



Feeling Fit with FSHD

Workshop January 11, 2024

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Feeling Fit with FSHD – January 2024 Workshop #1

The Challenge

- Pick an exercise – choose something challenging but not frustrating
- Set a goal .. I chose 1000 in the name but 1000 is a BIG number
- Starting today, do as many as you can --- 20
- Repeat (20) several times thru the day ... 20 x 5 a day equals 100 per day
- Repeat daily until the next meeting
- Try to add more reps each time, each day
 - Start # is 20, then 25, then 30, ...
- Keep a journal, wins and losses
- Get a partner

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Sitting

Sit straight at edge of chair (if you can), chair arms

Gentle gaze

Breathe thru nose

Tip of tongue touching roof of mouth

Feet flat on the floor – hands in lap

Grip floor with toes

Body relaxed

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Standing

Stand, chair, wall for support

Gentle gaze

Breathe thru nose

Tip of tongue touching roof of mouth

Feet flat on the floor – hands in lap

Grip floor with toes

Body relaxed

Focus on “Dan Tien”

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Breathing

Diaphragm Breathing, “Belly Breathing”, Abdominal Breathing

Breathe using the diaphragm...

>>> Breathe in and out thru nose

→ Hands on belly, feel out and in motion

→ Inhale - push down on the diaphragm – belly out **expand torso**

→ Exhale - pull up with the diaphragm – belly in **compress abdominals**

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Exercise List - Sitting

Breathing

Alternate Hand Raise <- add the feet

Neck

Shrugs

Shoulder Press

Side Bends

Sit Up

Leg Extensions

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Exercise List - Standing

Breathing

Alternate Hand Raise <- add the feet

Neck Shrugs Shoulder Press

Arm Curls

Side Bends

Touch Toes

Knee raise

Calf Raises

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Exercise List - Laying

Front Arm Raise

Lateral Arm Raise

Leg extension

Single Leg Lift

Double leg lift

Reverse Crunch