

Calf Raise - Double Leg

- Stand, use wall or chair for balance
- Feet hip width apart
- Stand tall on tippy toes
- Pause, lower and repeat



Complete 2-3 sets of 8-15 repetitions. Rest 60s between sets.

Half Squat - Body Weight

- Stand feet slightly wider than hip width apart
 - Arms in front of body
 - Push knees forward and descend into a balanced squat position, pause, return to standing
 - Ensure squatting action is pain free
 - Feet stay flat on the floor
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- Move slowly through the action



Complete 2-3 sets of 8-15 repetitions. Rest 60s between sets.

Dips - Chair

- Surely position a chair
- Hands on edge of chair
- Body weight partially supported on feet
- Maintain vertical torso position
- Lower body until upper arm is parallel to floor
- Extend elbows, return to start position
- Repeat movements with control



Complete 2-3 sets of 8-15 repetitions. Rest 60s between sets.

Lunge - Partial Range of Motion

- Stand, feet hip width apart
- Take a large step forward & descend into a partial split squat
- Push through lead leg & return to standing position
- Maintain upright posture throughout



Complete 2-3 sets of 8-15 repetitions. Rest 60s between sets.

Push Up - Hands On Wall

- Stand approximately arms length from a wall
- Place hands on the wall
- Assume a push up position
- Move feet further back to increase resistance
- Lower chest towards the wall, push up slowly
- Maintain strong posture throughout



Complete 2-3 sets of 8-15 repetitions. Rest 60s between sets.

Abdominal Brace - Single Leg Lift

- Lie on floor, arms by side, knees bent, feet on the floor
- Pre-tense lower abdominals, hold neutral spine position
- Slowly raise one foot off the floor, pause
- Lower foot to floor & repeat on the other side
- Maintain neutral spine position throughout



Complete 2-3 sets of 8-15 repetitions. Rest 60s between sets.

Bridge - Double Leg

- Lie face up, knees bent, feet flat on floor
- Pre-tense lower abdominals
- Lift hips to align with shoulders & knees
- Pause for 2-3 seconds, lower & repeat
- Hold neutral spine position throughout



Complete 2-3 sets of 8-15 repetitions. Rest 60s between sets.