

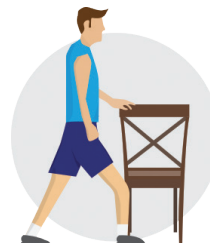
**START WITH ONE SET OF 3 OR 4 REPETITIONS, WORKING UP TO 8–10 AS YOU GET STRONGER. BUILD YOUR WAY UP TO THREE SETS.**

### MINI SQUAT



- Stand straight with feet shoulder-width apart and grasp the back of a chair.
- Slowly bend knees.
- Keep feet flat; do not let knees go
- Hold for 6 seconds, then slowly

### QUAD STRETCH



- Stand straight and grasp the back of a chair.
- Step back with one foot. Knees should be bent and feet flat.
- Tuck buttocks tightly under hips until you feel a stretch in the thigh and hip of back leg.
- Hold 10 seconds, release, and repeat with other leg.

### STANDING BACK LEG SLIDE



- Stand straight and grasp the back of a chair.
- Slide one foot back, keeping toes on floor, until buttocks tighten.
- Slide foot to original position and repeat with other leg.

### KNEE STRENGTHENER – MOVE 1



- Sit in a sturdy chair with a resistance band looped around both legs just above the ankles.
- Plant one foot firmly on the floor.
- Straighten the other leg forward
- Relax; repeat with other leg.

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### **KNEE STRENGTHENER – MOVE 2**



- Plant one foot firmly on the floor.
- Bend the other leg back under the chair and hold for 6 seconds.
- Relax; repeat with other leg.

### **HAMSTRING STRETCH**



- Sit on the edge of a chair.
- Plant one foot firmly on the floor.
- Straighten one leg forward, with heel on the ground and toes pointed up.
- Keeping your back straight, gently lean forward from the hips until you feel a stretch in the back of the outstretched leg.
- Hold 10 seconds, release; repeat with other leg.