

Translation Japanese to English

1) Exercise ①

【Purpose】

Extend your iliopsoas muscle and triceps of leg

Intensify quadriceps and back muscles

Improve balance of upright posture

【Method】

Please act standing posture, first, set your both hand behind your head.

Next, step forward your right foot and Put your weight on your left leg.

This time be careful not to fall your body down.

And do not detach your left heel from floor.

Next put your right leg forward and do the same things.

Alternatively repeat three times to five times

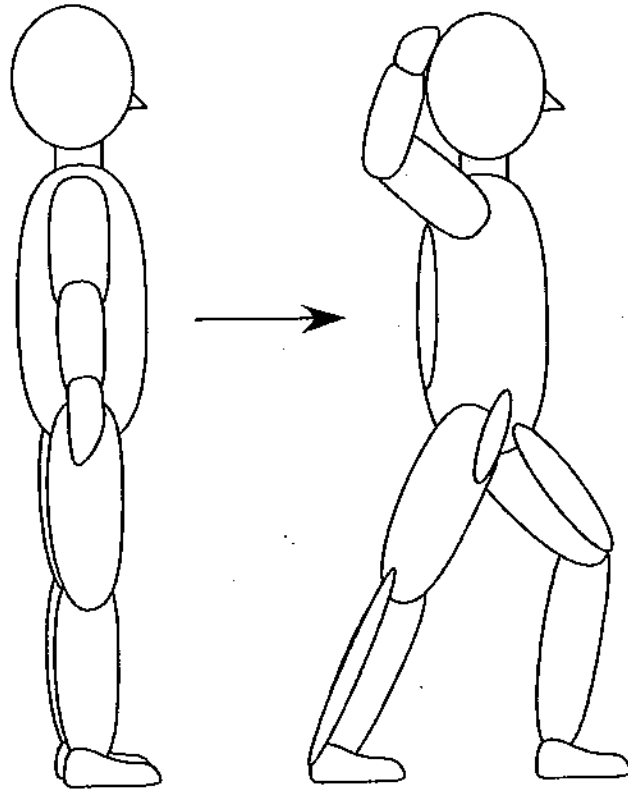
If you can, repeat these menu by two sets.

【assist exercise】

Set your both hands on lumbar

Do holding the back of the chair by hemi-hand

運動①



2) Exercise ②

【Purpose】

Intensify triceps muscle of legs

Improve your balance

【Method】

Please stand opening your breadth of shoulder a little and set both hands on the back of head.

Next stand by tiptoe raising both heels.

Keep this posture for three seconds to five seconds.

Then drop down slowly heels.

Be careful not to sway your body.

Please repeat this exercise three times to five times.

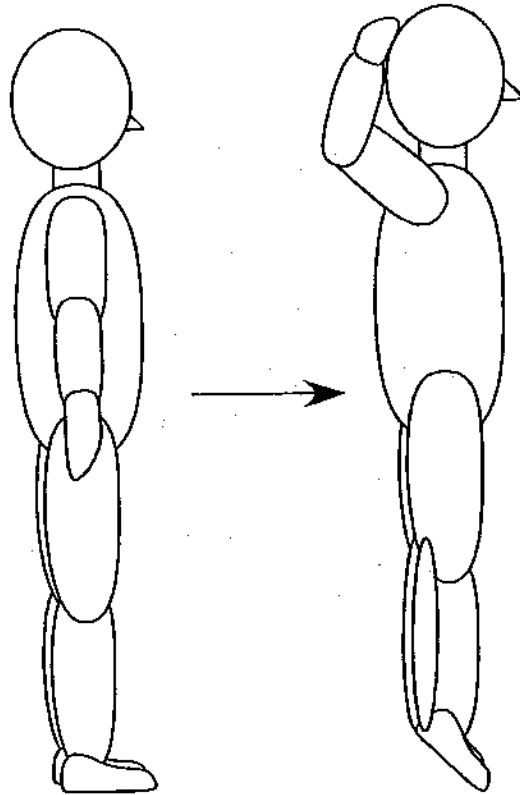
If you can, repeat two sets of these procedures.

【assist exercise】

Set your both hands on lumbar

Do holding the back of the chair by hemi-hand

運動②



3) Exercise ③

【Purpose】

Intensify gluteus maximus, quadriceps and biceps of thigh.

Improve the balance of upright posture.

【Method】

Do all procedures by upright position, First, step on Seraband by sole of foot.

And hold Seraband by both hand

Then draw seraband, and raise yourself from crouching posture extending lumbar and knee.

Please repeat three to five times slowly.

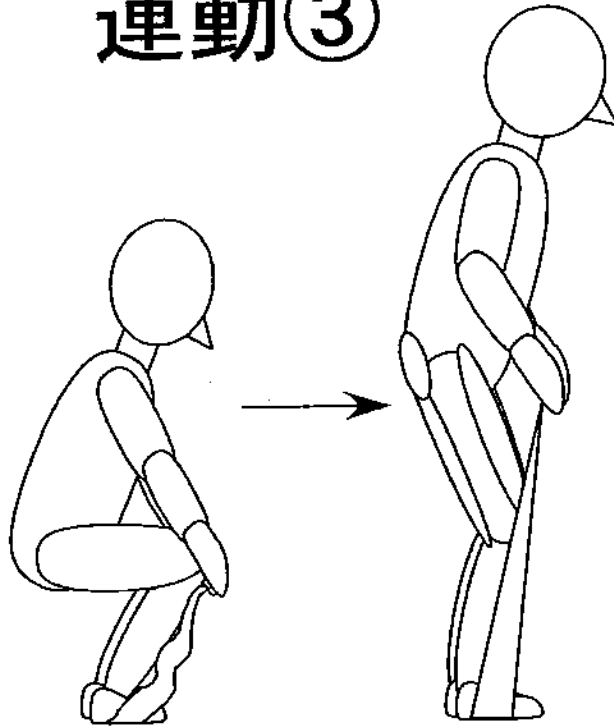
If you can, repeat these procedures two sets.

【assist exercise】

Holding the back of chair, bend your knee (In this occasion do not use Seraband)

Sitting chair, Extend knee hanging Seraband on foot

運動③



4) Exercise ④

【Purpose】

Intensify gluteus medius of thigh.

Improve the balance of upright posture

【Method】

Do all procedures by upright position.

Holding tightly the back of chair and raise your leg side

On this time be careful not fall your body forwards.

And do not bend your knees this time.

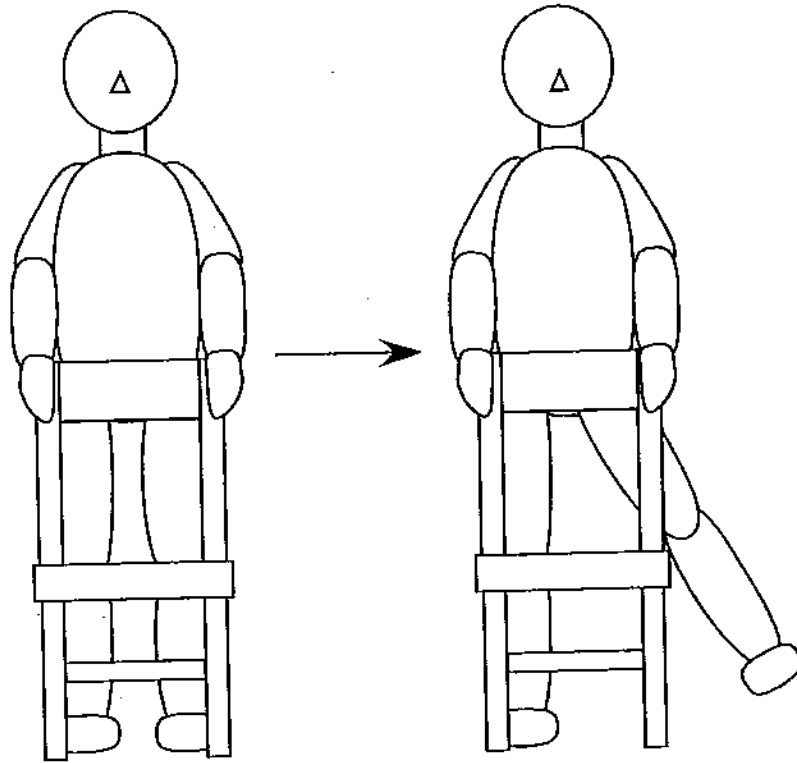
Next raise the other legs and repeat three to five times alternatively.

If you can, repeat these procedures two sets.

【assist exercise】

Step one foot length on side by only one hemi leg.

運動④



5) Exercise ⑤

【Purpose】

Intensify gluteus maximus, quadriceps of thigh.

Improve the balance of upright posture

【Method】

First, sit on chair and stand and go round the chair once.

Swing your arms widely, then after one round, walk again clockwise in second round.

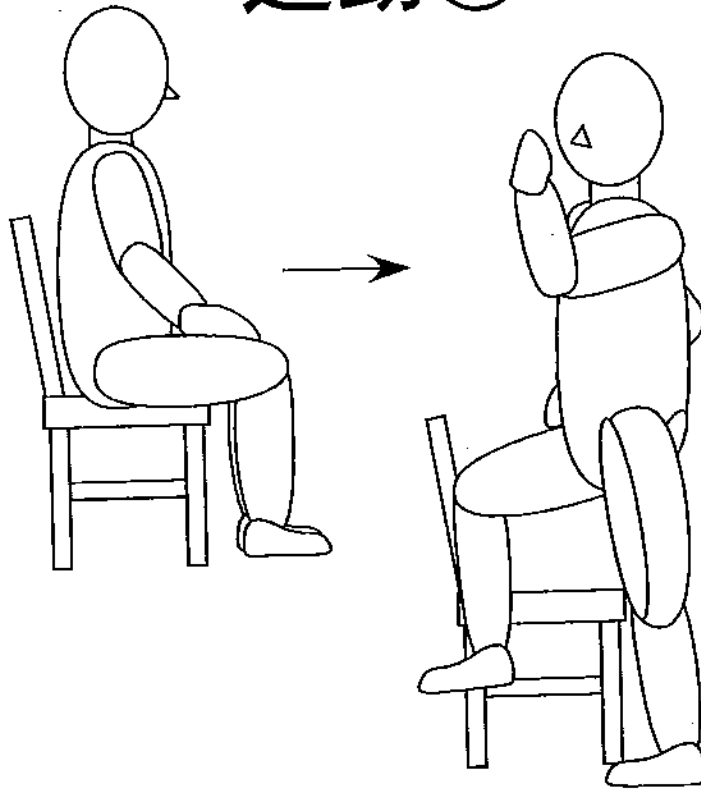
Repeat twice alternatively.

If you can, repeat these procedures two sets.

【assist exercise】

When you walk, hold the back of chair by hand.

運動⑤



6) Exercise ⑥

【Purpose】

Intensify back and abdominal muscles

Improve the balance of sitting posture

【Method】

Do all exercises sitting on chair, therefore please sit shallowly (not deeply).

Set your both hands on the back of your head. Keeping this posture fall down your body forwards.

In this time be careful not to face down.

Please keep this posture three seconds.

Next fall down your body backwards and be careful not to lean back in a chair.

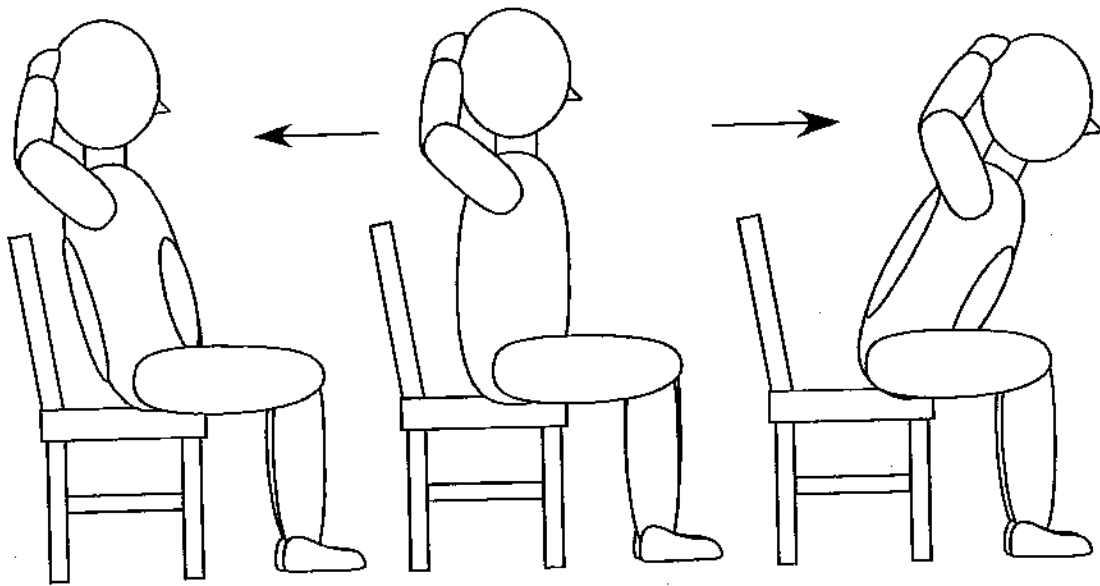
Repeat three times alternatively.

If you can, repeat these procedures two sets.

【assist exercise】

Fall down your body forwards extending your both arms and fall down backwards holding the chair.

運動⑥



7) Exercise ⑦

【Purpose】

Intensify pedal digit muscles (flexor muscle)

Improve the balance of sitting posture

【Method】

Do all procedures by sitting position, First, put Seraband on the floor.

And haul in Seraband by using your digit of foot.

Do not float your heels in this procedures

Repeat three times.

運動⑦

