

Heel Raises

- ▶ Stand tall, feet hip distance apart and knees soft;
- ▶ Raise heels off the floor. Count 1,2,3 as you lift;
- ▶ Lower heels slowly to the floor. Count 1,2,3,4,5 as you lower;
- ▶ Repeat 10 times alternating legs.



Toe Raises

- ▶ Stand tall with tummy muscles pulled in;
- ▶ Look ahead;
- ▶ Feet shoulder width apart;
- ▶ Lift the toes off the floor count 1,2,3 as you lift;
- ▶ Count 1,2,3,4,5 as you lower;
- ▶ Repeat 10 times.



Squats

- ▶ Stand feet hip width apart;
- ▶ Knees soft, hands on support or waist if comfortable;
- ▶ Toes pointed slightly out;
- ▶ Back straight;
- ▶ Bend the knees and hips as comfortably able. Count 1,2,3 as you lower;
- ▶ Stand back up straight. Count 1,2,3,4,5 as you lift;
- ▶ Repeat 10 times.



Lunges

- ▶ Stand tall;
- ▶ Place one leg out;
- ▶ Bend down the knees and hips; Count 1,2,3 as you lower;
- ▶ Stand back up and put feet back to starting position; Count 1,2,3,4,5 as you lift;
- ▶ Repeat 10 times each leg.



Knee Lifts

- ▶ Stand tall;
- ▶ Keep supporting knee soft;
- ▶ Raise the knee to hip height, keeping the hips level and square. Count 1,2,3 as you lift;
- ▶ Lower leg to the floor. Count 1,2,3,4,5 as you lower;
- ▶ Repeat 10 times each leg.



Side Leg Raises

- ▶ Stand tall with feet slightly apart;
- ▶ Lift the leg out to the side and lower with control;
- ▶ Keep the toes pointing forward;
- ▶ As you raise the leg up count 1,2,3 as you lift;
- ▶ Count 1,2,3,4,5 as you lower;
- ▶ Repeat 10 times each leg.



Back Leg Extension

- ▶ Stand Tall with feet slightly apart and knees soft;
- ▶ Extend the leg out behind. As you raise the leg up count 1,2,3 as you lift;
- ▶ Lower leg to starting position. Count 1,2,3,4,5 as you lower;
- ▶ Do not swing the leg;
- ▶ Repeat 10 times alternating legs.



Sit to Stand

- ▶ Sit on a chair that is not too low;
- ▶ Place the feet behind the knees;
- ▶ Lean forwards over your knees;
- ▶ Push off with both hands to stand up;
- ▶ On the downward phase, feel the edge of the chair;
- ▶ Bend at the knees then the hips;
- ▶ Lower slowly with control;
- ▶ Repeat 10 times.

