

## Chair Exercises

Consult your physician and your physical therapist prior to starting a new exercise program.  
Start slowly with just a few repetitions on each exercise until you get comfortable with the action.  
Progress with more sets and repetitions as you get stronger. Stop for pain or fatigue.

- 1     Shoulder Blade Squeezes** (upper back and shoulders)  
Primary muscles worked are the deltoids, trapezius, and rhomboids. This will also improve your posture.  
Starting position: seated comfortably in a chair.  
Action: move your chest forward as you squeeze both of your shoulder blades together.
  
- 2     Arm Raises** (shoulders)  
Primary muscles worked are the deltoids and rotator cuff. This will also help with cardiovascular fitness.  
Starting position: seated comfortably in a chair.  
Action: raise your arms/hands high above your head in whatever direction is comfortable.
  
- 3     Knee Extensions** (knees)  
Primary muscles worked are the quadriceps.  
Starting position: seated comfortably in a chair.  
Action: straighten one knee by raising your foot to level of your knee; repeat on other side.
  
- 4     Marching in Place** (hips)  
Primary muscles worked are the iliopsoas; the abdominal muscles are active as well. This will also help with cardiovascular fitness.  
Starting position: seated comfortably in a chair.  
Action: raise one knee (bent) towards the ceiling as high as possible; repeat on other side.
  
- 5     Hip Abduction and Adduction** (hips)  
Primary muscles worked are the hip abductors - gluteus medius, gluteus minimus, and tensor fascia lata. Hip adductors – adductor longus and brevis, adductor magnus, gracilis, and pectineus. This will also help with cardiovascular fitness.  
Starting position: seated comfortably in a chair.  
Action: move your knees and feet apart as wide as possible and then back together.



## Chair Exercises

### 1 Shoulder Blade Squeezes



### 4 Marching in Place



### 2 Arm Raises



### 5 Hip Abduction and Adduction



### 3 Knee Extensions



## Supine and side-lying Exercises

Consult your physician and your physical therapist prior to starting a new exercise program.  
Start slowly with just a few repetitions on each exercise until you get comfortable with the action.  
Progress with more sets and repetitions as you get stronger. Stop for pain or fatigue.

### 6 **Hip Bridges** (hips and low back)

Primary muscles worked are the gluteus maximus and hamstrings. Erector spinae muscles (low back) are also active.

Starting position: supine with knees bent; knees hip-width apart.

Action: lift your hips up as high as possible, then lower them back to the floor.

### 7 **Bicycle Crunches** (core)

Primary muscles worked are the abdominal obliques, rectus abdominis, and transverse abdominis. Hip flexor muscles (iliopsoas) are also active.

Starting position: supine with knees bent; knees hip-width apart, and hands behind head.

Action: slowly flex your right hip (lifting foot off the floor) as you twist and flex your trunk to bring your left elbow to your right knee. Alternate sides with controlled movements.

### 8 **Marching Glute Bridges** (hips and low back)

Primary muscles worked are the gluteus maximus, hamstrings, and iliopsoas. Erector spinae muscles (low back) are also active.

Starting position: supine with knees bent; knees hip-width apart.

Action: lift your hips up into a bridge (as above). Keeping your right knee bent, lift your right foot off the floor. Try to keep your hips still. Hold for five seconds. Slowly lower your right foot to the floor but keep your hips lifted. Repeat on the other side.

### 9 **Lateral Leg Raises** (hips)

Primary muscles worked are the gluteus medius, gluteus minimus, and tensor fascia lata. Your core muscles will be active to stabilize your spine as you lift your leg.

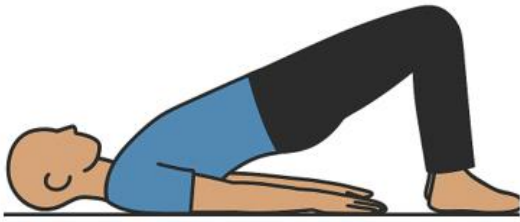
Starting position: lie on your side, legs extended.

Action: lift your top leg towards the ceiling, then lower slowly. Keep your spine neutral.



## Supine and side-lying Exercises

### 6 Hip Bridges



### 8 Marching Glute Bridges



### 7 Bicycle Crunches



### 9 Lateral Leg Raises



## Plank and Hands & Knees Exercises

Consult your physician and your physical therapist prior to starting a new exercise program.  
Start slowly with just a few repetitions on each exercise until you get comfortable with the action.  
Progress with more sets and repetitions as you get stronger. Stop for pain or fatigue.

### 10 **Donkey Kicks** (hips and low back)

Primary muscles worked are the gluteus maximus and hamstrings. Erector spinae muscles (low back) are also active.

Starting position: on your hands and knees in a “table top” posture.

Action: pull your right knee toward your chest. Then, kick your right leg up behind you and toward the ceiling, keep knee bent (extend knee as a variation). Repeat on the other side.

### 11 **Fire Hydrants** (hips and core)

Primary muscles worked are the gluteus medius, gluteus minimus, and tensor fascia lata. The core muscles will also be active to stabilize your spine as you raise your leg.

Starting position: on your hands and knees in a “table top” posture.

Action: Lift your right leg to the side, keeping your knee bent, until your knee reaches hip height. Hold for five seconds, then lower to the start position. Repeat on the other side.

### 12 **Bird Dog** (spine, shoulder, and hips)

Primary muscles worked are the deltoid, trapezius, rhomboid, latissimus dorsi, erector spinae (back muscles), abdominals (all), hamstrings, and all the glute muscles.

Starting position: on your hands and knees in a “table top” posture.

Action: Extend your left arm forward and your right leg backwards, maintaining a flat back. Hold this position for at least five seconds with your left arm and right leg parallel to the floor, keep your core engaged and your spine stable. Return to start and repeat on other side.

### 13 **Standard Plank** (spine, shoulders, and hips)

Primary muscles worked are the deltoid, trapezius, rhomboid, latissimus dorsi, erector spinae (back muscles), abdominals (all), all glute muscles, hamstrings and quadriceps.

Starting position: Start in a standard plank position (on your forearms and toes).

Action: Keep your body in a straight line from head to heels, avoiding sagging or rising hips. Engage your core by drawing your belly button to your spine and squeezing your glutes. Hold steady for up to 30 seconds but otherwise stop when you lose your form.

### 14 **Push-Ups** (chest, shoulders, and arms)

Primary muscles worked are the pectoralis major & minor, anterior deltoids, triceps, rhomboids, trapezius, abdominals, glutes, and erector spinae.

Starting position: Start in a high push-up position (on your hands and toes).

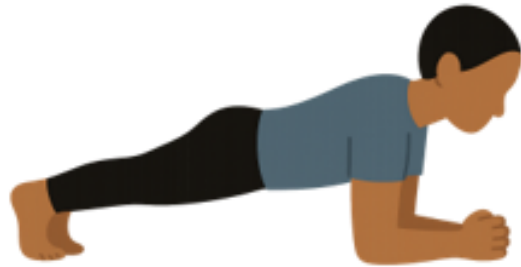
Action: Keep your body in a straight line from head to heels, avoiding sagging or rising hips. Engage your core by drawing your belly button to your spine and squeezing your glutes. Lower chest to floor by bending elbows. Push back up to starting position, extending arms.

## Plank and Hands & Knees Exercises

10 Donkey Kicks



13 Standard Plank



11 Fire Hydrants



14 Push-Ups



12 Bird Dog



## Standing Exercises – 1

Consult your physician and your physical therapist prior to starting a new exercise program.  
Start slowly with just a few repetitions on each exercise until you get comfortable with the action.  
Progress with more sets and repetitions as you get stronger. Stop for pain or fatigue.

### 15 **Standing Heel Raises** (lower legs)

Primary muscles worked are the gastrocnemius and soleus.

Starting position: Standing tall with good postural alignment and feet shoulder width apart.

Stand next to a wall, chair, or countertop for support.

Action: Extend your ankles to shift your weight to the balls of your feet as you raise your heels as high as possible. Slowly return to the starting position.

### 16 **Squats** (hips and legs)

Primary muscles worked are the glutes, quadriceps, and hamstrings.

Starting position: Stand with your feet shoulder-width apart and slightly turned out.

Action: Bend your knees until your thighs are almost parallel to the ground. Tighten your butt and keep your core tight as you stand back up.

### 17 **One-Legged Balance** (core, hips and legs)

Primary muscles worked are the abdominals, erector spinae, glutes, quadriceps, hamstrings, and calf muscles of the standing leg. Also works on ankle stability and balance.

Starting position: Standing tall with good postural alignment and feet together. Stand next to a wall, chair, or countertop for support.

Action: Lift one bent knee up so that your foot is a couple inches off the floor. Having your arms out to the side will help with your balance. Try to maintain balance for 30 seconds.

### 18 **Walk Slow while High Stepping** (core, hips and legs)

Primary muscles worked are the abdominals, erector spinae, glutes, quadriceps, hamstrings, and calf muscles. Also works on ankle stability and balance.

Starting position: Standing tall with good postural alignment and feet shoulder width apart.

Action: step forward by raising your right knee (bent) to hip level. Lower that leg and repeat the same pattern stepping forward with your left knee raised to hip level.

### 19 **Forward Lunges** (core, hips and legs)

Primary muscles worked are the abdominals, erector spinae, glutes, quadriceps, hamstrings, and calf muscles.

Starting position: Stand with your feet together.

Action: Take a big step forward with right foot. Bend your right knee until your front thigh is parallel to the floor and your left knee is just above the floor. Repeat on the other side.



## Standing Exercises - 1

**15 Standing Heel Raises**



**18 Walk Slow while High Stepping**



**16 Squats**



**19 Forward Lunges**



**17 One-Legged Balance**





## Standing Exercises - 2

Consult your physician and your physical therapist prior to starting a new exercise program.  
Start slowly with just a few repetitions on each exercise until you get comfortable with the action.  
Progress with more sets and repetitions as you get stronger. Stop for pain or fatigue.

### 20 **Standing Oblique Crunches** (core, hips and legs)

Primary muscles worked are the abdominals (especially obliques, but also rectus and transverse), erector spinae, iliopsoas, glutes, and quadriceps. Also works on ankle stability and balance.

Starting position: Stand with feet hip-width apart, hands behind your head with elbows held out wide.

Action: Lift your left knee toward your right elbow while you bend and twist your torso to the left.

Repeat on the other side.

### 21 **Crab Walk** (hips and legs)

Primary muscles worked are the gluteus maximus, gluteus medius and minimus, adductor longus/brevis, adductor magnus, gracilis, pectineus, quadriceps, and hamstrings. It also works on hip mobility, balance, and coordination.

Starting position: Stand tall with your feet together and hands on your hips.

Action: Step your right foot to the right as far as possible going into a deep squat allowing your fingers to touch the floor. Then, straighten your knees and bring your foot back to the starting position. Repeat several times in each direction.

### 22 **Jump Squats** (hips and legs)

Primary muscles worked are the gluteus maximus, quadriceps, hamstrings, and calves. It also works on core muscles, cardiovascular fitness, and improves bone density.

Starting position: Stand with your feet slightly wider than hip-distance apart.

Action: Drop your butt back and bend your knees into a squat, keeping your chest upright. Then, jump up into the air as high as you can. Land back on the balls of your feet (softly), allowing your knees to bend and absorb the weight of your body.

### 23 **Jumping Jacks** (entire body)

Primary muscles worked are the deltoids, core (abdominals and erector spinae), iliopsoas, gluteus maximus, gluteus medius and minimus, hip adductor group, quadriceps, hamstrings, and calves.

Works on core stability, coordination, balance, cardiovascular fitness, and improves bone density.

Starting position: Stand with your feet together and arms at your side.

Action: As you take a small vertical jump, simultaneously spread your legs apart and abduct your arms laterally overhead until your hands touch. When you land, your feet should be wider than your shoulders and your hands should be together over your head. Then take another small vertical jump and return to the starting posture. Repeat several times quickly.

### 24 **Run in place** (hips and legs)

Primary muscles worked are the iliopsoas, gluteus maximus, quadriceps, hamstrings, and calves.

Works on core stability, coordination, balance, cardiovascular fitness, and improves bone density.

Starting position: Stand with your feet hip-width apart.

Action: Run in place by bringing your knees up toward your chest as high as possible while pumping your arms. Keep your chest lifted, core engaged, and land lightly on the balls of your feet.



## Standing Exercises - 2

20 Standing Oblique Crunches



23 Jumping Jacks



21 Crab Walk



24 Run in place



22 Jump Squats

