

Notes :

### 1 Sit to stand



SETS: 2 REPS: 8-10

Sit on a chair that have been placed against a wall to prevent slipping. Interlace your fingers and reach forward with your arms.

With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand. Slowly return to sitting.



### 2 Partial sit to stand, staggered



SETS: 2 REPS: 8-10

Sit on a stool or on the edge of a chair, with your knees bent and your feet staggered on the floor.

While keeping your back straight, shift your weight to your feet, reach forward and begin to stand up until you are a few inches off the seat.

Sit back down.

Keep your motion controlled and smooth; do not use momentum.



### 3 Knee extension



SETS: 2 REPS: 12

Sit down on a chair with your back straight.

Fully extend one leg then go down and repeat.



#### 4 Rubberband row



SETS: 2 REPS: 12

While sitting in a chair, place the central knot of the band in a door opposite to you. Hold both ends of the band. While drawing your shoulder blades together, open your arms at about 45 degrees while pulling on the band.



---

#### 5 Lateral raise, alternate



SETS: 2 REPS: 8+8

Sit on a Swiss ball with both arms at your side with the elbows straight. Raise the arms to shoulder level on the side. Hold the position with one arm as you execute one repetition with the other arm. Alternate the arms for the duration of the set.



---

#### 6 Seated hip abduction



SETS: 2 REPS: 10

Sit down on a chair with a band tied around your knees. Make sure the band is taut before starting the exercise. Pull your knees out to open your legs against the band with your feet planted on the floor.



## 7 Hip isometric adduction



**SETS: 2 REPS: 10**

Sit in a chair or on a firm surface with a rolled towel, a pillow or a ball between your knees.  
Squeeze your legs together and hold for the prescribed time.



---

## 8 Balance, tandem,



**SETS: 2 OTHER: FOR AS LONG AS YOU CAN HOLD WITHOUT WOBBLING**

Stand on a firm surface.  
Place one foot directly in front of the other.  
maintain your upright posture. hold for as long as you can without wobbling, switch feet, and repeat.  
Progress by standing on a folded towel then on a pillow.



---

## 9 Single leg stance



Stand with your feet comfortably apart.  
Lift one foot and balance yourself on the other leg. Hold onto a solid object to help maintain your balance.

