

exercise 1



Standing knee curl

Instructions

1. Tie the band around your ankle
2. Stand on the band and hold on to a chair or table
3. Slowly lift your heel up to your bottom
4. Count to 3, then slowly return

Repeat with other leg

lower body

Areas of the body:
Hamstring (back of thigh)

Equipment:
Band, chair

Difficulty: ★★★★★

exercise 2



Sitting knee curl

Instructions

1. Attach the band to your ankle
2. Hold the remaining of the band in your hand
3. Slowly lift your lower leg up as high as you can
4. Count to 3, then slowly return

Repeat with other leg



lower body

• **Areas of the body:**

• Quadriceps (front of thigh)

• **Equipment:**

• Band, chair

• **Difficulty:** ★★☆☆☆

exercise 3



Side step

Instructions

1. Tie the band around your ankle
2. Stand on one leg and try to push the other leg away from your body
3. Count to 3, then slowly release

Repeat with other leg



lower body

Areas of the body:

Hamstring (back of thigh)

Equipment:

Band, chair

Difficulty: ★★★★★☆

exercise 4



Leg push I

Instructions

1. Put your foot in the middle of the band
2. Hold the ends of the band at your chest
3. Push your foot forward into the band. Hold and count to 3 then release

Repeat with other leg



lower body

Areas of the body:

Quadriceps(back of thigh)

Equipment:

Band, chair

Difficulty: ★★★☆☆

exercise 5



Leg push II

Instructions

1. Sit in a stable chair
2. Slowly lift one leg up towards your chest
3. Count to 3, then slowly return
4. Keep your back straight, do not lean forward

Repeat with other leg



lower body

Areas of the body:

Hamstring (back of thigh)

Equipment:

Chair

Difficulty: ★☆☆☆☆

exercise 6



Lunge

Instructions

1. Bend your front knee, lowering your body
2. Hold it at your chosen position and count to 3, then slowly stand up
3. You can hold on to something to help you stand up

Repeat with other leg



lower body

• **Areas of the body:**

• Hamstring (back of thigh)

• **Equipment:**

• **Difficulty: ★★★★★**

exercise 7



Sit to stand



lower body

Instructions

1. Stand at shoulder width
Slowly start sitting down,
with your hands
stretching forward to help
you balance
2. If you can, only touch the
chair lightly and then s
stand up again
3. Try not to use your hands
when standing up

Areas of the body:

Quadriceps (front
of thigh)

Equipment:

Chair

Difficulty: ★★★☆☆

exercise 8



Squat

Instructions

1. Stretch your arms forward to help your balance
2. Put the band above your knees and slowly start bending your knees, pushing against the band
3. Stop at the point where you can still comfortably stand up, you can hold on to something to help you



lower body

Areas of the body:

Quadriceps (front of thigh)

Equipment:

Band

Difficulty: ★★★★★

exercise 9



Wall squat

lower body

Instructions

1. Put your back against the wall
2. With your neck and back leaning against the wall start sliding down towards the floor
3. Your knees shouldn't go below 90° degrees
4. Hold and slowly start pushing yourself up

Areas of the body:

• Quadriceps (back of thigh)

Equipment:

• Difficulty: ★★★★★

exercise 10



Standing leg press

Instructions

1. Put your foot in the middle of the band
2. Press your foot down into the band
3. Count to 3, then slowly return
4. Try not to touch the ground with your foot

Repeat with other leg



lower body

Areas of the body:
Hamstrings (back of thigh)

Equipment:
Band

Difficulty: ★★★★★☆

exercise 11



Calf raise

Instructions

1. Stand up straight and hold on to a chair or table if you need to
2. Slowly stand up on your tiptoes
3. Count to 3, then slowly return

lower body

Areas of the body:

Calves

Equipment:

chair

Difficulty: ★★★☆☆