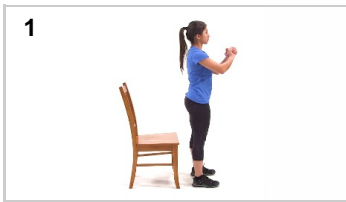

Squat with Chair Touch



Setup

Begin in a standing upright position in front of a chair.

Movement

Lower yourself into a squatting position, bending at your hips and knees, until you lightly touch the chair. Return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knees bend forward past your toes.

Standing Heel Raise



Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.

Standing Hip Extension with Counter Support



Setup

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

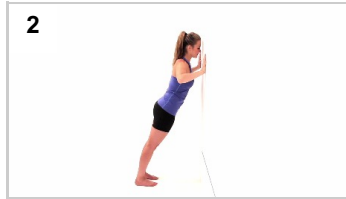
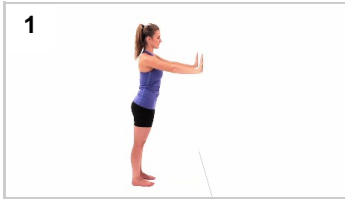
Movement

Tighten your buttock muscles and slowly lift your leg backward. Return to the starting position and repeat.

Tip

Make sure to keep your moving leg straight and keep your shoulders and hips facing forward during the exercise. Use the counter to help you balance as needed.

Wall Push Up



Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

Movement

Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position and repeat.

Tip

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise.

Tricep Dip from Chair



Setup

Begin sitting upright in a chair.

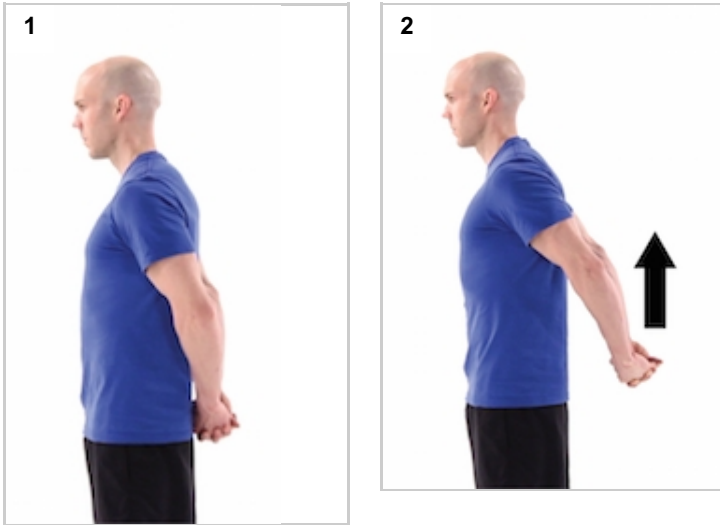
Movement

Move your body forward off the chair, keeping your arms on the edge. Slowly bend your elbows and lower yourself toward the ground, then push yourself back up, and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise. Your elbows should be bending straight backwards, do not let the flare out to the side.

Chest and Bicep Stretch - Arms Behind Back



Setup

Begin in a standing upright position.

Movement

Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

Tip

Make sure to keep your back straight during the exercise.

Seated Hamstring Stretch



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.

Seated Figure 4 Piriformis Stretch



Setup

Begin sitting upright in a chair with both feet on the ground. Bring the ankle of one leg up onto the knee of your opposite leg.

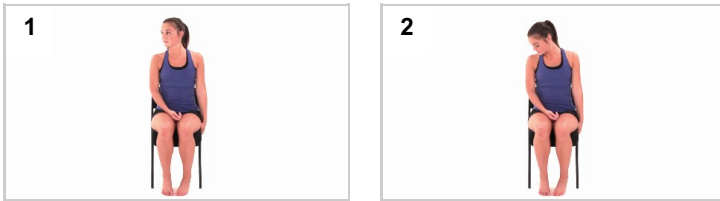
Movement

Apply a gentle pressure with one hand on the top of your bent knee, and lean forward until you feel a stretch in your buttocks. Relax, then repeat.

Tip

Make sure to keep your shoulders relaxed and back straight during the exercise.

Gentle Levator Scapulae Stretch



Setup

Begin sitting upright in a chair, grasping the edge with one hand.

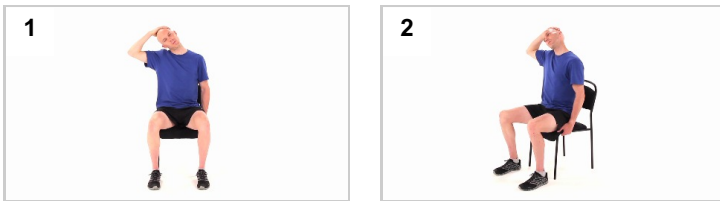
Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. You should feel a stretch on the back of your neck and above your shoulder blade.

Tip

Make sure to keep your back straight during the exercise.

Seated Cervical Sidebending Stretch



Setup

Begin sitting in an upright position.

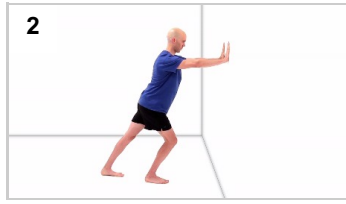
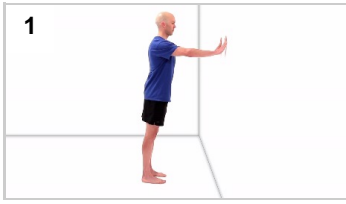
Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

Gastroc Stretch on Wall



Setup

Setup Directions

Movement

Begin in a standing upright position in front of a wall.

Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.