

Seated Hamstring Stretch

REPS: 3	SETS: 1	HOLD: 20	DAILY: 2
WEEKLY: 7			



Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

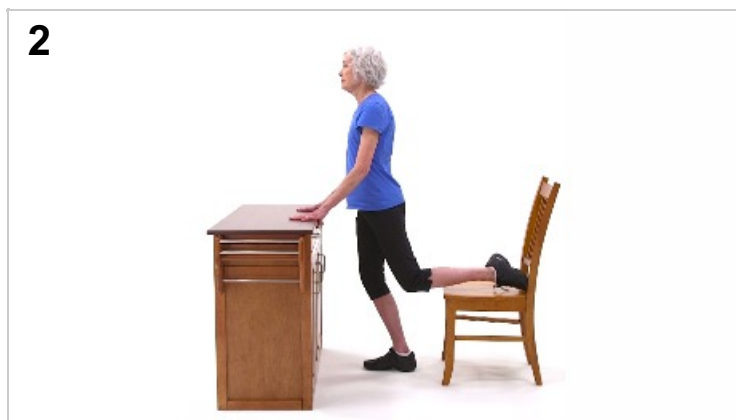
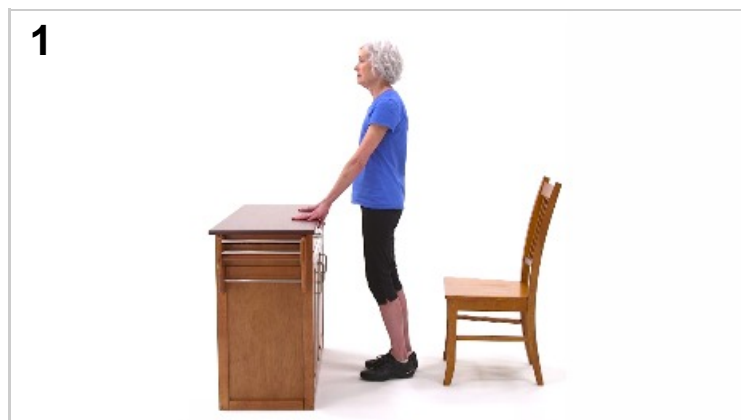
Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Quadricep Stretch with Chair and Counter Support

REPS: 3	SETS: 1	HOLD: 20	DAILY: 2
WEEKLY: 7			



Setup

Begin in a standing upright position with a chair behind you and your hands resting on a counter.

Movement

Slowly bend one leg and place the top of your foot on the chair behind you. Gently press your hips forward until you feel a stretch in the front of your thigh.

Tip

Make sure to maintain an upright posture and do not arch your back during the stretch.

Standing Gastroc Stretch

REPS: 3	SETS: 1	HOLD: 20	DAILY: 2
WEEKLY: 7			



Setup

Begin in a standing position with your feet in a staggered stance, holding onto a stable surface for support.

Movement

Keeping your back knee straight, push your hips forward. You will feel a stretch in the back of your lower leg.

Tip

Make sure to keep both feet pointed straight forward and flat on the ground during the stretch.

Lateral Costal Breathing with Shoulder Abduction

REPS: 10

SETS: 1

DAILY: 2

WEEKLY: 7

1



2



3



Setup

Begin sitting upright.

Movement

Bring your arms out to your sides and above your head. Inhale through your belly as your arms come up, feeling your ribcage expand. Then lower your arms back to the starting position, feeling your ribcage compress as your exhale. Repeat.

Tip

Make sure to keep your breath slow and steady and match the rhythm of your breathing with your arm movement. Avoid shrugging your shoulders during the exercise.

Sit to Stand

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3-5

1



2



3



Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

Paced breathing on stairs

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3-5



Setup

Begin standing with a small step or platform in front of you.

Movement

Step up onto the platform with one foot then follow with your other foot. Return back down to the starting position and repeat.

Breath out as you step up, breath in as you step down

Tip

Make sure to maintain good posture during the exercise and do not let your knee bend forward past your toe as you step up.

Standing Hip Abduction

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3-5



Setup

Begin in a standing upright position holding onto a stable object for support.

Movement

Lift one leg out to your side, then slowly return to the starting position and repeat.

Tip

Make sure to keep your shoulders and hips facing straight forward during the exercise.

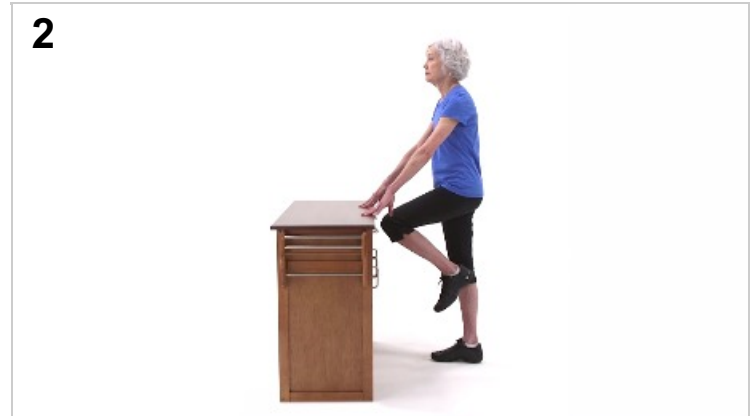
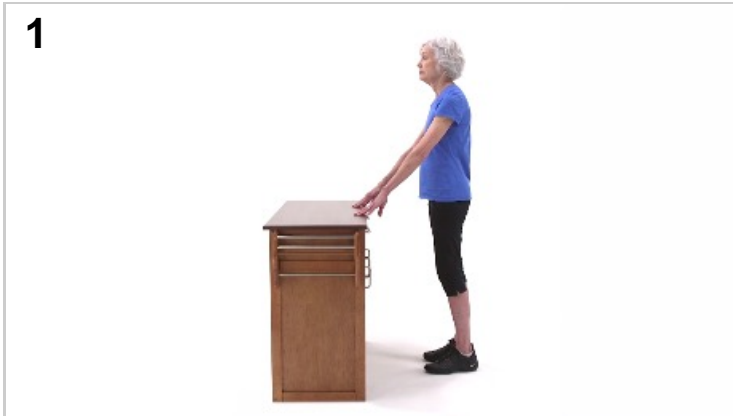
Standing March with Counter Support

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3-5



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Slowly lift one knee to waist height, then lower it back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

Standing Bicep Curl with Dumbbells

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3-5

1



2



3



Setup

Begin standing tall, holding a dumbbell in each hand.

Movement

Bend your elbows, bringing your hands toward your shoulders. Return to the starting position and repeat.

Tip

Do not arch your back or shrug your shoulder during the exercise.

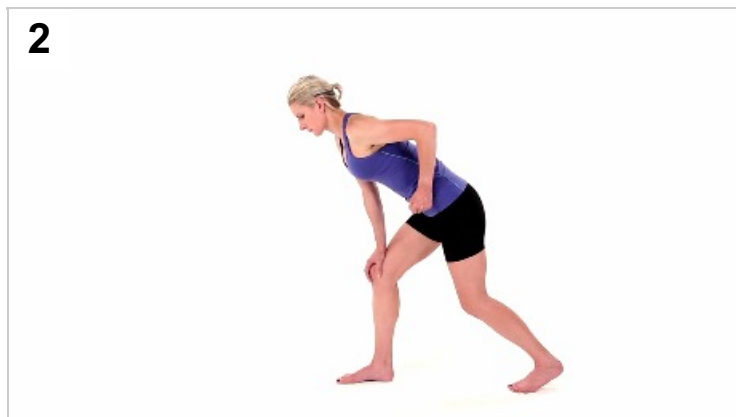
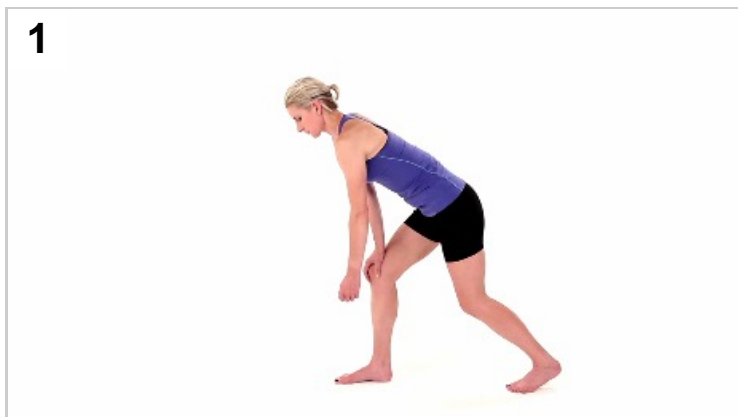
Standing Bent Over Single Arm Shoulder Row

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3-5



Setup

Begin in a staggered stance position with your trunk bent forward, and one hand resting on your knee.

Movement

Pull your arm upward, bending at your elbow and squeezing your shoulder blades together. Lower it back down and repeat.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.