

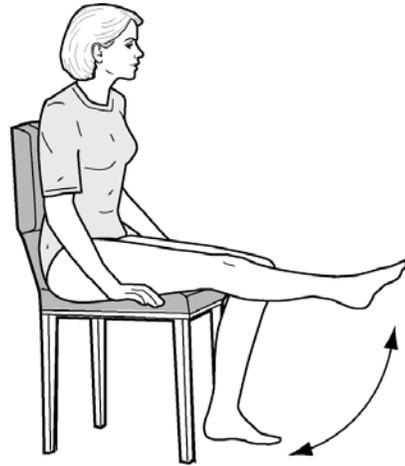
# Conditioning Exercises: Sitting

All of these exercises are done sitting at the edge of the bed or in a chair. Bend your knees and keep your feet flat on the floor. Do only the exercises checked (✓) below.

Do each exercise \_\_\_\_\_ times each, \_\_\_\_\_ times a day.

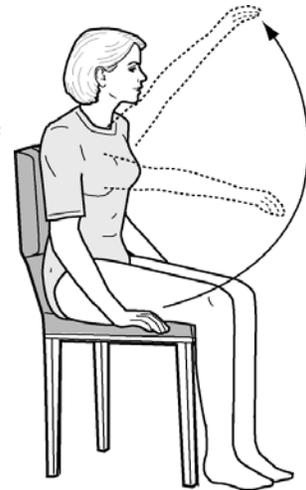
## Flexion / Extension

Straighten your right leg as you breathe out. Return your leg to the starting position as you breathe in. Repeat with your left leg.



## Shoulder Flexion

Start with your arms at your sides. Lift your right arm straight up and over your head as you breathe in. Lower your right arm to your side as you breathe out. Repeat with your left arm.



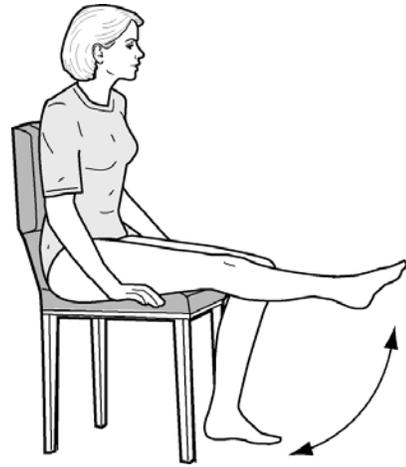
# Jimicsiyada Tababbarka Jidhka: Fadhiga

Dhammaan jimicsiyadan waxa la sameeyaa adiga oo ku fadhiya sariirta cidhifkeeda ama kursi. Jilbaahaga laab oo cagahaaga baabbac ugu hay dhulka. Samee kaliya jimicsiyada calaamadda (✓) leh hoosta.

Samee jimicsi kasta \_\_\_\_\_ jeer midkoodba, \_\_\_\_\_ jeer maalintii.

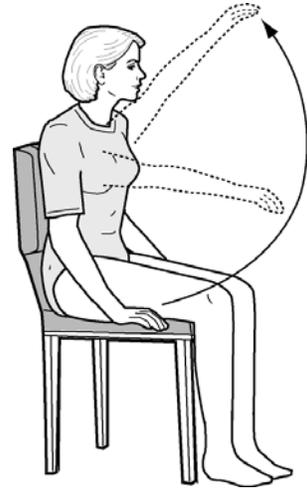
## ☐ Tooxin /Fidin

Lugtaada midg u fidi si toosan isla markaa adoo neefta saaraya. Ku soo celi lugtaada halkaad ka soo bilowday isla markaa adoo neefta qaadanaya. Ku celi sidaas oo kale lugtaada bidix.



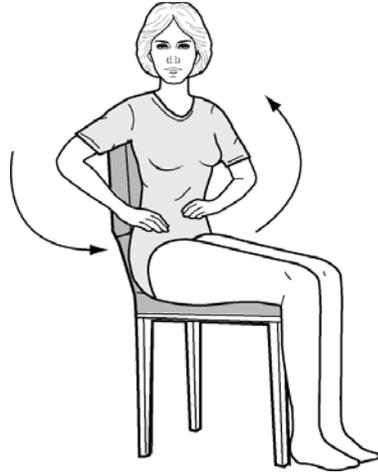
## ☐ Tooxin Garab

Ku bilow gacmahaaga oo dhinacyadaada yaal. Kor ugu qaad gacantaada midig si toosan oo kor madaxaaga ah isla markaa adiga oo neefta qaadanaya. U soo deji gacantaada midig dhinacaaga isla markaa adoo neefta saaraya. Ku celi sidaas oo kale gacantaada bidix.



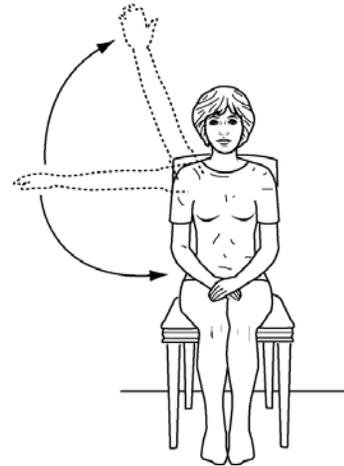
### ❑ Trunk Rotations

Put your hands on your hips. As you breathe out turn your upper body and head toward the right. As you breathe in, turn back to the starting position. Then as you breathe out, turn toward the left. Return to the starting position as you breathe in. Repeat in each direction.



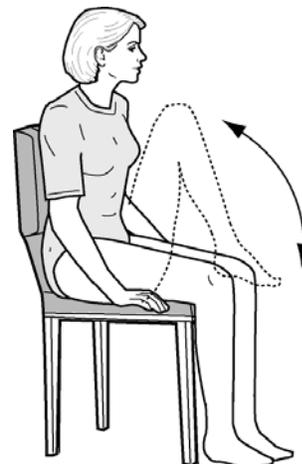
### ❑ Shoulder Abduction

Start with your arms at your sides. Lift your right arm out to your side and up over your head as you breathe in. Lower your right arm to your side as you breathe out. Repeat with left arm.



### ❑ Hip / Knee Flexion

Raise your right knee up towards your chest as you breathe out. Lower your leg to the starting position as you breathe in. Repeat with your left leg.



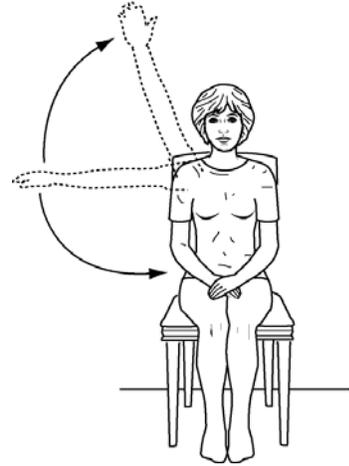
### ❑ Wareejinta Salka

Gacmahaaga dul saar misigahaaga. Kolba markaad neefta saareyso u wareeji jirkaaga sare iyo madaxaaga dhinaca midigta. Kolba markaad neefta qaadaneyso, ku laabo meeshaad ka bilowday. Haddana markaad neefta saareyso, u jeedso dhinaca bidixda. Ku soo noqo halkaad ka soo bilowday isla markaad neefta qaadaneyso. Ku celi jaho kasta.



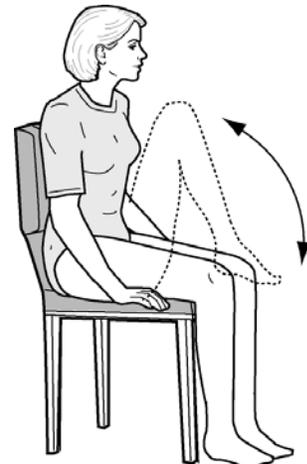
### ❑ Garab Kala-Fidinta

Ku bilow gacmahaaga oo dhinacyadaada yaal. Kor ugu qaad gacantaada dhinac iyo kor madaxaaga ah isla markaa adiga oo neefta qaadanaya. Soo deji gacantaada midig dhinacaaga isla markaad neefta saareyso. Ku celi sidaas oo kale gacanta bidix.



### ❑ Misig /Jilib Tooxin

Kor u qaad jilibkaaga midig illaa shafkaaga isla markaad neefta saareyso. Ku soo deji lugtaada halkaad ka soo bilowday isla markaad neefta qaadaneyso. Ku celi sidaas oo kale lugtaada bidix.



## ❑ Shoulder Circles

Put your hands on your shoulders. Make ten circles forward and ten circles backward with your elbows.



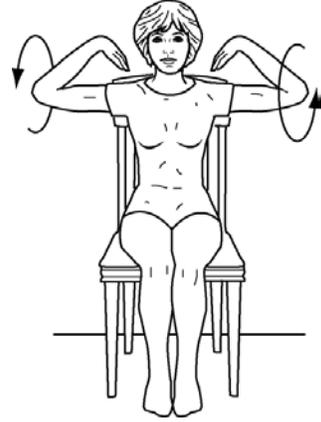
## ❑ Shoulder Press

Rest your right hand on your right shoulder with elbow bent. Bring your arm to shoulder level out to the side. Slowly raise your right arm over your head, straightening your elbow while you breathe in. Lower your right arm and rest your hand on your shoulder as you breathe out. Repeat with left arm.



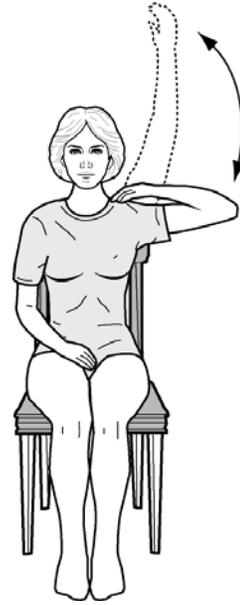
## ❑ Goobaabaha Garabka

Gacmahaaga saar garbahaaga. Toban goobaabo horay ahaan xusulladaada ku samee haddana toban goobaabo dib ahaan sidaas oo kale u samee.



## ❑ Garab Riix

Gacantaada midig dul dhig garabkaaga midig iyada oo xusulku laaban yahay. Gacantaada heer garab soo gaarsii iyada oo dhinaca u soo baxsan. Qun yar ugu qaad gacantaada midig korka madaxa, adiga oo toosiya xusulkaaga isla markaad neefta qaadaneyso. Hoos u soo deji gacantaada midig oo ku nasi gacanta garabkaaga isla markaad neefta saareyso. Ku celi sidaas oo kale gacanta bidix.



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Conditioning Exercises: Sitting. Somali.