

## Housing Channel

### Title: Fitness Exercise for Elderly - Exercise 4 "Leg Workout"

Super Fitness Exercise for Elderly  
Exercise 4 "Leg Workout"

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Mark Sir This exercise is "Leg Workout"

It can strengthen our thigh muscles

To enhance the muscle power of the thighs

Have a chair ready and sit down

Super Beginners Level

Mark Sir Spread your feet to width of your shoulders

Hands on your shoulders

Super The chair must be secure

Mark Sir Lean forward

Exhale and stand up slowly

Inhale and sit down

One more time

Lean forward

Exhale and stand up

Inhale and sit down

This is the beginners level

Now it's the advance version

Super            Advanced Level

Mark Sir        Stand next to the chair

Spread your feet to width of your shoulders

Hands in the front

Inhale and squat down slowly

Knees should not be beyond the toes

Exhale and stand up

Try again

Inhale down, exhale up

Super            Don't push yourself too hard

Super            Attention:

- Assess your physical conditions and measure your blood pressure. Do not exercise if you are not feeling well.
- Perform exercise in a safe and right place, and preferably with a companion.

Acknowledgement