

STEP UPS

Using a stable step, hold onto a solid object for support.

Complete 20 repetitions.

Do 10 sessions.

EXERCISE BIKE

Pedal exercise bike for approximately 10 minutes



Compliments and Complaints

If at anytime you have a concern or comment to make please do not hesitate to contact the Chief Executive Officer on 02 6071 5200 or write to PO Box 77 Tallangatta VIC 3700

OUR VALUES

Willingly being accountable

Valuing people

Achieving results through teamwork

Integrity in all we do

Respect for others at all times



Tallangatta Health Service
is a
smoke free facility

Available at Tallangatta Health Service.

- Acute Hospital Care
- Asthma Education
- Bolga Court : Residential and Respite Care
- Diabetes Education
- Dietician
- District Nurse
- Exercise Classes, and Strength Training
- Home and Community Care
- Lakeview Nursing Home Residential Care
- Medical Centre
- Men's Shed
- Meals on Wheels
- Mixed Community Group (MCG)
- Nurse Practitioner
- Occupational Therapist
- Nutritionist
- Pathology
- Physiotherapy
- Planned Activity Group (PAG)
- Podiatry
- Room Hire
- Social Worker
- Women's Health

PHYSICAL ACTIVITY STRENGTH TRAINING

part 2

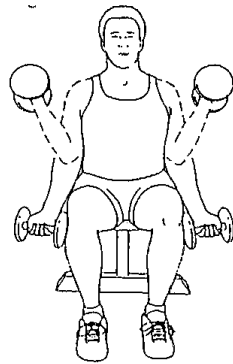


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ARMS BICEPS

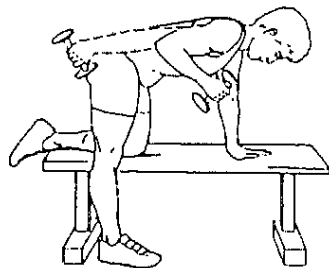
Curl: Sitting, Inner Biceps



Holds weights at sides, palms forward.
Curl arms toward shoulders, rotating to
palms out while beginning curl. Keep
forearms in line with sides of torso.

Do 8 sets.

Complete 3 repetitions



ARMS: TRICEPS

Kickback:Bent Over-Single Arm

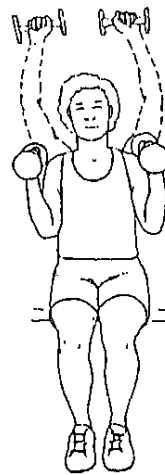
Straighten arm, keeping upper arm in line
with body.

Do 8 sets

Complete 3 repetitions

SHOULDERS

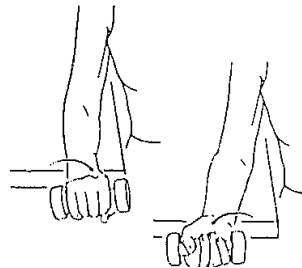
Press: Sitting (Dumbbell)



Palms in, press straight arms, rotating to palms
forward at end of movement.

Do 8 sets.

Complete 3 repetitions.



HAND/WRIST

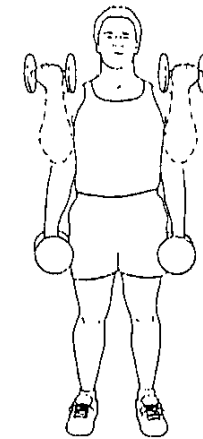
Strengthening Pronation / Supination

Keep right forearm on table, hand over edge,
palm up. Holding a suitable weight, turn palm
down. Hold 3 seconds. Turn palm up. Hold 3
seconds. Repeat 10 times.

Do 1 session per day.

ARMS: BICEPS

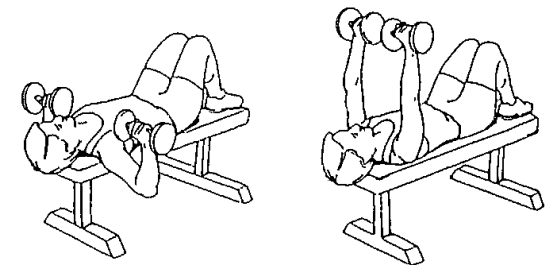
Curl: Standing (Dumbbell)



Knees slightly bent, hold weights at sides,
palms in. Curl arms toward shoulders,
rotating to palms up while beginning curl.

Do 3 sets.

Complete 10 repetitions.



CHEST

Bench Press (Dumbbell)

Press to straight arms.

Do 3 sets.

Complete 8 repetitions