

# Standing knee curl

#### Instructions

- 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: ★★★★





Sitting knee curl



lower body

#### Instructions

- 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

#### Areas of the body:

Quadriceps (front of thigh)

#### **Equipment:**

Band, chair

Difficulty: ★★★☆☆





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

#### exercise 3



lower body

Areas of the body:

Hamstring (back of thigh)

**Equipment:** 

Band, chair

Difficulty: ★★★★☆





Leg push l



lower body

#### **Instructions**

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

Repeat with other leg

#### Areas of the body:

Quadriceps(back of thigh)

#### **Equipment:**

Band, chair

Difficulty: ★★★☆☆





# 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

#### exercise 5



lower body

#### Areas of the body:

Hamstring (back of thigh)

#### **Equipment:**

Chair

Difficulty:★★☆☆☆





lower body



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
- You can hold on to something to help you stand up

Repeat with other leg

Areas of the body:

Hamstring (back of thigh)

Equipment:

Difficulty: ★★★★





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:★★★☆☆





Squat



lower body

#### 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
- Stop at the point where you can still comfortably stand up, you can hold on to something to help you

Areas of the body:

Quadriceps (front of thigh)

**Equipment:** 

Band

Difficulty:★★★★

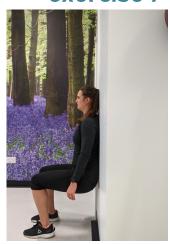


# Wall squat

#### Instructions

- 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

#### exercise 9



lower body

#### Areas of the body:

Quadriceps (back of thigh)

#### **Equipment:**

Difficulty: ★★★★★



# Standing leg press

#### Instructions

- Put your foot in the middle of the band
- 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

#### exercise 10



## lower body

#### Areas of the body:

Hamstrings (back of thigh)

#### **Equipment:**

Band

Difficulty:★★★☆





# Calf raise

#### **Instructions**

- 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

### exercise 11



## lower body

Areas of the body:

Calves

**Equipment:** 

chair

Difficulty:★★☆☆

