

Be Active Get Stronger Feel Better

PUSH UP

Stand a few steps away from your bench (make sure bench is not too low) and place hands out in front on the bench, shoulder width apart. Keeping your elbows tucked to your side and your feet in place, slowly lean forward bringing your chest towards the bench and then back to starting position. Your back should stay straight and your core strong.

This exercise can be modified to make it a bit easier by moving your feet closer to the bench. It can also be modified further by standing up straight with your elbows bent and palms open next to your chest and gently push your palms forward in front of you until your arms are fully extended and then slowly bend your elbows returning your palms back to starting position.



SQUAT

When squatting remember to keep your core strong, your back straight and bend your knees into a squat position and return to standing at a slow pace.

Modify the squat by holding on to something for support, and or change the action of the leg to a knee extension. A knee extension is to lift the leg, extend away from the body and back.



LUNGE

With parallel feet, one foot forward, and the other behind, bend both knees lifting the back heel off the ground. Keep your back straight and your core strong throughout the lunge and ensure your front knee doesn't go past your toes on your front foot. Slowly return to starting position with both legs straight and both feet flat on the ground.

This exercise can be modified by lunging while holding on to a bench or a stable structure for support. If lunges are not for you, stay with squats, and/or modify with the knee extension.



SIDE STRETCH

Reach one hand down the same side of your leg until you can feel the stretch in the other side of your body. Make it a harder stretch by reaching your arm over your head to the opposite side of your body until you feel the stretch. Make it even harder by reaching your arm over your head and place the same foot behind your other foot.



CALF RAISE

Start with feet flat on the ground, slowly push through the balls of your feet lifting your heels off the ground as far as you can and with control slowly return to having your feet flat on the ground.

Modify the calf raise by using a pole or stable bench for support or you can do these seated or one foot at a time.



HAMSTRING STRETCH

Place one foot in front of the other, slightly bend your back knee lifting your toes of the front foot off the ground. Keeping your back straight and core strong, bend forward slowly until you can feel the stretch through the back of your front leg and hold.

To make a little easier and help with balance, modify the stretch by holding on to or leaning on something for support.

