

SPRING STRENGTH STARTER ROUTINE

3 Simple Exercises to Strengthen Your Core, Legs & Balance (by Cynthia)

These exercises are low-impact, joint-friendly, and perfect for anyone returning to activity after winter. Do them as a warm-up, or combine them into a short circuit. Aim for 2-3 rounds, 3x per week.

Your 3 Essential Movements:

1. Scaption

Stand with arms at your sides, thumbs up.

Raise your arms forward at a 45-degree angle to shoulder height.

Lower slowly. Repeat 10-15 reps. You should feel the muscles between your shoulder blades and core activate.

2. Sit-to-Stand

Sit in a sturdy chair with feet flat on the floor.

Stand up without using your hands, fully straightening your hips.

To sit, push your hips back while keeping your spine long. Repeat 10-15 reps. Optional: pause before touching the chair.

3. Static Balance Hold

Stand tall with weight centered. Shift weight onto one leg without leaning.

Lift the opposite foot off the ground without touching your standing leg.

Hold for up to 30 seconds. Switch sides. Keep your pelvis level and avoid counterbalancing.

These three movements target the muscles most responsible for balance, strength, and stability. As your body adapts, increase difficulty by slowing reps down or adding a second round.

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About Cynthia:

I teach a small-group Pilates/conditioning class designed for adults over 50 who want to stay strong, steady, and injury-free.

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