



WAYNE STATE UNIVERSITY

Sit and Be Fit Home Exercise Program

Exercise 1: Bicep curls

Reps: 10, Sets 2-3 as tolerated

Biceps brachii: When contracted, this muscle pulls up the forearm with the arm bending at the elbow:

Brachialis + Brachioradialis:

These muscles sit underneath the biceps brachii and help to flex the elbow

Wrist flexors and extensors:

Together these muscle groups contract isometrically to hold your wrist stable as you curl your dumbbell or any other weight

Why are they important? You use these muscles any time you pick something up, which is common in most ADLS



Exercise 4: Shoulder shrugs

Reps 10, Sets 2-3 as tolerated

Trapezius: The trapezius supports the rotation of your scapula, which enables you to raise your arms above shoulder level.

Erector spinae: These are long muscles that run from your tailbone right up to your lower neck. These muscles stabilize your position and are important in preventing back injury

Why are they important?

These muscles are important in elevating and upwardly rotating the scapula and extending the neck. Keeping these muscles healthy can improve ADLS that involve throwing or lifting objects.

Exercise 2: Torso twists

Reps: 10, Sets 2-3 as tolerated

Obliques: Both internal and external obliques are responsible for performing spinal rotation.

The obliques help to increase your intra-abdominal pressure which stabilizes and protects your spine as you twist

Assisting muscles: Psoas major, quadratus lumborum, iliocostalis. These muscles stabilize pelvis and contribute with spinal rotation.

Why are they important? The muscles involved in torso twists are ones that maintain proper posture and stability in most tasks we partake in

Exercise 3: Calf raises

Reps: 10, Sets 2-3 as tolerated

Gastrocnemius: Along with the **soleus**, the function of this muscle is plantar flexion of the foot at the ankle joint and flexing the leg at the knee joint.

Peroneous Muscles: These muscles help to assist in plantar flexion

Why are they important?

These muscles propel you forward with every single step, they absorb load with each impact, and they support the rest of your lower limb and body. By increasing the strength in these muscles, you will become faster and more agile while moving