



A Couch Potato's Half-Time Workout

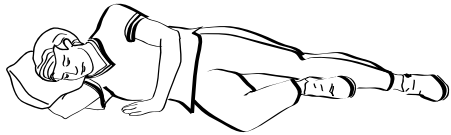
Who says couch potatoes can't get fit?

Physical therapists say that you can cheer your team to victory **and** exercise your muscles. And without ever having to take your eyes off the TV. What a deal!

"Couch Potato Kickoff" Lateral Leg Lift

Kickoff with your team and work the muscles in your hips and buttocks. This exercise can also be done with ankle weights.

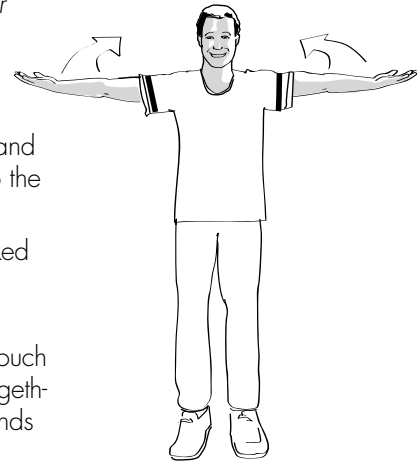
- You'll need to move from the couch to the floor for this one. Lie on your side with a pillow under your head. Keeping your stomach tight, bend your bottom knee toward your chest and extend your top leg out straight. Inhale.
- Slowly lift your top leg about 6 inches off of the floor. Exhale as you lift. Hold for 5–10 seconds, breathing evenly. *Do not hold if you're using weights.* Repeat on the opposite side.



"Hail Mary" Back and Arm Extensor

Pass is complete. You'll move closer to **your** goal by doing this exercise for your upper back and shoulders.

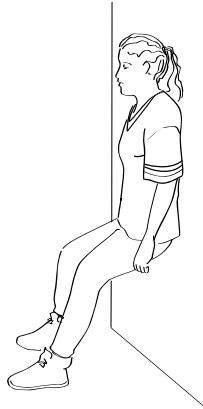
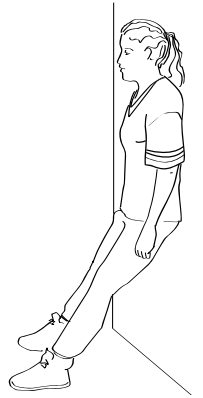
- Stand with your knees slightly bent, your arms lifted to shoulder level, and your palms facing up to the ceiling.
- Keep your stomach tucked in and inhale.
- Exhale as you pull both arms back and slowly touch your shoulder blades together. Hold for 5–10 seconds and breathe evenly.



"Touchback" Wall Squats

While you and your team are up against the wall, why not work the muscles in the front of your thighs, hips, back, and abs?

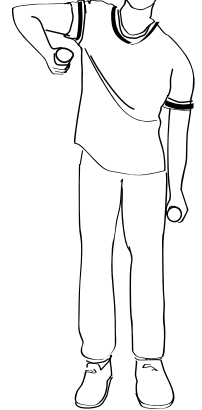
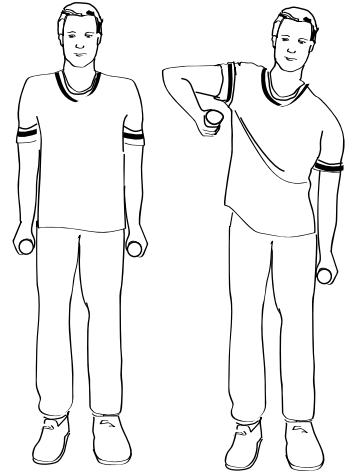
- Stand on a non-skid surface with your back against a wall and your feet about 2 feet away from the wall. Keep your feet about 6"–8" apart. Inhale as you keep your stomach in and head forward.
- Slowly slide your back down the wall to an upright position. It is important to be sure that, as you slide down, your knees are *behind* or *directly over* your ankles. Exhale as you lower your body. Hold for 5–10 seconds, breathing evenly. Return slowly to start.



"Soda Stretch" Side Bend

For your upper and mid-back, shoulders, and arms. Yes, you need to use **full, unopened** soda cans for this one—no cheating!

- Stand with your legs 6"–8" inches apart, a soda in each hand, and knees slightly bent. Keep your stomach in and your arms at your sides with your palms facing inward. Inhale.
- Slowly bend at the waist to one side while you let the opposite arm bring the can up under your arm. Exhale as you bend to the side. Inhale as you return to start. Repeat on the opposite side.



Couch Potato Tips

Questions or Comments?

American Physical Therapy Association
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www.apta.org

Physical therapists say that staying on the couch for long periods of time won't improve your physical shape—how you look and feel. Who needs that? Try these exercises instead!

Fitness Facts

Serving Size 1 package
Servings Per Container 1

Amount Per Serving

Daily Value

Strength ✓

Flexibility ✓

INGREDIENTS: EXERCISES SPECIFICALLY FORMULATED BY PHYSICAL THERAPISTS WITH THE COUCH POTATO IN MIND.

Try Couch Potato Exercises... They're Good For You!



American Physical Therapy Association

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