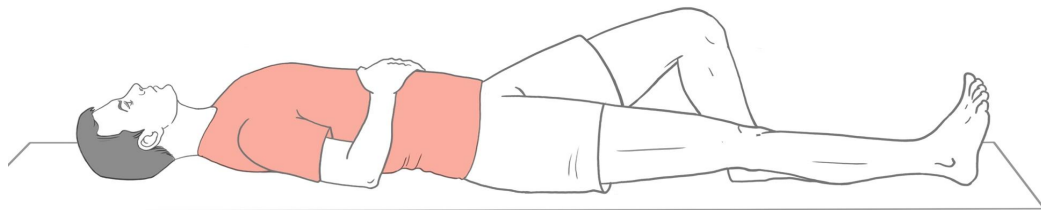


Straight Leg Raise

Starting position

- Lie on your back with one knee straight and the other knee bent with the sole of your foot flat on the surface.
- Ensure that the toes of your straight leg are pointed straight up and not turned to either side.
- Tighten the front thigh muscles of your straight leg.



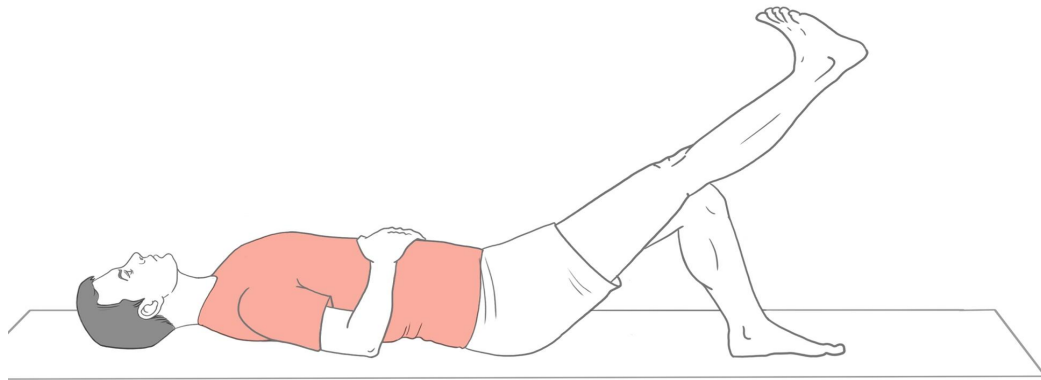
Starting position

Movement to ending position

- Lift the straight leg while keeping the front thigh muscles tight, the knee straight, and the toes pointed straight up.

Ending position

- The straight leg is lifted so that the heel is two to three feet above the surface. Hold for a half second.



Ending position

Return to starting position

- Lower the leg back to the starting position with control while keeping the front of the thigh muscles tight, the knee straight, and the toes pointed straight up.

Single-Leg Tuck

Starting position

- Lie on your back with one knee straight and the other knee bent with the sole of your foot flat on the surface.
- Ensure that the toes of your straight leg are pointed straight up and not turned to either side.

Movement to ending position

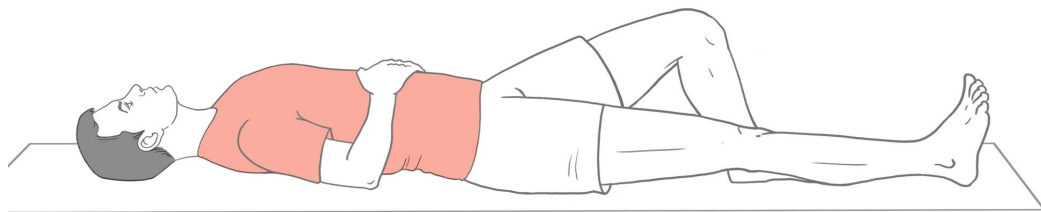
- Lift the straight leg about 12 inches off the surface. Then bring the knee of the lifted leg toward your chest until the hip and the knee are both bent at a 90-degree angle.

Ending position

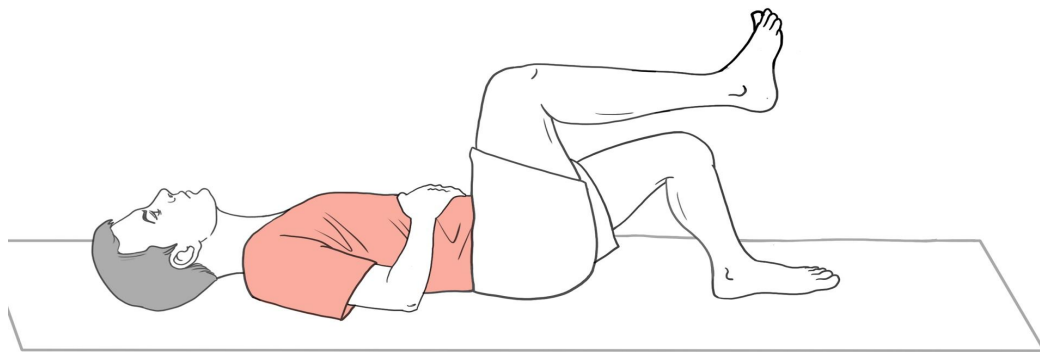
- The leg that you lifted is bent 90 degrees at the hip and knee. Hold for a half second.

Return to starting position

- Straighten the lifted leg while lowering it back to the starting position with control and ensuring that the toes are pointed straight up.



Starting position



Ending position

Hip Raise

Starting position

- Lie on your back with your hands folded together on your stomach, both knees bent at slightly less than 90 degrees, feet flat on the surface with toes pointed straight forward, and feet and knees about six inches apart.
- Tighten your buttocks and abdominal muscles.

Movement to ending position

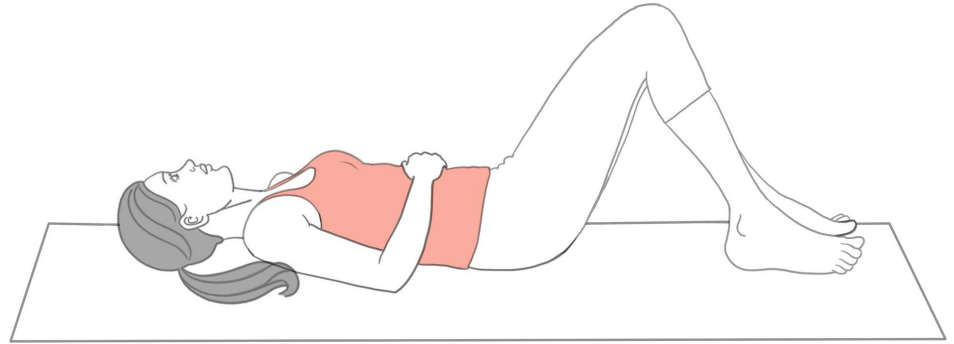
- Lift your hips up by pushing down on your feet while keeping your abdominal muscles tight.

Ending position

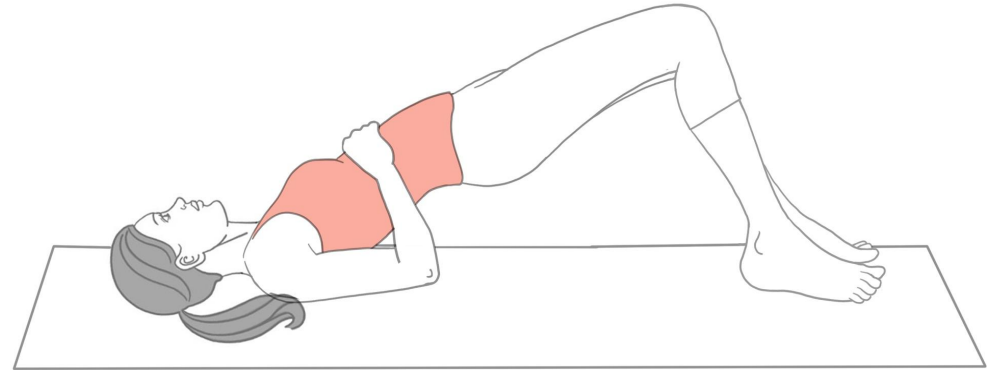
- Your hips are lifted so that your body is in a straight line from your knees to shoulders and your knees are bent at about 90 degrees. Hold for one to two seconds.

Return to starting position

- Lower the hips back to the starting position with control while keeping your abdominal muscles tight.



Starting position



Ending position

Chair Squat

Starting position

- Sit on the front half of the seat with your feet back so that the fronts of your feet are underneath your knees, your feet about hip-width apart (6–12 inches), your toes pointing forward, and your arms crossed in front of your chest.
- Your knees should be bent to about 90 degrees in sitting with your feet touching the ground. If the seat is too low, you can adjust the height by placing pillows on the seat.

Movement to ending position

- Lean forward at the waist to bring your nose over your toes and stand up by pushing with your legs to a full upright standing position.

Ending position

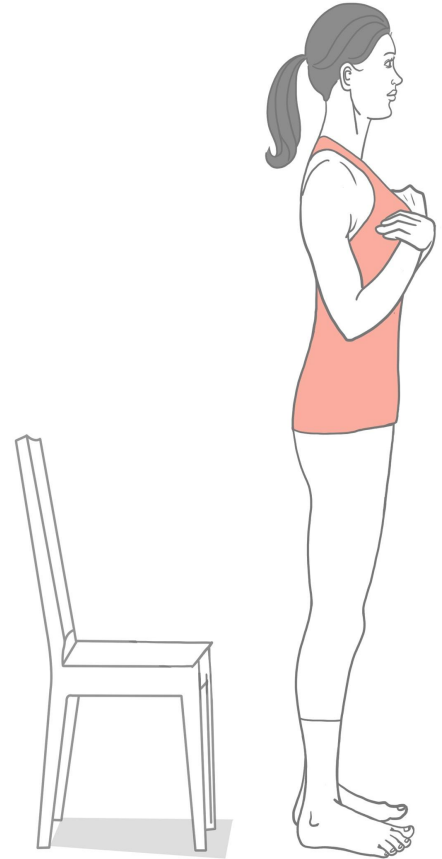
- You are standing upright with your feet about 6–12 inches apart, your toes pointing forward, and your arms crossed in front of your chest.

Return to starting position

- Lower yourself back to the starting position with control by bending at the waist to bring your nose over your toes and reaching your hips back toward the seat. Be sure to sit back down completely.



Starting position



Ending position

Heel Lift

Starting position

- Stand in front of the chair with your feet about hip-width apart (6–12 inches), your toes pointing forward, and your hands placed lightly on a walker or the backrest of a second chair for balance.

Movement to ending position

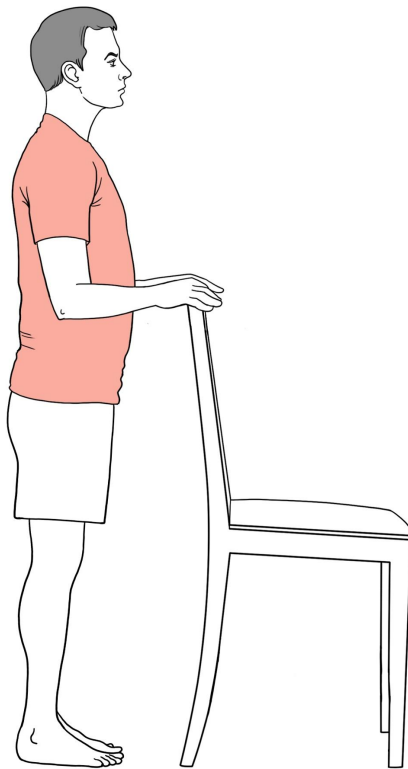
- With your knees straight and without leaning forward, lift your heels off the floor.

Ending position

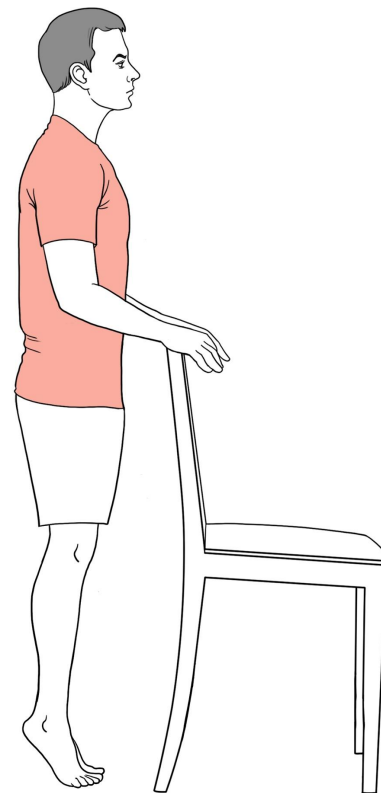
- You are on your toes with your heels lifted off the floor. Your feet remain about 6–12 inches apart with your toes pointing forward and your knees straight. Hold for a half second.

Return to starting position

- Lower your heels back to the floor with control.



Starting position



Ending position

High Knees Marching

Starting position

- Stand in front of the chair with your feet about hip-width apart (6–12 inches), your toes pointing forward, and your hands placed lightly on a walker or the backrest of a second chair for balance.
- Your right leg is on the ground and your left leg is lifted with hip and knee bent 90 degrees.
- The walker or the second chair should be placed farther forward than in the heel lift, to make room for you to lift your knees.

Movement to ending position

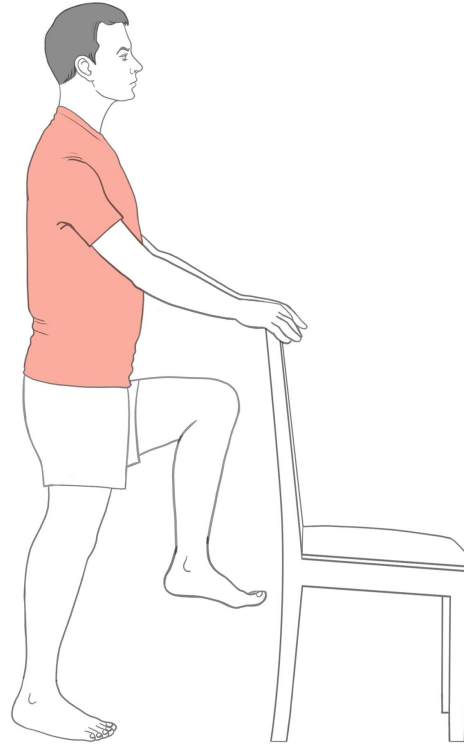
- Lower the left leg to the ground next to the right leg and lift the right leg up in a marching motion until the hip and knee are 90 degrees.

Ending position

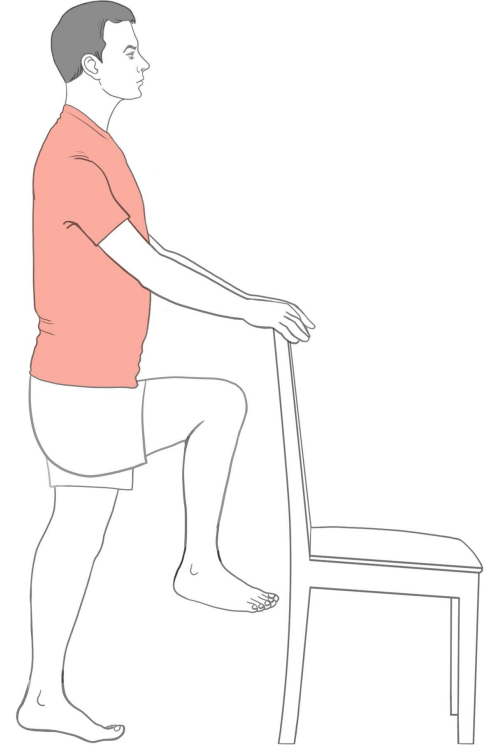
- The right leg is lifted with hip and knee bent 90 degrees. The left leg is on the ground.

Return to starting position

- Lower your right leg back to the ground and lift your left leg back up to the starting position.



Starting position



Ending position

Stationary Lunge

Starting position

- Stand with your feet about hip-width apart (6–12 inches), your toes pointing forward, and your hands resting on your waist.
- Take a big step forward with one leg (about 2–3 feet for most people). Ensure the toes of your front foot are pointed straight forward and the heel of your back foot is lifted off the floor.

Movement to ending position

- Lower your body straight down until your front knee is at about a 90-degree angle and your front thigh is parallel to the floor.

Ending position

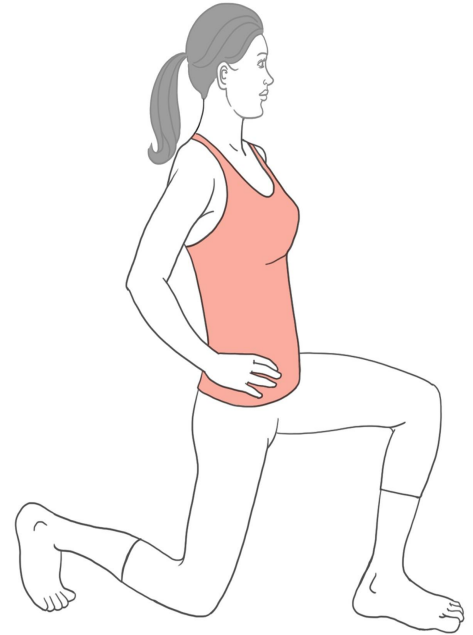
- Your front knee is bent at about a 90-degree angle directly above your front ankle, and your front thigh is parallel to the floor.
- Your back heel is lifted off the floor and your back knee is lightly touching the floor.

Return to starting position

- Return to the starting position by pushing through the heel of your front foot.



Starting position



Ending position

Step-Up

Starting position

- Stand in front of a step with one leg on the step and the other leg on the ground below the step.
- Your feet are hip-width apart (about 6-12 inches) with toes pointed straight forward, and hands resting on your waist.

Movement to ending position

- Lift your body up the step by pressing through the front foot until that leg is straight.
- At the same time, lift your opposite leg up until the knee is about waist level.

Ending position

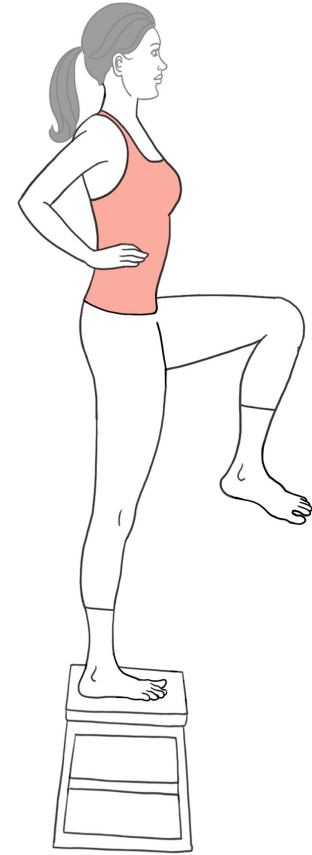
- The leg that is on the step is straight and the leg that is lifted is bent about 90 degrees at the hips and knees

Return to starting position

- Lower yourself back to the starting position with control in the same way that you came up.



Starting position



Ending position

Single-Leg Heel Lift

Starting position

- Stand with the ball of one foot on the edge of the step and your heel off the edge. Your toes are pointed straight forward and your knee is straight.
- The opposite leg is hanging freely off the edge of the step and one hand is lightly placed on a wall or rail for balance.
- Lower your body by dropping the heel of the foot that's on the step while keeping your knee straight.

Movement to ending position

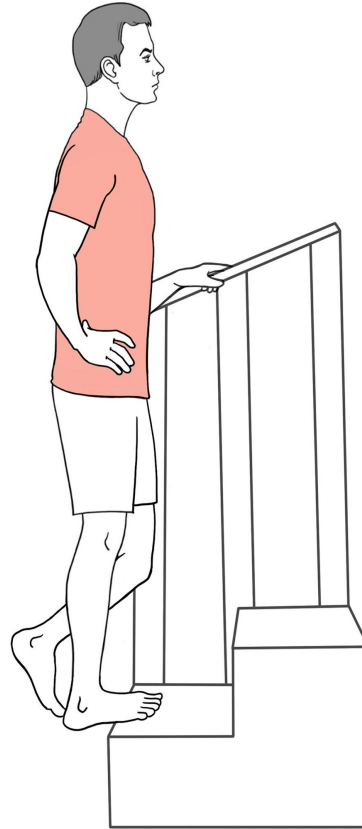
- With your knee straight, lift your heel up high without leaning forward.

Ending position

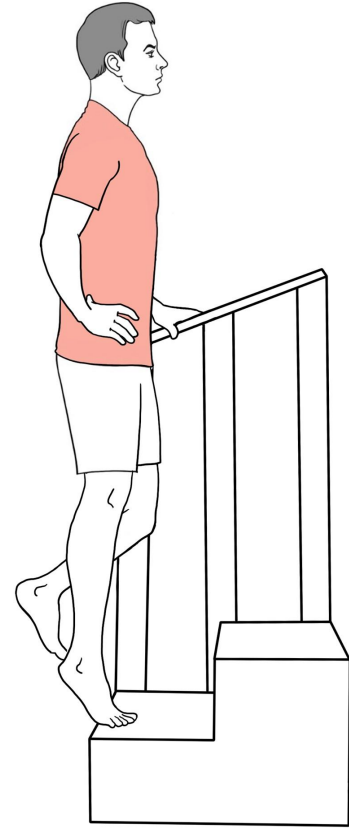
- You are on your toes with your heels lifted up high. Your toes remain pointed straight forward with your knee straight.

Return to starting position

- Lower your heel back to the starting position with control.



Starting position



Ending position

One-Arm Bent Row

Starting position

- Stand in front of a table, bending about 45 degrees forward at your waist with your back straight. One hand is supporting you on the table with the elbow of that arm straight. Your other hand is holding the weight or backpack hanging naturally down toward the ground.
- Your feet should be in a staggered stance, with the foot on the same side as the supporting arm forward and the foot on the same side as the arm holding the backpack one to two feet backward.
- Tighten your abdominal muscles.

Movement to ending position

- Pull the weight or backpack up to the side of your body below your chest.

Ending position

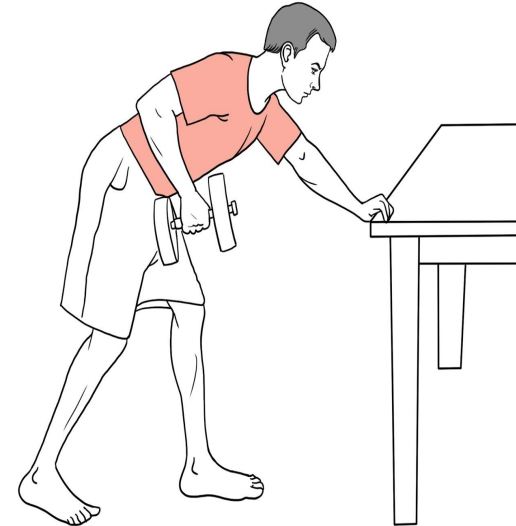
- Your body should remain stable with your abdominal muscles tight and the arm holding the backpack at the side of your body below your chest. Hold for a half second.

Return to starting position

- Lower your arm back to the starting position with control.



Starting position

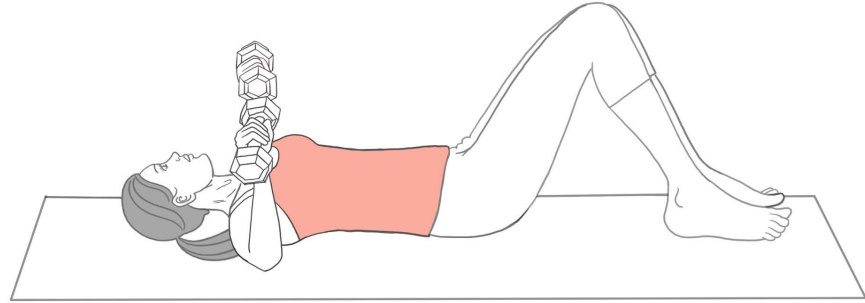


Ending position

Floor Press

Starting position

- Lie flat on your back with your knees bent and soles of feet flat on the surface while holding a weight in each hand.
- Your elbows should be bent at 90 degrees and resting on the surface with the weights above your chest.
- Keep your body stable by tightening your abdominal muscles.



Starting position

Movement to ending position

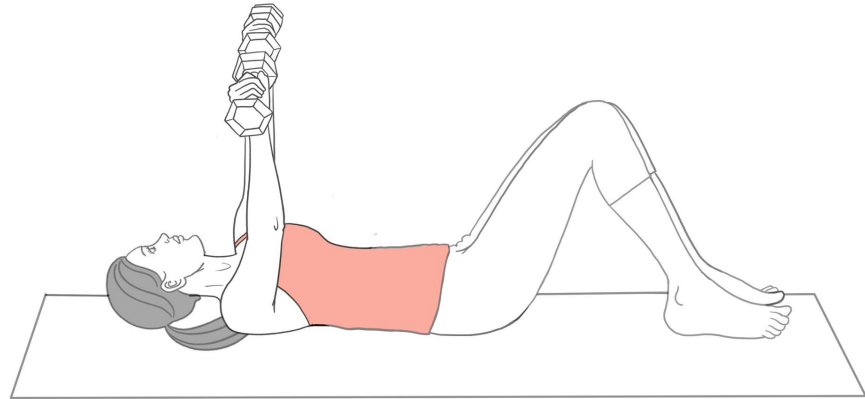
- Push the weights up until your arms are straight but not locked out.

Ending position

- Your body should remain stable with your abdominal muscles tight, the weights above your chest, and the arms straight but not locked out. Hold for a half second.

Return to starting position

- Lower your arms back to the starting position with control.



Ending position

Shoulder Y-Raise

Starting position

- Stand with your feet shoulder-width apart with the pair of weights in your hands, arms hanging by your side, and palms facing inwards toward your body.
- Keep your body stable by tightening your abdominal muscles.

Movement to ending position

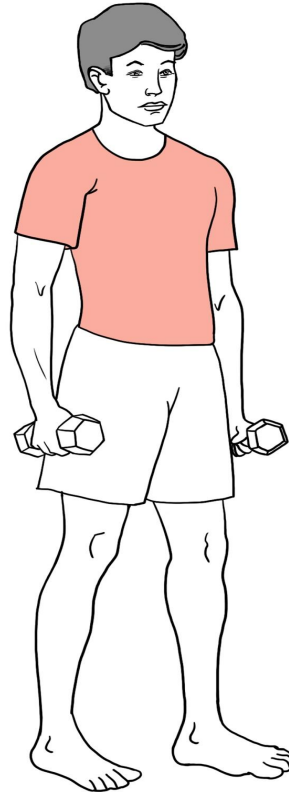
- Lift the weights to shoulder height with your thumbs up, elbows straight, and arms at about a 30-degree angle in front of your body such that your arms form a Y shape in front of your chest.

Ending position

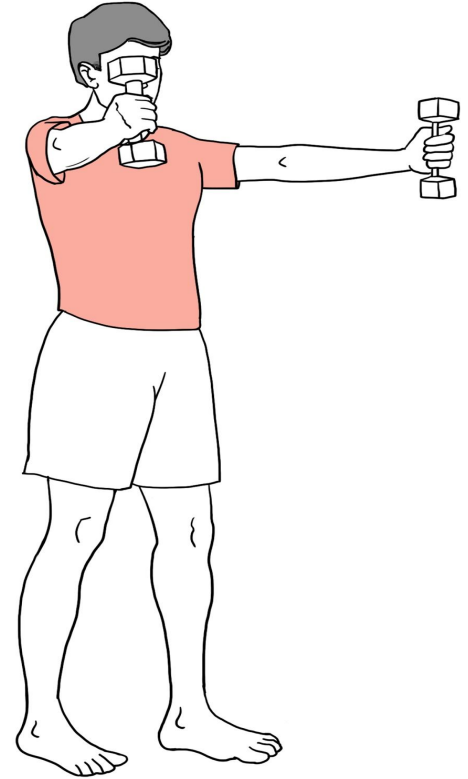
- Your body should remain stable with your abdominal muscles tight. Your arms are at shoulder height with your thumbs up, elbows straight, and arms at about a 30-degree angle in front of your body, forming a Y shape in front of your chest. Hold for a half second.

Return to starting position

- Lower your arms back to the starting position with control.



Starting position



Ending position

Shoulder Y-Raise Arm Position

