

# Standing Exercises



## Knees

While holding onto the desk with both hands, place your neck between your arms and while straightening out your back, shoulders, and waist; slowly, squeeze your body downwards. Then, continue the motion by straightening out your body and bending backwards.



## Waist

While holding onto the desk with one hand, twist your arm and waist to one direction and straighten out coming back. You should then change directions while keeping your eyes on the hand in motion.



## Knee Lift

To strengthen hip flexors and lower abdomen. Stand erect. Raise left knee to chest or as far upward as possible. Return to starting position. Suggested repetitions: 5 each leg.



## Back Leg Swing

To firm buttocks and strengthen the lower back. Stand erect behind chair, feet together, hands on chair back for support. Lift one leg back and up as far as possible keeping knee straight. Return to starting position. Suggested repetitions: 10 each leg.



## Alternate Leg Lunges

To strengthen upper thighs and inside of leg. Also stretches back of leg. Take a comfortable stance with hands on hips. Step forward 18" to 24" with right leg, while extending arms straight ahead. Keep left heel on floor. Shove off right leg and resume standing position. Suggested repetitions: 5-10 each leg.

# Sitting Exercises



## Back/Stomach

In a seated position, raise both your arms; then while lowering and raising your chin, bend your chest backwards.



## Shoulders

In a seated position, lightly bend your elbows and very smoothly rotate your shoulders.



## Arms

In a seated position, loosen up your arms and hands; then shake, rotating from front to rear and side to side.



## Chest

In a seated position, bend your back against the chair and expand your chest upwards, then straighten out your arms downwards. After that, continue the motion by bending your upper body forward.



## Ankles

In a seated position, put your feet together lightly and pull your toes towards yourself, and then release.



## Sitting Single Leg Raises

To strengthen hip flexor muscles and tone lower abdominal wall. Sit erect, hands on side of chair seat for balance, legs extended at angle to floor. Raise left leg waist high. Return to starting position. Suggested repetitions: 10-15 each leg.



## Leg Extensions

To tone the upper leg muscles. Sit upright. Lift left leg off the floor and extend it fully. Lower it very slowly. Suggested repetitions: 10- 15 each leg.