

LEGS: GLUTES / THIGHS - 5 Full Squat: Body Weight

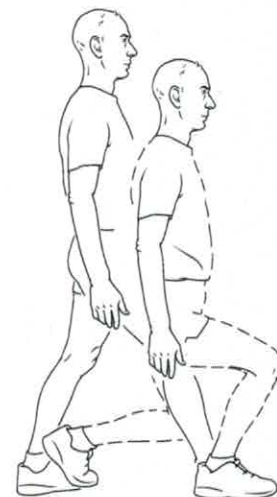
Head up, back straight, feet pointed slightly out, squat until backs of thighs touch calves. Adjust arm position for balance. Keep abdominals tight and maintain weight on heels.



Do 1 sets.  
Complete 10 repetitions.

LE MULTI JOINT - 42 Body-Weight Forward Lunge Stable – Stationary (Active)

Stand in wide stride, legs shoulder width apart, head up, back flat. Bend both legs simultaneously until forward thigh is parallel to floor.



Complete 1 sets  
of 10 repetitions.  
Perform 1 sessions  
per day.

LE MULTI JOINT - 50 Body-Weight Side Lunge Stable – Stationary (Active)

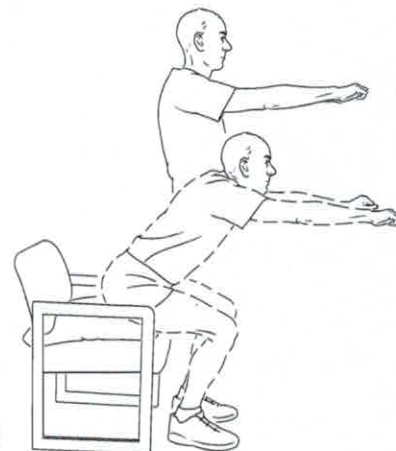
Stand with head up, back flat. Step forward and to the side, bending leg until thigh is parallel to floor.



Complete 1 sets  
of 10 repetitions.  
Perform 1 sessions  
per day.

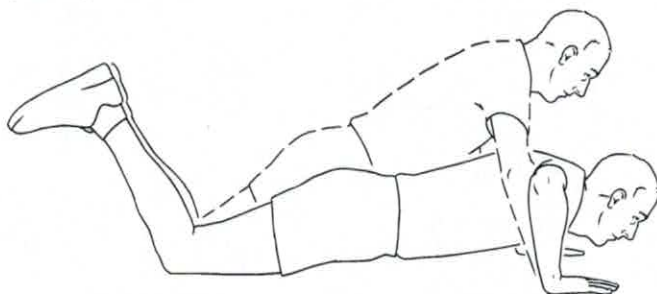
LE MULTI JOINT - 18 Half Squat to Chair

Stand with feet shoulder width apart. Push buttocks backward and lower slowly, touching chair lightly and returning to standing position.



Complete 1 sets  
of 1-10 repetitions.  
Perform 1 sessions  
per day.

LE MULTI JOINT - 28 Push-Up: Modified – Stable (Active)



On hands and knees, arms extended, lower chest to just touch floor and press up to arm's length. Push up until arms are straight.

Complete 1 sets of 1-10 repetitions.  
Perform 1 sessions per day.

ABDOMINALS - 5 Sitting Crunch (Active)

Holding 0 lbs at chest, tighten abdominal muscles and lean forward at trunk.



Complete 1 sets  
of 10 repetitions.  
Perform 1 sessions  
per day.

## Home Routine – General Precautions

**For all exercises, please ensure that you are standing next to a firm or stable object (i.e. your kitchen counter) in case you need something to hold on to for balance.**

- 1) Do not squat down past 90 degrees at the knees.
- 2) This is a stationary suggestion, meaning you are not stepping into the movement. Bend the knees as much as you feel comfortable bending and then come up to the starting position again.
- 3) You may step as far as you feel comfortable stepping, so long as you feel no pain and maintain your balance.

An easier modification would be to eliminate the stepping motion – stand with your feet wide and bend one leg at a time. Transition from right leg to left leg.

- 4) Squat down as close to the seat of the chair as possible without pain. Count to two seconds on the way down, two seconds on the way back up.
- 5) Keep your elbows in toward your torso, don't lower yourself farther than 90 degree at the elbows.

An easier modification for this exercise would be to perform it on the kitchen counter, or a flat wall in your apartment. The taller you stand, the easier the exercise will be.

- 6) This exercise is dependent on the muscular contraction of the abdominal muscles. Please be aware of how your abdomen is feeling. Engage the muscles tightly with each repetition, making sure to enforce an exhale during this contraction process.

A more difficult modification for this exercise would be to sit at the edge of your chair, sit tall and lean backwards (without touching the back of your chair). Make sure to exhale each time you lean backward. Be aware of how your back and abdomen are feeling. If you have any pain at all, **stop!**