

## Quad Set

While laying or sitting, flex your quads by pressing your knee down towards the mat.



Repeat 10 Times  
Hold 10 Seconds  
Complete 2 Sets  
Perform 5 Time(s) a Week

## STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.



Repeat 10 Times  
Complete 3 Sets  
Perform 5 Time(s) a Week

Video ID: VVBVU5P69

## LATERAL MONSTER WALK - ELASTIC BAND AT THIGHS

Place a looped elastic band around both thighs.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.



Repeat 3 Times  
Perform 5 Time(s) a Week

Video ID: VV3RQ782L



### SIT TO STAND - NO SUPPORT

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

Repeat 10 Times  
Complete 2 Sets  
Perform 5 Time(s) a Week

Video ID: VVUS3WVRC



### Squat

With feet shoulder width apart, do a squat to 90 degrees or less. Keep knees in straight forward alignment and behind toes.

Repeat 10 Times  
Complete 2 Sets  
Perform 5 Time(s) a Week



### SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.

Repeat 3 Times  
Hold 30 Seconds  
Perform 1 Time(s) a Day