

EXERCISES for QUILTING FITNESS 3-5 reps for 2-3 x day

Stand or sit erect

Reach both arms over head, circle outward, pull elbows back and down to waist

Reach out in front, palms facing down, pull arms back, rotate palms to vertical position
Squeeze shoulder blades together

Side bend head to one side, hold 5 sec
Side bend to other side, hold 5 sec.

Gently rotate head to one side, hold 5 sec,
Rotate to opposite side, hold 5 sec. Never Rotate Backwards

Tuck your chin and hold 5 sec

Roll both shoulders up and back and down.

Tighten and release abdominals

Tighten and release buttocks

Gentle back bends after sitting x 5

Open and close hands, fingers

Bend and extend wrists, fingers