

Consult Your Doctor Or A Qualified Exercise Specialist Before Starting A New Exercise Program



### SIT TO STAND

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

Video # XVELMEQR8

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### LUNGE CLOCKS

Start by standing with both knees straight.

Begin by taking a step forward and slightly out to the side as you allow your front knee to bend. Your back knee may bend as well. Then, return to starting position.

Next, perform this again as you take a step approximately 45 degrees out to the side. Then, return to starting position.

Lastly, perform this as you take a step directly to the side. Then, return to starting position.

Keep your pelvis level and straight the entire time.

Your front knee should bend in line with the 2nd toe and do not let your back ankle lift.

Video # XV792AV4Q

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### WEIGHTED V's

While in the standing position and holding a medicine ball in front of you, move the ball quickly in a "V" pattern as shown. The ball should be moving up and down and then to the other side repeatedly.

Try to maintain a still and stable spine the entire time.

Video # XVV92SMTE

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### SEATED MARCHING

Sit in a chair and start by lifting up both knees as shown.

Next, extend your legs fully as you straighten your knees.

Then, bend your hips and knees to bring your feet back to the starting position. Repeat.

Video # XVZN9DW62

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### SKYDIVER

Lie face down with arms by your side. Next, lift your upper body, lower legs, thighs and arms off the ground at the same time as shown. You can place a pillow under your stomach for comfort.

Video # XVX2NPTR3

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day

