

# Standing Squat



- Hold onto the back of a chair. Be sure the chair is secure.
- Start with your feet hip length apart, knees slightly bent, feet flat on the floor and your toes pointed forward.
- Tighten your abdominal muscles.
- Keep your posture tall.
- Bending at your knees, gently lower your buttocks to your comfort zone (never lower your buttocks below your knees). Keep your knees directly above feet.
- Hold this position for 2 seconds.
- Slowly return to the starting position.
- Aim for 1 – 3 sets of 12 - 15 reps.



# Standing Abduction



- Hold onto the back of a chair. Be sure the chair is secure.
- Start with your feet hip length apart, knees slightly bent, feet flat on the floor and your toes pointed forward.
- Tighten your abdominal muscles.
- Keep your posture tall.
- Gently raise your right leg to the side as high as comfortable.
- Hold this position for 4 seconds.
- Slowly return to the starting position.
- Repeat with left leg.
- Aim for 1 – 3 sets of 12 - 15 reps.

# Standing Calf Raises



- Hold onto the back of a chair. Be sure the chair is secure.
- Start with your feet hip length apart, knees slightly bent, feet flat on the floor and your toes pointed forward.
- Tighten your abdominal muscles.
- Keep your posture tall.
- Raise your heels as high as possible.
- Hold this position for 4 seconds.
- Slowly return to the starting position.
- Aim for 1 – 3 sets of 12 - 15 reps.



# Wall Push Up



- Face the wall standing about 2 – 3 feet back.
- Start with your feet hip length apart, knees slightly bent, feet flat on the floor and your toes pointed forward. Place your hands on the wall slightly more than shoulder width apart.
- Tighten your abdominal muscles.
- Lean into the wall keeping your back in a straight line.
- Hold this position for 4 seconds.
- Slowly return to the starting position.
- Aim for 1 – 3 sets of 12 - 15 reps.

# Seated Bent Row



- Begin seated in a chair. Be sure the chair is secure.
- Start with your torso bent forward at a 45 degree angle. Keep your back straight with your arms straight down.
- Tighten your abdominal muscles.
- Raise your arms. Bring in your palms as close as you can to touch the sides of your lower rib cage while squeezing your shoulder blades together.
- Hold this position for 2 seconds.
- Slowly return to the starting position.
- Aim for 1 – 3 sets of 12 - 15 reps.

# Seated Overhead Press



- Begin seated in a chair. Be sure the chair is secure.
- Start by sitting up straight, shoulders back with your elbows bent and close to your sides. Position your hands at shoulder height. Squeeze your shoulder blades together.
- Tighten your abdominal muscles.
- Lift your arms straight above your head with your palms facing forward.
- Hold this position for 2 seconds.
- Slowly return to the starting position.
- Aim for 1 – 3 sets of 12 - 15 reps.

# Seated Front Deltoid Raise



- Begin seated in a chair. Be sure the chair is secure.
- Sit up straight, shoulders back. Arms straight down.
- Tighten your abdominal muscles.
- Slowly raise your arms to a 90 degree angle (i.e., to shoulder height).
- Hold this position for 2 seconds.
- Slowly return to the starting position.
- Aim for 1 – 3 sets of 12 - 15 reps.

# Seated Overhead Triceps Press



- Begin seated in a chair. Be sure the chair is secure.
- Sit up straight, shoulders back. Arms straight up. Clasp both hands together.
- Tighten your abdominal muscles.
- Slowly lower your hands behind your head keeping your elbows shoulder width apart.
- Hold this position for 2 seconds.
- Slowly return to the starting position.
- Aim for 1 – 3 sets of 12 - 15 reps.

# Seated Alternating Bicep Curl



- Begin seated in a chair. Be sure the chair is secure.
- Sit up straight, shoulders back. Arms straight down. Hands in a fist.
- Tighten your abdominal muscles.
- Lift your right fist toward your right shoulder. As you lift your arm twist your wrist so that your fingers are facing you.
- Hold position for 2 seconds.
- Slowly return to starting position.
- Repeat with left arm.
- Aim for 1 – 3 sets of 12 - 15 reps for each arm.

# Seated Crunches



- Begin seated in a chair. Be sure the chair is secure.
- Sit toward the front of the chair. Grip the sides of the chair with your hands. Lean backward. Keep back straight.
- Tighten your abdominal muscles.
- Lift both legs off the floor.
- Hold this position for 4 seconds.
- Slowly return to the starting position.
- Aim for 1 – 3 sets of 12 - 15 reps for each arm.

