1. Sit to Stands
Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day

**INSTRUCTIONS:** Start with your feet shoulder width apart and equal distance from the chair, or with the uninvolved leg further away to increase weight bearing on the involved leg. Keep your chest upright and press down through your heels as you stand up. Then slowly squat to the chair, making sure your weight is shifting backward and your knees aren't coming in front of your toes. Perform a complete set of repetitions, then rest.

2. Squat to Chair
Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day
Weight ____ Lbs.

**INSTRUCTIONS:** Assume a standing position - feet slightly wider than shoulder width and a chair positioned behind you to tap touch as you lower. Slowly sit back leading with your hips and buttocks while bending knees as if attempting to sit in the chair. Do not sit down and rest between repetitions. Maintain an upright trunk and neutral lumbar spine with abdominals braced. Hold dumbbells or medicine ball for a greater challenge.

3. Alternate Dumbbell Hammer Curls (Double Leg)
Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day
Weight ____ Lbs.

**INSTRUCTIONS:** Assume an upright standing position holding dumbbells in each hand with your palms facing in. Brace your lower torso by contracting your abdominals and back muscles. Perform a single arm dumbbell curl then lower it slowly back to the starting position; alternate arms. Take the appropriate rest between sets. Use water bottles or cans for weights instead of hand weights.

4. Double Arm Dumbbell Curls (Double Leg)
Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day
Weight ____ Lbs.

**INSTRUCTIONS:** Assume an upright standing position holding dumbbells in each hand with your palms forward. Brace your lower torso by contracting your abdominals and back muscles. Curl both dumbbells simultaneously in front of your shoulders and lower them slowly. Take the appropriate rest between sets. Use water bottles or cans for weights instead of hand weights.
5. Standing Hip Extension (Chair)

INSTRUCTIONS: Assume a standing position holding on to the back of a chair. Maintain an upright trunk and neutral lumbar spine by bracing your lower torso. Extend your hip/leg back keeping your knee straight. Allow your leg to return to the starting position slowly. Perform a complete set of repetitions, then rest.

Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day
Weight ____ Lbs.

6. Standing Hip Abduction (Chair)

INSTRUCTIONS: Assume a standing position holding on to the back of a chair. Maintain an upright trunk and neutral lumbar spine by bracing your lower torso. Abduct or move your hip/leg out to the side keeping your knee straight. Allow your leg to return to the starting position slowly. Perform a complete set of repetitions, then switch legs.

Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day
Weight ____ Lbs.

7. Trunk Rotation Med Ball Wall Taps

INSTRUCTIONS: Assume an upright standing position with your back to a wall, your feet shoulder width apart, and your knees slightly bent. Brace your lower torso by contracting your abdominals and back muscles. Hold a med ball in your hands outstretched in front of your chest. Slowly rotate your trunk to one side and tap the med ball against the wall and then back to the other side keeping the med ball in front of your chest. The movement should be similar to if you were slowly swinging a baseball bat. Take the appropriate rest between sets. Use a weighted item instead of a medicine ball.

Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day
Weight ____ Lbs.

8. Standing Wood Chops with Med Ball (Double Leg)

INSTRUCTIONS: Assume a standing position with feet slightly wider than shoulder width apart and knees bent. Brace your lower torso by contracting your abdominals and back muscles. Hold a med ball with both hands above one of your shoulders. Keeping your lead arm relatively straight, slowly lower the med ball in a downward direction across your body toward your opposing hip while performing a 1/4 squat. The arm movement should resemble chopping wood. Perform a full set, switch sides, then take the appropriate rest.

Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day
Weight ____ Lbs.
9. Walking on Heels
Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day

**INSTRUCTIONS:** Assume a standing position and begin to walk across the floor only on your heels. Select a specific number of steps or a specific distance to make up the set. Perform a complete set then take the appropriate rest period.

10. Walking on Toes
Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day

**INSTRUCTIONS:** Assume a standing position and begin to walk across the floor only on your toes/forefoot. Select a specific number of steps or a specific distance to make up the set. Perform a complete set then take the appropriate rest period.

11. Wall Push Ups with a Plus
Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day

**INSTRUCTIONS:** Assume an upright standing position 2-3 feet away from a wall. Lean forward and assume a push up position with your hands on the wall slightly wider than shoulder width. Brace your lower torso by contracting your abdominals and low back muscles. Slowly allow your body to move closer to the wall to a position where your elbows are flexed approximately 90 degrees. Push your body back to the starting position, then add a plus by pushing a little further and rounding your shoulders and back. Continue for each repetition, then take the appropriate rest between sets.

12. Quadruped Arm Raise
Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day

**INSTRUCTIONS:** Assume a quadruped, or hands and knees position. Maintain a neutral lumbar spine with abdominals braced. Reach up and forward with one arm (thumb up) and hold for 2-3 seconds. Place cuff weights around your wrist for a greater challenge. Perform a full set on one side first or alternate sides if desired.
13. Birddog

Repeat ____ Time(s)
Complete ____ Set(s)
Perform ____ Time(s) a Day

**INSTRUCTIONS:** Assume a quadruped, or hands and knees position. Maintain a neutral lumbar spine with abdominals braced. Reach up and forward with one arm (thumb up) and extend your opposite leg back and hold for 2-3 seconds. Place cuff weights around your wrist and/or ankles for a greater challenge. Perform a full set on one side or alternate sides if desired.