

# Muscle MATTERS

**Word to the wise:**  
Check with your doctor before starting any exercise regimen.

These are only suggestions. You should always consult your physician or other healthcare provider before starting an exercise program.

**Rest is key.**  
Give your muscles a day or two to recover before working them again.

**Cystine buildup in muscles may lead to muscle-wasting.** Fortunately, cystine-depleting therapy helps keep muscles strong. So does exercise. Here are a few simple exercises you can do at home. *Try each of these for 3-5 sets.*

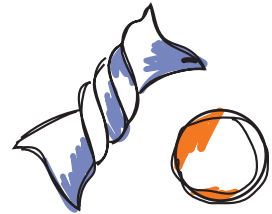
## Hands



Hold a pan and rotate your wrist around as if you're dumping what's in the pan onto a dish.



Pinch a book between your thumb and first 2 fingers. Dangle it for 30 seconds.



Roll up a towel and wring it out for 30 seconds. Crush a stress ball in your hand and squeeze it for 20 seconds.

## Arms

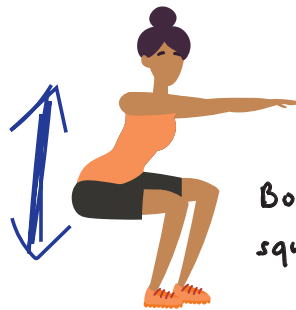
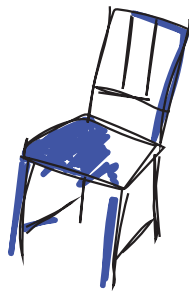
Tricep dips on the floor... or with a chair for an extra challenge.



Arm curls with cans or exercise bands

## Legs

Step up on a chair, then switch legs.



Bodyweight squats



Lunges

**Extra challenge:** Use exercise bands or light weights if you have them. Or, hold cans or water bottles for more resistance.