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## Fitness Plan III – Getting off the Floor

*Let's imagine that you have fallen and you are lying on the floor. Now you need to get up without help. Here is the process for moving from the floor. Become familiar with this process, and then practice the following exercises that will make the process easier for you. Don't hesitate to use a partner for help at first.*

Roll from your position to a side lying position, with your bottom arm positioned above your head. Bend your knees up and push up onto the elbow that is over your head. Try to get both knees underneath you by turning your hips, using both elbows and hands for support –you should be on “all fours” in a crawling position. Now you can crawl over to a chair to try to help pull yourself up. Grab the edge of the chair with your hands or place elbows on the seat of the chair. Pull your knee up and place one foot flat on the floor. Shift your weight onto your arms on the seat of the chair and bring the other knee up, standing on that foot. Stand up slowly.

- Plank**—Lie face down on floor with elbows bent, supporting your upper body. Go into a plank - pushup position (legs straight, weight supported on your forearms and toes). Hold position for a ten count, try to work up to a minute.
- Shoulder step up**—From the plank position, places knees on the floor. Now step up onto your hands with your arms extended. At the top of this movement, your weight should be evenly distributed between your arms (extended with palms on the floor) and your knees. Perform this movement from elbows to hands with arms extended 5 times on each side (5 with right hand leading, then 5 with the left hand leading).
- Countertop squat**—Stand facing the kitchen sink, with your hands holding onto the edge of the sink. Now bend your knees and perform a “squat”, going as low as you can to tolerance. Return to starting position. Work up to 20 repetitions.
- Tricep dip**—While sitting on the edge of your chair, place the palms of your hands on the front or sides of the seat. Support your body weight on your hands and bring your body out in front of the chair; your knees are bent. Put as much weight on your hands as possible, using your legs for backup support. Now slowly lower your hips while supporting yourself on your hands and arms. Return to starting position. Try to work up to 20 repetitions.



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- Quadriceps stretch—While sitting in a chair, bend one knee and place foot as far back as possible on the floor. Lean back in the chair and feel the stretch in the front part of your leg. Hold for a count of ten. Repeat 2 – 5 times.
  
  - Gluteal stretch—While lying on your back (on the floor or even in bed), straighten one leg while bending the opposite knee. Pull the bent knee up and across your body, towards the opposite shoulder. You should feel a stretch in you low back, gluts and even hamstrings. Hold for a count of ten. Repeat 2 – 5 times.

*Delay the Disease – Functional Fitness by David Zid*