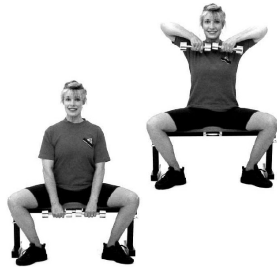


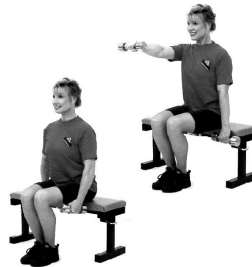
Exercises for Fall Prevention



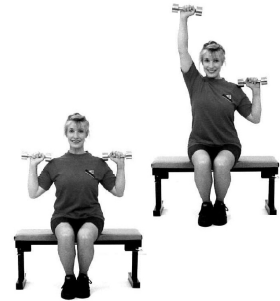
Dumbbell Row



Upright Row



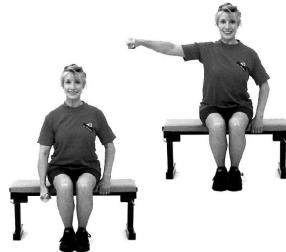
Front Raise



One-Arm Overhead Press



Overhead Press



One-Arm Lateral Raise



Dips in Chairs

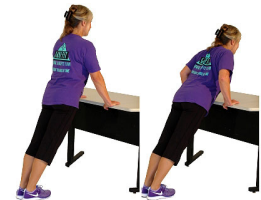


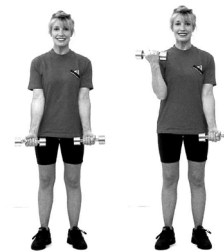
Table Press Ups



French Press



Kickback



Alternating Curl



Stationary Lunge



Lose Contact w/Chair



Sit to Stand



Chair Leg Raise



Balance Training

If you're just starting out, perform one set of 10 repetitions for each exercise using a set of 2-pound dumbbells (each). As the exercises become easier, increase the repetitions to 12 then 15. Next level: Do two sets of every exercise working to 12-15 repetitions. After about 8 weeks, try using 3-pound dumbbells and start with 10 repetitions again. For guidance, we have these exercises on DVD. To order, call 1-888-GERI-FIT or go online at gerifit.com and choose Exercise DVD's tab at the top.