

## Single Leg Stance with Support

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 3</b>
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### Setup

Begin in a standing upright position holding on to a stable object for support.

### Movement

Lift one foot off the floor and hold this position.

### Tip

Make sure to maintain your balance during the exercise.

## Tandem Stance with Support

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 3</b>
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### Setup

Begin in a standing upright position holding on to a stable object for support.

### Movement

Place one foot directly in front of the other so you are standing heel-to-toe. Hold this position.

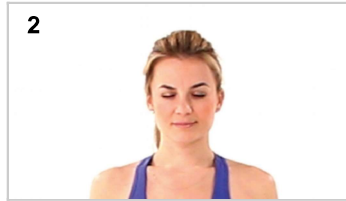
### Tip

Make sure to maintain your balance during the exercise.

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## Romberg Stance with Eyes Closed

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 3</b>
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### Setup

Begin in a standing upright position with your arms resting at your sides and your feet together.

### Movement

Close your eyes and maintain your balance in this position.

### Tip

Keep your arms by your sides and try to keep your eyes closed unless you feel you are going to lose your balance.

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## Backwards Walking

<b>SETS: 3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 3</b>
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### Setup

Begin in a standing upright position in a flat open space.

### Movement

Slowly walk backwards.

### Tip

Make sure to maintain your balance and good posture as you take each step.

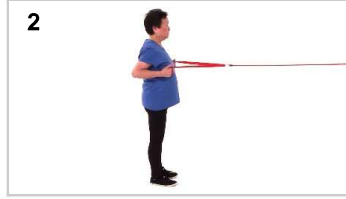
## Standing Row with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 3



### Setup

Begin in a standing upright position holding both ends of a resistance band that is anchored in front of you at chest height.

### Movement

Pull your arms back against the resistance, bending your elbows, then slowly return to the starting position and repeat.

### Tip

Make sure to keep your back straight and think of squeezing your shoulder blades together as you pull your arms back.

## Sit to Stand Without Arm Support

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 3



### Setup

Begin by sitting upright on a chair with your feet slightly wider than shoulder width apart.

### Movement

Reach out with your arms and lean forward at your hips until your bottom starts to lift off the chair. Move your body into a standing upright position, then reverse the order of your movements to return to the starting position.

### Tip

Make sure not to let your knees collapse inward during the exercise.

## Standing to Half Kneel with Chair Support

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 3



### Setup

Begin in a standing upright position to the side of a sturdy chair.

### Movement

Step your stronger leg forward and slowly lower your opposite knee to the ground. Return to a standing position, using the chair or your front knee for support as needed, and repeat.

### Tip

Make sure to kneel on a comfortable surface. Focus on using your stronger leg to perform the movement and try to maintain an upright posture during the exercise.

## Corner Pec Major Stretch

DAILY: 1

WEEKLY: 2



### Setup

Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

### Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

### Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

## Standing Hip Flexor Stretch

DAILY: 1

WEEKLY: 2



### Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

### Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

### Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

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## Standing Hamstring Stretch with Step

DAILY: 1	WEEKLY: 2
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### Setup

Begin standing upright with your heel placed in front of you on a step and your hands resting on your hips.

### Movement

Slowly bend forward at your hips until you feel a gentle stretch in the back of your thigh. Hold this position.

### Tip

Make sure to keep your back straight and maintain a slight bend in your stance leg. Avoid bouncing during the stretch.