

Begin with 8 exercises. As you feel comfortable, add 1-2 exercises a week (up to 12 exercises).

## Hips & Thighs

1.



**Start:** Sit at the front of the chair, chest up, and feet hip width apart. Slowly lift out of the chair with your knees directly over your toes. Keep your back straight and arms out.

**Finish:** Hold the top position with knees bent. Slowly bend knees to lower yourself to the chair. Don't drop to the chair.

## Chest

2.



**Start:** Place the band around your upper back. Grab the ends of the band with elbows bent and palms facing down or inward.

**Finish:** Press out, extending your elbows forward to shoulder level. Slowly return to starting position.

## Upper Back

3.



**Start:** Grasp the band with both hands in front of your chest with the elbows slightly bent and shoulders down.

**Finish:** Keep elbows slightly bent and pull band outward until the band reaches across your middle chest. Hold the end position briefly, squeezing the shoulder blades together. Slowly return to starting position.

## Middle Back

4.



**Start:** Wrap the middle of the band around an extended foot. Grasp both ends of the band at the outside of your knee with your outside hand.

**Finish:** Pull band backwards and slightly up until your outside hand is beside your ribcage. Pause. Slowly lower to starting position.

## Shoulders

5.



**Start:** One foot and hand anchor one end of the band. The other hand is beside the shoulder grasping the band, hand level with the chin, and arm straight up from the floor.

**Finish:** Extend the arm overhead until directly over the shoulder. Try not to lean to one side. Pause. Slowly lower to starting position.

## Shoulders

6.



**Start:** Anchor as per #5 with slightly shorter band. Grasp the band at position just outside the knee. Can have palm down or palm forward (easier on the shoulders).

**Finish:** Lift arm to side with elbow slightly bent. Lift to shoulder height or slightly below shoulder height if you have shoulder problems. Pause. Slowly lower to starting position.

## Upper Arm – Front

7.



**Start:** Keep same anchor position as #6, except slightly shorter band length. Grasp band with palm facing up.

**Finish:** Curl hand to shoulder keeping your elbow at your side at the lower ribs. Pause. Slowly lower to starting position.

## Upper Arm – Back

8.

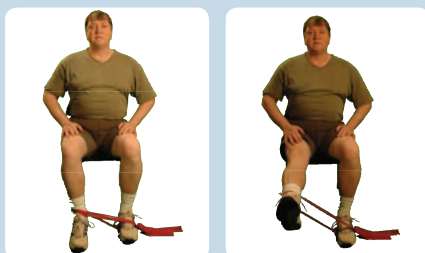


**Start:** Seated at the front edge of the chair and chest up. Place the band around your knee, anchoring the band with one hand on the opposite thigh and holding the other end of the band down at your side with your elbow bent.

**Finish:** Extend your elbow until your arm is straight down by your side. Pause. Slowly return to starting position.

## Legs – Front

9.



**Start:** Tie the band in a knot and wrap around your feet, or tie the band around one leg of the chair with your foot through the loop.

**Finish:** Extend one leg out, keeping your knee in the same position. Keep your posture. Pause. Slowly return to starting position.

## Legs – Back

10.



**Start:** Stand behind the chair holding the back for support. Wrap the tied band around your ankles, or tie the band around a leg of the chair with your foot through the loop.

**Finish:** Curl one ankle up. Keep the knee in the same position and your back stable. Pause. Slowly return to starting position.

## Lower Back

11.



**Start:** Stand behind the chair holding the back for support, with knees slightly bent, and leaning forward with back straight. You can wrap a band around your ankles, or do the exercise without a band.

**Finish:** Extend one leg out so that it is in line with your body. Don't over-extend the leg or arch in the low back. Pause. Slowly return to starting position.

## Abdominals

12.



**Start:** Seated comfortably in the chair, chest up, and both knees bent with the feet on the ground in front of you.

**Finish:** Lift one knee so that it is higher than the opposite knee, or slightly rock back with both feet on the ground. Tighten your abdominals. Keep your chest up. Pause. Slowly return to starting position.