

# Strength & Balance Exercise Options

## Level 3: Some seated and floor exercises, mostly standing

Recommended starting range- 12 repetitions, 2 sets and 1 minute rest between sets.

Work to increase repetitions and sets and decrease rest time.

# Lower Body

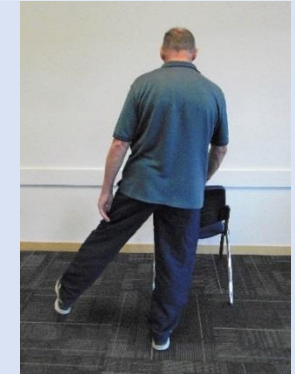
## STANDING HAMSTRING CURLS (Beginner)

1. Standing behind the back of a chair for support, shift your weight onto your right leg.
2. Lift your left heel up towards your tailbone, moving only your lower leg.
3. Pause at the top before slowly lowering your leg back to the start position.
4. Repeat on opposite side.



## STANDING SIDE LEG LIFT (Beginner)

1. Standing behind the back of a chair for support, shift your weight onto your right leg.
2. Raise your left leg out to the side, keeping your leg straight.
3. Pause at the top before slowly lowering your leg back to the start position.
4. Repeat on the opposite side.



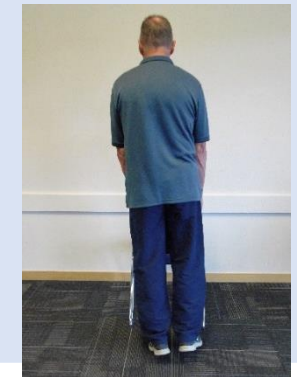
### LEG EXTENSION (Beginner)

1. Standing behind the back of a chair for support, shift your weight onto your right leg.
2. Standing upright raise your left leg backwards, keeping your leg it straight. Avoid arching your back as you extend the leg backwards.
3. Hold for 5 seconds and return leg back to starting position.
4. Repeat on the opposite side.



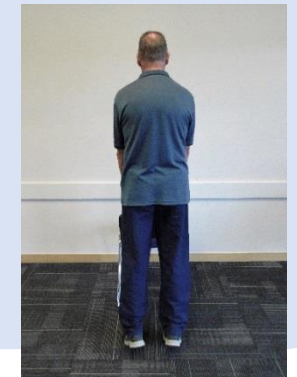
### SINGLE LEG CALF RAISES (Moderate)

1. Standing behind the back of a chair for support, shift your weight onto your right leg.
2. Lift your left leg so that it is bent, raise up onto your right toes as high as you comfortably can.
3. Lower to start position and repeat on the opposite side.



### CALF RAISES (Beginner)

1. Standing behind the back of a chair for support, raise up onto your toes as high as you comfortably can.
2. Lower to start position and repeat.



### BRIDGING (Moderate)

1. Begin lying on your back with your legs hip width apart and your knees bent.
2. Lift your bottom as high as comfortable off the floor,
3. squeezing your bottom muscles to do so.
4. Slowly lower back down to the floor and repeat



### SUMO SQUAT (Functional Movement)

1. Wide stance (feet further than shoulder width apart). Feet turned out.
2. Keep bottom in and torso upright.
3. Keeping torso upright, squat down with hands together between legs.
4. Slowly raise to starting position and repeat.



### BENT LEG DEADLIFT (Functional Movement)

1. Stay close to object with feet shoulder width apart and toes facing forward.
2. Hinge at hips and bend knees. Look down at object. Keep back, butt and head in alignment. Squat down so thighs are parallel with floor.
3. Lookup, engage glutes and core then lift up into standing position.



### SEATED CHAIR SQUAT (Moderate)

1. Place a chair with its back to the wall, start facing away from the chair as if you were going to sit down.
2. Placing your arms across your chest, begin to bend your legs to slowly sit down. Keeping your back straight.
3. As your tailbone touches the chair begin to straighten your legs again back into a standing position. And repeat.



### SEATED HIP MARCH (Beginner)

1. Begin sitting in a chair with feet flat on the floor.
2. Slowly lift your right knee as high as comfortable, lower your leg.
3. Alternate lifting your knees to perform a slow march.



### LYING PELVIC TILTS (Beginner)

1. Begin lying on your back with your legs hip width apart and your knees bent.
2. Brace your stomach by tightening your muscles. Imagine your belly button is being pulled in towards your spine. You should feel like your back is pressing into the floor with your hips/pelvis curling forward.
3. Hold for 5 seconds while breathing normally.
4. Relax back into starting position and repeat.

### SEATED RUSSIAN TWIST (Beginner)

1. Sit with feet flat on the floor. Lean slightly back.
2. Move object from left to right hip and back again without letting the object touch your body or touch the bench/chair you are sitting on.
3. Progress to lifting one foot above the floor or to floor level Russian twists with knees bent up.



### SEATED CRUNCHES (Moderate)

1. Begin sitting upright in a chair, with your hands holding the front edge of the chair for support. Your chair may be pushed up against a wall for support.
2. Ease back and draw your bent legs up towards your chest.
3. Extend your legs out before drawing them back into your chest. And repeat.



### SEATED ELBOW TO KNEE (Moderate)

1. Begin sitting up straight on the edge of your chair. Extend your right arm towards the ceiling
2. Raise your left knee as you slowly lower your right elbow across your body towards your raised knee. Make sure you keep straight posture throughout the motion.
3. Return to the starting position and repeat on the opposite side.



### SUPINE REVERSE MARCHES (Moderate)

1. Begin lying on your back with your legs hip width apart and your knees bent, arms outstretched to your sides.
2. Slowly lift one foot off the floor, keep the knee bent at 90 degrees. Raise the leg until your thigh aligns vertically with the floor.
3. Hold this position for 5-10 seconds before slowly lowering your foot back to the floor.
4. Return to starting position and repeat on the opposite side.

### **KNEE PRONE HOLD (Moderate)**

1. At floor level get down onto elbows and knees. This is most comfortable if you have a matt underneath.
2. Your elbows should be directly under your shoulders and your back flat.
3. Hold this position for as long as possible. If it is too easy come up onto your toes while keeping back flat.
4. Hold for as long as possible, rest then repeat once more.
5. When exercise becomes easy progress to knees off the ground.



### **STANDING ROTATIONS (Functional Movement)**

1. In a standing position move a light object at waist height from left to right and back again.
2. Move head with the direction the object is moving.



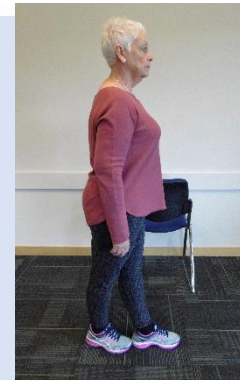
### **HAY BALER (Functional Movement)**

1. In standing position with object on floor beside left foot, bend and pick up.
2. Continue movement as you come up into a standing position from left side of the body to crossing over body and bringing object to shoulder height on right side of body.
3. Alternate movement from each side of the body.



### TANDEM STANCE (Beginner)

1. Standing beside a chair for support, place one foot directly in front of the other. Touching heel to toe.
2. Hold and balance for 30 seconds before putting the opposite foot in front.
3. To progress balance with closed eyes.



### ONE LEG BALANCE (Beginner-Moderate)

1. Begin standing behind a chair for support, shift your weight onto your right leg.
2. Slowly lift your left leg so that your knee is bent and you're balancing on one leg.
3. Balance for 30 seconds, lower leg and repeat on the opposite side.  
As a beginner start by holding lightly onto the chair before progressing to one finger, then no hands, and lastly eyes closed.



### TANDEM WALK – FORWARDS AND BACKWARDS (Moderate)

1. Begin standing next to a wall for support.
2. Place one foot directly in front of the other.
3. Repeat so that you begin slowly walking heel-to-toe along the wall
4. Repeat steps 1-3 in a backwards movement.





### LATERAL STEP WITH BALANCE (Moderate)

1. Standing upright, take a step to the left. If you are a beginner to this exercise you may like to have a table or wall in front of you to act as support.
2. As you step to the left bring your right knee up so that you are balanced on one leg. Hold for 5 seconds.
3. Step to the right and repeat on the opposite side.



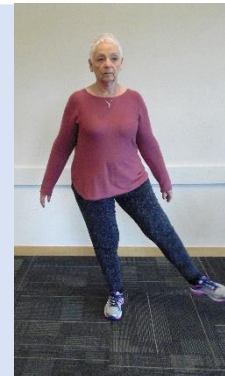
### BALANCE WALK (Moderate)

1. Begin standing with your arms raised at your sides to shoulder height.
2. Choose a spot in front of you to focus on and remain focused on it as you walk.
3. Walk in a straight line with one foot in front of the other. As you walk, lift your back leg and pause with it at knee height before stepping forward.
4. Repeat for 20 steps, alternating legs.



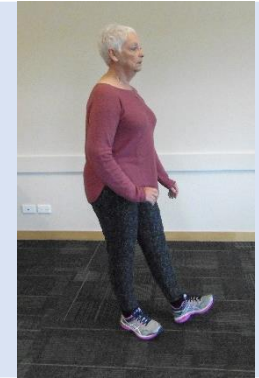
### CAT BALANCE WALK (Moderate)

1. As above (balance walk) walk up in a straight line. With each step, swing unplanted foot, slightly away from midline (abduction movement) and then to the front to plant foot on line.
2. Repeat with other foot and continue to walk along line.



### **TOE AND HEEL WALKING (Moderate)**

1. Walk in a straight direction on toes or heels.
2. Progress to walking with change of directions.



### **BACKWARD STEPPING – TOE TO HEEL ROCK (Functional Movement)**

1. Step backward and catch yourself on your heel of back leg, rock forward on this leg to bring yourself back to upright position.
2. Step back with other leg and repeat the process.



### **FIGURE 8 WALKING (Functional Movement)**

1. Clear a large space, begin walking in a large figure of 8.
2. Do 15 round clockwise and then repeat in an anti-clockwise direction.

### TOE STAND AND REACH (Functional Movement)

1. Stand on toes
2. Reach up arms from in front of body, to stretched above head height (as if reaching something from a height cupboard)



### ONE LEG STAND WITH 3-WAY LEG SWING (Advanced)

1. Standing on one leg, slowly swing the other leg in 3 directions; side, forwards and backwards.
2. Once complete all 3 movements alternate legs.

