

Shizo~ka

Denden Workout

Workout Manual (Standing Version)



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



静岡市

Community Rehabilitation Center Shizuoka City
TEL 054-249-3182



Shizo ~ ka

Denden Workout

< Origin of the name >

- To have the exercises widely known by everyone
- Let's work hard like a snail, taking our time, taking it slow and easy
- A name that is familiar in daily life to all, from kids to the elderly, just as the "Shizo ~ ka Oden" is.

This workout was created with reference to Exercise: A Guide from the National Institute on Health and Aging

Health & Exercise for over 50 Workout, Exercise, Safety, Nutrition (Translated into Japanese)

※The Shizo ~ ka Denden Workout involves affixing weights to wrist and ankles. Best results can be seen if the workout is performed approximately twice a week with the weights attached.

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

Effects

Lifting objects becomes easier

Stand with feet shoulder width apart, your stomach and back straight. Clench your fists lightly and let them hang to your side.

With the thumbs facing upward, lift both arms slowly to shoulder height taking 4 seconds, then lower them taking another 4 seconds.

※Those who experience pain in the shoulder joints should discontinue the exercise or perform it in the painless range.



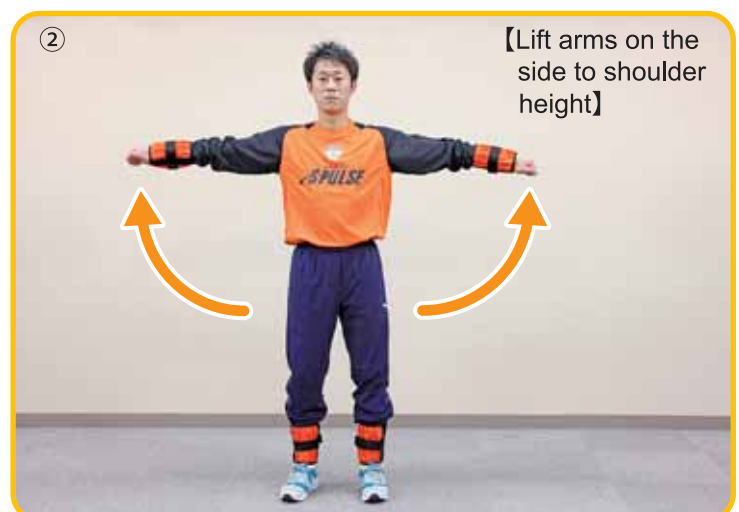
Exercise 2

Side lifts

Effects

Getting up off the futon or bed becomes easier

- ① Stand with feet shoulder width apart, stomach and back straight. Clench fists lightly and let them hang to the side.
 - ② With your open hands facing the floor, slowly lift both arms to shoulder height taking 4 seconds, then slowly lowering them taking 4 seconds.
- ※ Those who experience pain in the shoulder joints should discontinue the exercise or perform it in the painless range.



Exercise 3

Squats and Toe Lifts

Effects

Makes standing up off a chair easier and prevents tripping over.

- ① Stand with legs shoulder width apart, stomach and back straight.
- ② Slowly raise both arms forward taking 4 seconds, as you squat.
- ③ Slowly lower your arms taking 4 seconds, as you straighten your legs and back.
- ④ Raise the toes on your right foot taking 2 seconds, then lower them taking 2 seconds.

※Be careful not to bend forward while raising your toes.



Exercise 4

Squats and Heel Lifts

Effects

Makes standing up off a chair and walking easier

- ① With feet shoulder width apart, keep stomach and back straight.
 - ② Slowly lift both arms forward taking 4 seconds, lowering your back at the same time.
 - ③ Slowly lower both arms taking 4 seconds, straightening back at the same time.
 - ④ Raise both heels taking 2 seconds, then descend in 2 seconds (do this process twice).
- ※ If you feel unstable when lifting both heels, hold on to a chair or some object to prevent falling.



Exercise 5

Stepping Forward & Backward

Effects

Improves sense of balance to make walking easier

- ① Stand with legs shoulder width apart, straightening stomach and back.
- ② Take a step forward while lifting both arms, taking 2 seconds.
- ③ Lower your back as you put your weight onto the leg that is forward, taking 2 seconds.
- ④ Raise and straighten your back taking 2 seconds, then pulling the leg that was forward back to its original position in another 2 seconds. Perform left & right leg alternately.

※Be careful so that the leg stepping forward is not facing inward.

If it is difficult to maintain your balance, you can hold on to a bar or chair to prevent falling.

※Those who have weak knees should not overdo this exercise, as it may put further strain on the knees.



Exercise 6

Sumo Wrestler Exercise

Effects Makes climbing and descending steps easier

- ① Stand with feet shoulder width apart, with stomach and back straight.
 - ② Lift your right foot and take a step out to the right side, taking 2 seconds.
 - ③ Lower your back taking 2 seconds.
 - ④ Raise your back in place taking 2 seconds, then place your left foot to the right, taking 2 seconds, so that both feet are together. Perform left and right alternately.
- ※ Do not lower your back too much. Those who experience knee or back pain should especially be careful when conducting this exercise.

