

# **THE CAN DO Exercise Program**

*By Brian Thomas*

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*I take the true definition of exercise to be,  
labor without weariness.*

*~ Johnson*

## **TABLE OF CONTENTS**

Exercise #1  
Head and Neck Rotation

Exercise #2  
Toe Raise

Exercise #3  
Stomach and Chest Exercise

Exercise #4  
Side Thigh Exercise

Exercise #5  
Back Thigh Exercise

Exercise #6  
Front Thigh Exercise

Exercise #7  
Front Standing March Exercise

Exercise #8  
Front Arm Curl

Exercise #9  
Fist Exercise

Exercise #10  
Wrist Curl



# **The Can Do Exercise Program**

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## **Introduction**

This exercise program is called the Can Do program because almost everyone can do the following exercises every day. An exercise program should be designed so that no matter how tired you are or how little time you have, you Can Do these exercises. Everyone should exercise every day. If you have an exercise program that is too long or too strenuous, at some point in time you will miss a day or two. After that it's a downhill slide and eventually you will probably stop or only do it once in a while.

Everyone needs to exercise each day if they are to remain in good health. The body produces all the nutrients that the body and all of its organs need, but they have to be transported through the bloodstream. Exercise is that transportation system, but the body needs these nutrients every day, and that is why daily exercise is vital to your health.

Almost anyone can do the Can Do program. Only one small inexpensive piece of equipment is necessary, a 5Lb dumbbell. Breathing correctly is just as important or maybe more so since it circulates oxygen into the body and exhales carbon dioxide. Always try to exercise at the same time every day and always exercise before a meal. Inhale on the uptake and exhale going down. Inhale through your nose and exhale through your mouth.

You will feel better when you exercise each day because you will be exercising every part of your body from the top of your head to the tips of your toes and everything in-between. All of these exercises will take only about 15 minutes. We highly suggest you do not exceed 30 times for each exercise. You may feel like doing more, which you will probably be able to, but the reason we warn against this is you will increase your time and energy and defeat the purpose.

This is an exercise program that you Can Do.

## **Exercise #1**

Head and neck rotation. Rotate your head and neck all the way down and all the way back 30 times on each side. Hold onto the back of your chair while doing this exercise. Start out with what you are comfortable doing and work up to 30 on each side gradually. Do not exceed 30 on each side.

*Benefit: This exercise will pump blood into your brain, which will make you more mentally alert.*

## **Exercise #2**

### **Toe Raise**

It is best to hold onto the back of a chair while doing this, therefore you can concentrate on the exercise instead of trying to maintain your balance. Start by raising your heel off the floor and lowering it back down where your foot is flat on the floor. Inhale through your nose on the way up and exhale through your mouth on the way down. Both feet are raised at the same time. The exercise will produce better results if done in your bare feet. Do this exercise 30 times, but again start with what you feel comfortable with and gradually increase this to 30. Do not exceed 30 toe raises.

*Benefit: Since your brain is the highest part of your body, and your toes are your lowest, it makes it hard to pump blood to your highest and lowest extremities. You benefit by having blood flow to a part of your body where the blood is difficult to circulate to.*

## **Exercise #3**

### **Stomach and Chest Exercise**

Stand while holding on to the back of a chair when doing this exercise so you do not have to concentrate on maintaining your balance.

Inhale through your nose and at the same time tighten the muscles in your stomach and chest. Hold the tightness for a couple of seconds, and then relax and exhale through your mouth. Again, start with what you feel comfortable doing, and then gradually work up to 30 times. Do not exceed 30.

*Benefit: Most people do not exercise their stomach or chest, so you get the benefit of having tighter and stronger muscles in your stomach and chest.*



## **Exercise #4**

### **Side Thigh Exercise**

Raising your legs to the side. While holding onto the back of a chair to maintain your balance, raise each leg 30 times without touching the floor. Inhale through your nose on the way up, and exhale through your mouth on the way down. Begin with what is comfortable for you, and build up to 30 times on each leg. Do not exceed 30 times per leg.

*Benefit: This exercise will strengthen your leg muscles and provide much needed circulation to your legs.*

## **Exercise #5**

### **Back Thigh Exercise**

Hold on to the back of a chair with one arm to maintain your balance. Raise each leg 30 times by raising each leg straight out to the back without touching the floor. Inhale through your nose as you raise your leg and exhale as you lower your leg. Again, do what you are comfortable with and then build up to 30 times on each leg. Do not exceed 30 times per leg.

*Benefit: This will not only be of benefit to your thigh, it will also help with your hips.*

## **Exercise #6**

### **Front Thigh Exercise**

Hold on to the back of a chair for balance and while keeping your leg straight, raise each leg 30 times without touching the floor. Inhale through your nose when raising your leg and exhale through your mouth when you lower your leg. As stated on each exercise, begin with what feels comfortable and build your way up to 30 times on each leg. Do not exceed 30 times on each leg.

*Benefit: This exercise will not only benefit your legs, it will also be of help to your abdomen.*

## **Exercise #7**

### **Front Standing March Exercise**

Stand with your hands resting on a counter or the back of your chair for balance, and raise your knee to waist high and then lower it to the floor. Do this on each leg 30 times. Inhale through your nose when you are raising your leg, and exhale through your mouth when you lower your leg. Find what is comfortable for you to start and exercise up to 30 times on each leg. Do not exceed 30 times on each leg.

*Benefit: This will greatly benefit your upper thigh muscles and provide increased circulation to an area which needs more circulation.*

## **Exercise #8**

### **Front Arm Curl**

This is the only exercise that you do not need to hold onto a chair or counter for. Take your 5Lb dumbbell with your palm facing up and lower it to side and then lift it to just below your chin. Do this 30 times on each side. Inhale through your nose when you raise your arm, and exhale through your mouth when you lower your arm. Find what is comfortable for you and work up to 30 times on each arm with the 5Lb dumbbell weight on each arm. Do not exceed 30 times on each arm.

*Benefit: This will give you greater strength in your arms, especially your biceps.*

## **Exercise #9**

### **Fist Exercise**

Make a fist with your thumb pointing straight up with your fist below your waist and raise your fist above your head. Inhale through your nose as you come up and exhale through your mouth on the way down. Do this 30 times on each arm. Begin with what you feel comfortable doing and bring it up to 30 on each arm. Do not exceed 30 times. Be sure your thumb is pointed straight up.

*Benefit: This exercise will help build up your triceps.*

## **Exercise #10**

### **Wrist Curl**

Take your 5Lb weight, lower it to your side palm up and while your arm is still at your side lift your wrist only as high as it will go which is not much. Do this 30 times on each arm. Inhale through your nose when you lower your wrist and exhale when you bring it back up. Again, find a comfortable level and then bring it up to 30 times on each arm. Do not exceed 30 times on each arm.

*Benefit: You are exercising a part of your body that gets very little exercise and limited circulation.*

## **In Conclusion**

There are two reasons why we limit it to 30 times on each exercise; #1, you don't have to remember how many times on each exercise. They are all 30. And #2, thirty times on each exercise is doable. It doesn't take too much time or energy. We suggest you hold onto something except the one front arm curl. The other exercises we suggest you hold onto a chair back or counter so that you can concentrate on the exercise and will not be concerned about your balance. Remember, you Can Do this.