

STEP UPS

Using a stable step, hold onto a solid object for support.

Complete 20 repetitions.

Do 10 sessions.

EXERCISE BIKE

Pedal exercise bike for approximately 10 minutes

Compliments and Complaints

If at anytime you have a concern or comment to make please do not hesitate to contact the Chief Executive Officer on 0260 71 5200 or write to PO Box 77 Tallangatta VIC 3700



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Tallangatta Health Service is a flexible and dynamic provider of services that meets the changing needs of our rural community



Tallangatta Health Service
is a
smoke free facility

Available at Tallangatta Health Service.

- Medical Centre
- Bolga Court : Residential & Respite
- Lakeview Nursing Home
- Respite Care
- Acute Hospital Care
- Home And Community Care
- District Nurse
- Occupational Therapist
- Meals on Wheels
- Women's Health
- Asthma Education
- Dietician
- Diabetes Education
- Exercise Classes, and Strength Training
- Podiatry
- Physiotherapy
- Bowen Therapy
- Activity Day Centre
- Social Worker
- School Dentist
- Red Cross Car
- Community Bus Hire
- Room Hire
- OSCH Childcare

For more details, phone
reception: 0260 71 5200

PHYSICAL ACTIVITY STRENGTH TRAINING

part 2



PO Box 77
25 Barree Street
Tallangatta
VIC 3700

Phone: 0260 71 5200
Fax: 0260 71 2795
Email: THS@ths.vic.gov.au

ARMS BICEPS

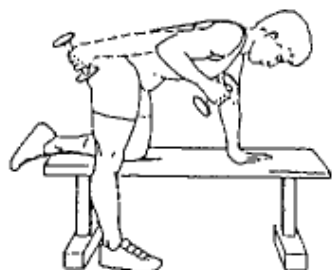
Curl: Sitting, Inner Biceps



Holds weights at sides, palms forward. Curl arms toward shoulders, rotating to palms out while beginning curl. Keep forearms in line with sides of torso.

Do 8 sets.

Complete 3 repetitions



ARMS: TRICEPS

Kickback:Bent Over-Single Arm

Straighten arm, keeping upper arm in line with body.

Do 8 sets

Complete 3 repetitions

SHOULDERS

Press: Sitting (Dumbbell)



Palms in, press straight arms, rotating to palms forward at end of movement.

Do 8 sets.

Complete 3 repetitions.



HAND/WRIST

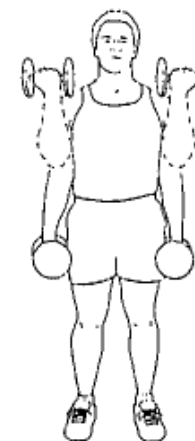
Strengthening Pronation / Supination

Keep right forearm on table, hand over edge, palm up. Holding a suitable weight, turn palm down. Hold 3 seconds. Turn palm up. Hold 3 seconds. Repeat 10 times.

Do 1 session per day.

ARMS: BICEPS

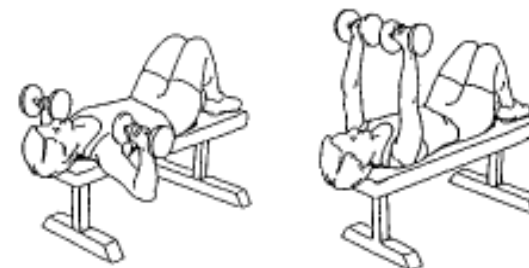
Curl: Standing (Dumbbell)



Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.

Do 3 sets.

Complete 10 repetitions.



CHEST

Bench Press (Dumbbell)

Press to straight arms.

Do 3 sets.

Complete 8 repetitions