



LOWER BODY

Scan for a follow-along video

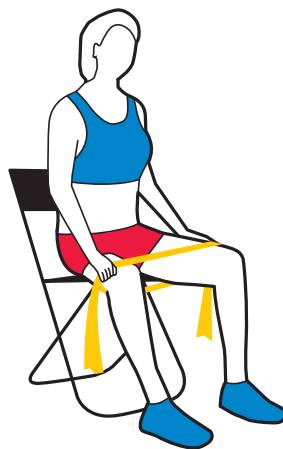
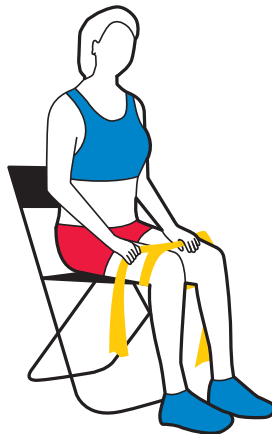
Staying active with these exercises will help you improve flexibility, joint stability and strength. This in turn makes everyday tasks such as standing up from your chair or climbing stairs easier. If you experience severe pain whilst undertaking any of these exercises or you aren't sure if they would work for you, please speak to your Healthcare Professional. Pick from seated or standing options. Remember to use a sturdy chair.

HIPS

HIP ABDUCTION

Sit upright on the front third of your chair, with your knees together and your feet hip width apart. Make sure you're wearing clothing that covers your legs. Wrap the band around your thighs so the ends cross over on top of your lap, then hold either end of the band in place with your hands. The tighter it is wrapped, the harder the exercise will be. Slowly move your knees away from each other to stretch the band, hold for a couple of seconds, then slowly move back to the start position.

This is one repetition.



3
SETS

10
REPS

TOP TIPS



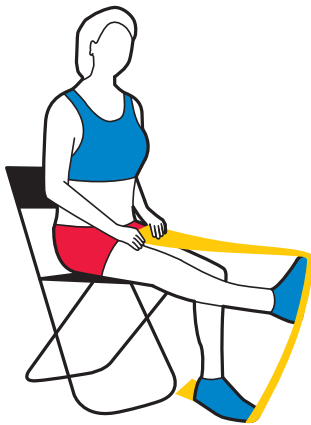
- 1 If you struggle with gripping the band during these exercises, you can wrap the band around your hand like the illustration here.
- 2 Holding the band with more slack in the start position will make the exercises easier, and holding the band with more tension will make the exercises harder.
- 3 Different colour bands will often be different strengths – so some will be easier and some will be harder. If you have a multipack of different colours, it's worth checking the strength before you start.
- 4 The longer you spend with the band under tension, the harder these exercises will be – so if you want to make them harder, slow them down – try counting to 5 during the movement stretching the band, hold for 3 seconds in the end position, then count to 5 to return to the start position.

KNEES & THIGHS

LEG EXTENSIONS



Sit upright on your chair, wearing closed toe shoes. In this exercise you will be working one leg at a time. Place one end of the band under your right foot - this foot will stay still throughout the exercise to keep the band in place. Lay the rest of the band on the floor, then place your left foot on top of the band, just in front of the right foot. You can then hold the other end of the band loosely in your hands. Now, straighten your knee and push your foot towards the ceiling, stretching the band. Once your knee is straight, hold this position for a couple of seconds, then slowly lower your foot down to the floor.



This is one repetition. Complete 10 repetitions on this side, then switch the positions of your feet, and complete 10 repetitions on the other side.

2 SETS

10 REPS

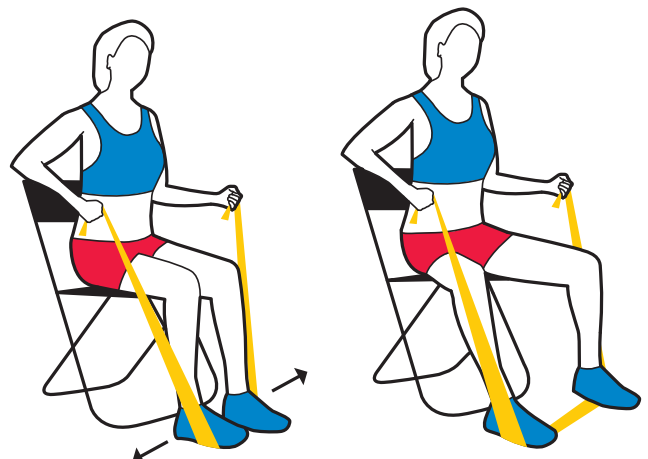
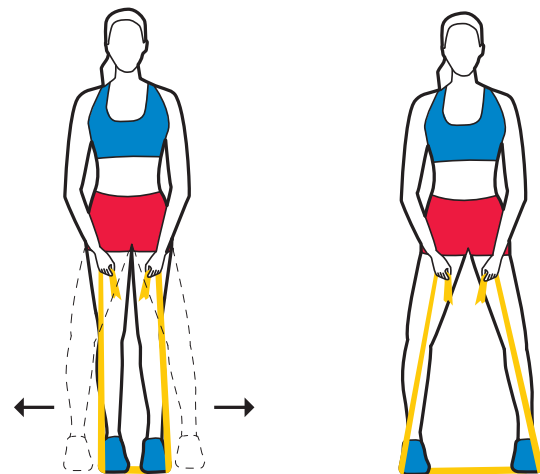
HIPS

CRAB WALKS

Sit or stand with shoes on, with your feet shoulder width apart, and the middle of the band under your feet. Hold either end of the band in your hands with some tension on the band. If you are standing, keep your knees slightly bent throughout. Keeping an upright posture, step your right foot out to the side, then bring your left foot towards it until they are shoulder width apart again. Repeat again in the same direction. Then take two side steps back, leading with your left foot, to return to your start position. This is one repetition.

If you are sitting, lift your right foot up and step it out to the side, hold for a second, then return your right foot back to the start position. Repeat with your left foot.

This is one repetition.

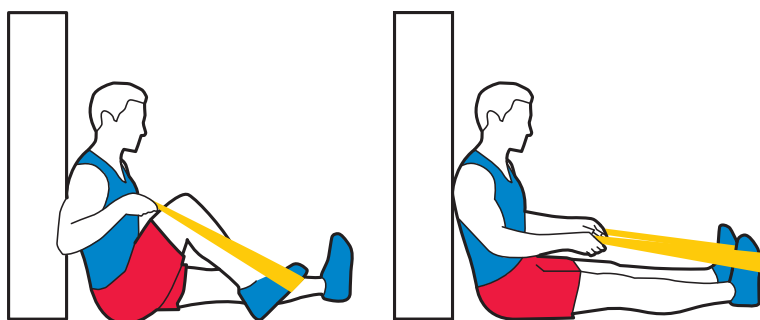
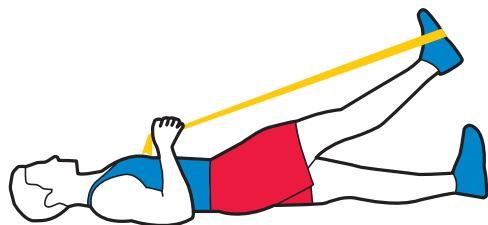
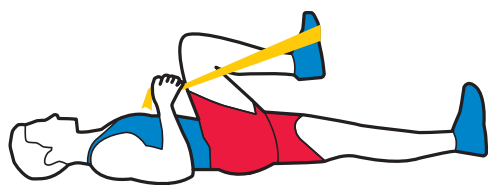


2 SETS

8 REPS

**KNEES &
THIGHS**

LEG PRESS



Either sit with your back supported, or lie flat on your back, with your legs out straight and shoes on. In this exercise we will be working one leg at a time. Place the middle of the band under one foot, and hold one end of the band in either hand. Bend your knee towards your chest, then adjust your hands so that the band is tight in this position. Then slowly push your foot away to straighten your knee, hold for a couple of seconds, then slowly bend your knee again.


This is one repetition. Complete 2 sets of 10 repetitions on one leg, then switch the band to the other leg and complete 2 sets of 10 on this side.

**2
SETS**

**10
REPS**

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