

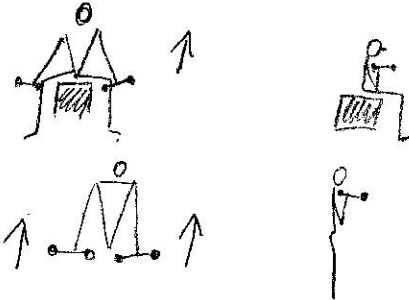
## PATTY'S TRAINING

All exercises are at seated position on steady chair.

**Warm up** your body – 5-10 minutes walk on treadmill

Use 2.5 lbs heavy dumbbells during your workout.

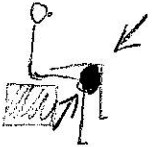
### BICEPS CURL W/ DUMBELLS



Sit on a chair; keep your back straight, abs tight. With exhale bring dumbbells close to the shoulders – curl.

**2-3 sets of 15 repetitions**

### INNER THIGHS W/ SMALL BALL



Bring knees together with exhale, squeeze the ball and pull belly in (bring belly button close to your spinal)

Focus on your left leg- it's weaker

**2-3 sets 15 reps**

### LATERAL RAISE W/DUMBELLS



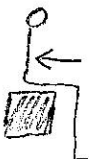
It is for your shoulders.

Open arms to the sides with exhale.

Watch your shoulders, **keep them down**

**2-3 sets 15 reps**

### BREATHING



Sit nice and tall, with exhale pull belly in as much as you can. Hold belly in for 2 sec.

**2-3 sets of 10 breaths**