

AT HOME STRENGTH EXERCISES

Keep *on* your feet

STRENGTH & BALANCE CLASSES

Guidelines

- Hold onto a sturdy table or the kitchen bench when doing the exercises.
- Try to do each exercise 3 times a week. They can be done at different times during the day.
- Start by doing each exercise 5 times. When 5 becomes too easy, increase to 8, then 12 and eventually 16-20 repetitions of each exercise.
- Do all repetitions on one leg before doing them on the other leg.
- All exercises should be performed slowly. You want the muscle to do the work; not momentum!
- When standing on one leg, don't lock the knee of your supporting leg. Keep a slight bend in it.
- As you become stronger and the exercises become easier, try to keep your foot slightly off the floor in-between repetitions.
- Don't hold your breath when doing the exercises. Exhale during a lift and inhale while lowering.



Leg Extension

1

- Sit tall in a chair with your back well supported.
- Slowly raise your foot until your leg is straight – contract the thigh muscles for 3 seconds.
- Lower leg slowly to the floor.

Side Leg Raise

2

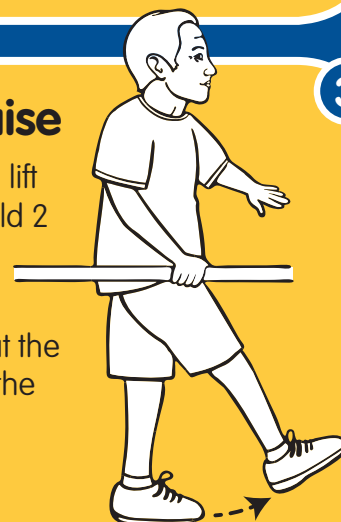
- Lift one leg slowly out to the side – hold 2 seconds then slowly lower.
- As you lift the leg, keep upright, with your leg straight and your foot pointing straight ahead.



Front Leg Raise

3

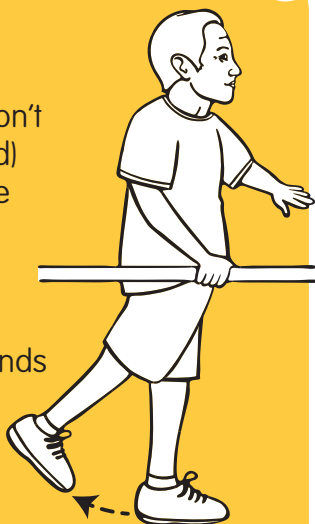
- Stand tall as you lift your leg up – hold 2 seconds, then slowly lower.
- Avoid bending at the waist as you lift the leg.



Rear Leg Raise

4

- Stand tall (don't lean forward) as you move your whole leg directly backwards.
- Hold 2 seconds then slowly lower.



Step Ups

5

- Stand in front of a step or stair with your feet hip distance apart.
- Step up onto the stair with your right leg. Bring the other leg up.
- Step back down leading with your left leg. Bring the other leg down.
- Repeat always leading with the **same** leg until all repetitions are completed.
- Hold onto a handrail for support if need be.



Stand Up – Sit Down

6



- Sit with your feet, knees and hips in line. Your feet should be just behind your knees.
- Lean forward, drive through your legs and stand tall.
- Stay standing for 3-5 seconds before pushing your bottom backwards and sitting down in a slow and controlled manner.
- To begin with you might need to use your arms, but as you get stronger try to use them less.

Heel Raises

7

- Stand tall with feet hip width apart.
- Rise up onto your toes.
- Hold for 2 seconds then slowly lower heels to floor.



Toe Raises

8

- With feet hip width apart, lean back slightly while pulling your toes up off the floor so you are standing just on your heels.
- Hold for 5 seconds then lower toes to the floor.

