off the floor.
3. Slowly lower back down to start position.
4. Repeat with the opposite leg.



SQUAT W/ LEG LIFT

1. Stand upright with your feet slightly wider than shoulder-width apart. Chin up looking straight ahead.
2. Bend your legs and drop your bottom down, just like sitting in a chair. Your legs should form a 90-degree angle. Knees should not extend past your ankles.
3. Drive your weight up through your heels and push your body upright again.
4. As you rise, lift 1 leg up and out to the side (toward the sky). Bring it back down.
5. Drop back down into the squat, come back up, and then lift the other leg up and outward.
6. Repeat

LUNGE

1. Start by standing upright with your shoulders back and chin up, looking at a point straight ahead.
2. Step forward with one leg, lowering your hips until both knees are bent at about a 90 -degree angle. Your front knee should not extend past your ankle and your lower knee should graze above the floor.
3. Drive your weight down through your heel to push your body back upward. Make sure to keep your torso upright throughout the entire movement.
- 4.Repeat with the opposite leg.





BICYCLE CRUNCHES

1. Lying face up on an exercise mat, lift your legs and bend your knees to a 90-degree angle.
2. Place your hands behind your neck and move your right elbow and left knee toward each other while extending your right leg.
3. Pause and reverse the move and bring your left elbow and right knee toward each other as you extend your left leg.
4. Continue in a cycling motion

GLUTE KICKBACK

1. Placing your body on all fours on an exercise mat. Hands should be lined up directly below your shoulders and knees directly under your hips.
2. Keeping your knee bent, lift your right knee towards the ceiling, pushing up with your glutes until your thigh is parallel to the floor.
3. Give a quick squeeze at the top and lower your leg back to start.
4. Repeat with opposite leg.

FIRE HYDRANT

1. Placing your body on all fours on an exercise mat, hands should be lined up directly below your shoulders and knees directly under your hips.
2. Raise one leg up and out to the side in fire hydrant position at a 45 degree angle, knee at a 90 degree angle.
3. It is important to keep your back straight with your core and pelvis stable. Your hip should be the only thing moving.
4. Lower your leg back down to start position.
5. Repeat with opposite leg.