



Shizo~ka

Denden Workout



Raise your arms! Raise your legs! Raise your spirits!

※The Shizo~ka Denden Workout involves attaching weights to your arms and ankles. Performing them approximately twice a week makes the exercises will bring optimal results.

Precautions for performing the exercises

※Do not push yourself to the limit

Do not push yourself to the limit, as it is not a competition.
Discontinue the exercises if you feel any pain in the neck, back, arm (shoulder, elbow, wrist), leg (crotch, knee, ankle) joints.

※Proceed slowly

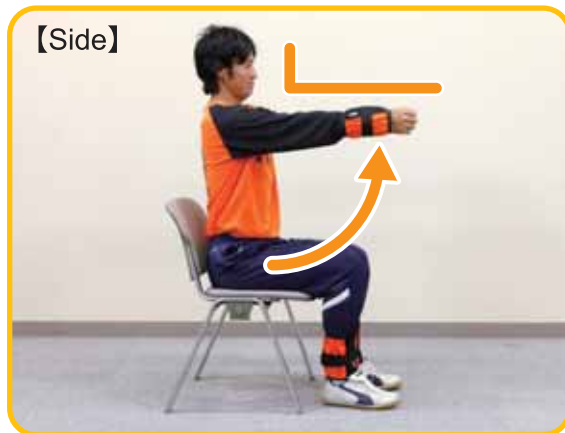
Better results can be gained by performing the exercises slowly.
Performing the motions quickly, raises the risk of injury.

※Don't forget to breathe

It's easier to remember to breathe if you count 1,2,3,4 outloud as you exercise.
If you hold your breath, it may cause your blood pressure to rise suddenly.

Exercise 1 Arm Lifts

Effect Lifting objects becomes easier



- Sit up straight on a chair, your stomach and back straight.
 - Clench your fists lightly and let them hang to your side.
 - Lift your arms slowly to shoulder height, with thumbs facing the ceiling.
 - Raise both arms together in 4 seconds, then lower them again in 4 seconds.
- ※ If you feel pain in the shoulder joint, refrain from performing the exercise or perform the exercise within the pain free range.

Exercise 2 Side Lifts

Effect Getting up off the futon or bed becomes easier



- Sit up straight on a chair, your stomach and back straight.
 - Clench your fists lightly and let your arms hang to the side.
 - Lift your arms slowly to shoulder height, keeping the hands facing the floor.
 - Take 4 seconds to slowly lift and another 4 seconds to lower both arms.
- ※ Those who experience pain in the shoulder joints should discontinue this exercise or perform the exercise within the pain free range.

Exercise 3 Chair Squat

Effect Standing up from the sitting position becomes easier



- Sit shallow on a chair.
- Sit back against the chair.
- Put your arms against your chest.
- Sit so that your feet are firmly against the floor.
- Stand with your feet shoulder width apart, pulling your feet back a little.
- Stand up from the chair slowly taking 8 seconds.
- Return to the sitting position slowly taking 8 seconds.

※Those who experience pain in the back, crotch, knee joints, etc. should discontinue the exercise or perform the exercise within the pain free range.

※If the example in the picture is difficult to perform, it can be done in an easier way (using a table or chair to hold on to, etc.)

Exercise 4 Leg Lifts

Effect Helps healthy walking mobility and prevents stumbling



- Sit back deeply in a chair.
- Put your hands under your thighs
- Lift your leg from the knee, keeping your toes facing upward, taking 4 seconds.
- Slowly lower the leg taking 4 seconds.
- Perform both left and right legs alternately.

※Those who experience pain in the knee joint etc. should discontinue the exercise or perform it in the pain free range.

Exercise 5 Rear Lifts

Effect Builds an attractive posture when walking



- Stand approximately 30cm away behind a chair.
 - Hold on to the back of the chair, straightening the elbows.
 - Raise your leg backward approximately 30cm, keeping your knee straight.
 - Take care so that the toes do not face vertically downward.
 - Take 4 seconds raising the right leg, then another 4 seconds lowering it.
- Perform both legs alternately.

※Those who experience pain in the back, crotch, knee joints, etc. should discontinue the exercise or conduct it within the pain free range.
※If the chair is unstable, stabilize it so that you do not fall (have someone hold the chair or sit on it, etc).

Exercise 6 Side Lifts

Effect Reduces wobbliness therefore prevents falls



- Stand approximately 30cm behind the chair.
- Hold the chair with elbows straight.
- Raise one leg to the side approximately 30cm above the ground, keeping the knee straight.
- Keep the toes facing the front.
- Raise and lower the right foot taking 4 seconds each way, performing left and right foot alternately.

※Those who experience pain in the back, crotch, knee joints, etc. should discontinue the exercise or conduct it within the pain free range.
※If the chair is unstable, stabilize it so that you do not fall (have someone hold the chair or sit on it, etc).