

EXERCISE PLAN

Low-intensity

Weeks 1 - 4



Seated hip abduction step out

Reps: 10 | Sets: 2 | Rest period: 30 s

Seated cross body reaching

Reps: 10 | Sets: 2 | Rest period: 30 s

Sit to Stand

Reps: 10 | Sets: 2 | Rest period: 30 s

Wall push-up

Reps: 10 | Sets: 2 | Rest period: 30 s

Seated hip flexion, alternating

Reps: 10 | Sets: 2 | Rest period: 30 s

Seated plantar flexion

Reps: 15 each side | Sets: 2 | Rest period: 30 s

Seated trunk rotation

Reps: 10 | Sets: 2 | Rest period: 30 s

TERMINOLOGY

Reps: The amount of times you repeat the exercise move

Sets: The amount of times you complete the number of reps. For example, if there is 10 reps and 2 sets, you will ultimately complete 20 reps.

Rest period: The amount of time you rest between each set. In the previous example, you would rest once you completed one set (10 reps) and then complete the last set (10 reps).

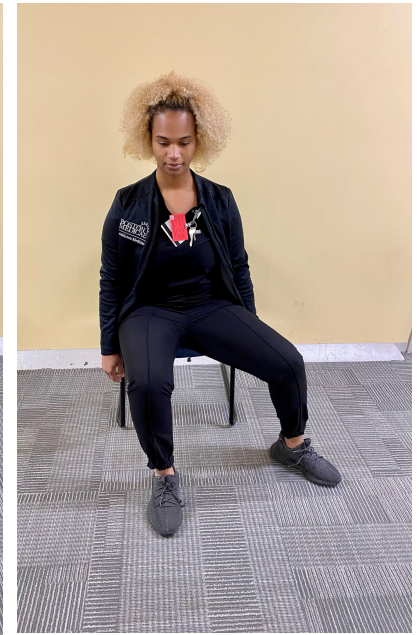
SEATED HIP ABDUCTION STEP OUT

Instructions: Sit in a chair with your knees bent. Step your left leg out, then bring back center. Repeat with your right leg.

REPS: 10

SETS: 2

REST PERIOD: 30 S



SEATED CROSS BODY REACHING

Instructions: Sit in a chair with your legs straight and heels touching the floor. Touch your left toe with your right hand, and then touch your right toe with your left hand.

REPS: 10

SETS: 2

REST PERIOD: 30 S



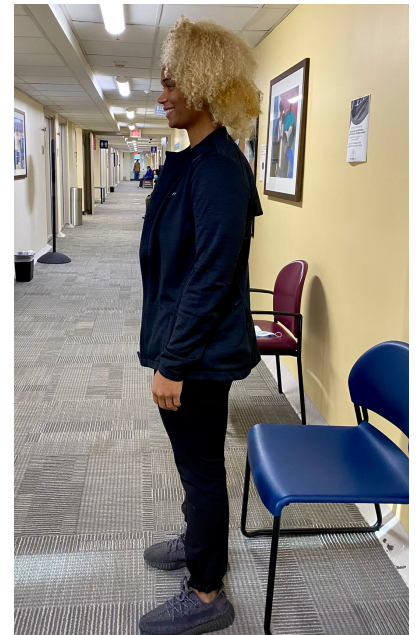
SIT TO STAND

Instructions: Sit in a chair with your knees bended. From the seated position, stand up.

REPS: 10

SETS: 2

REST PERIOD: 30 S



WALL PUSH-UP

Instructions: Stand with your hand pressed against the wall. Bend your arms and bring your body close to the wall. Use your arms to push your body back to the original position.

REPS: 10

SETS: 2

REST PERIOD: 30 S



SEATED HIP FLEXION

Instructions: Sit in a chair with your knees bent. Lift your left leg up with your knee bent, and then place your foot on the floor. Repeat with your right leg.

REPS: 10

SETS: 2

REST PERIOD: 30 S



SEATED PLANTAR FLEXION

Instructions: Sit in a chair with one leg raised above the floor and your toes pointed towards the ceiling. Bend your toes forward until the bottom of your foot is facing the ground. Complete all reps on one side before switching to the other side.

REPS: 15 each side

SETS: 2

REST PERIOD: 30 S



SEATED TRUNK ROTATION

Instructions: Sit in a chair with your knees bent. Make a fist with both hands and place in front of your chest. Turn your upper body to the left and then return to center. Turn your upper body to the right and then return to center.

REPS: 10

SETS: 2

REST PERIOD: 30 S



EXERCISE PLAN

Low-intensity

Weeks 5 - 8



Seated marching with opposite elbow to knee

Reps: 20 | Sets: 2 | Rest period: 30 s

Seated hip abd with band around knees

Reps: 10 | Sets: 2 | Rest period: 30 s

Overhead press arms wide like goal post

Reps: 10 | Sets: 2 | Rest period: 30 s

Sit to stand with band around knees

Reps: 10 | Sets: 2 | Rest period: 30 s

Wall push up with alternating knee to chest

Reps: 10 | Sets: 2 | Rest period: 30 s

Standing mini march with support on chair or counter

Reps: 20 | Sets: 2 | Rest period: 30 s

Standing mini hip abd with side toe tap

Reps: 10 | Sets: 2 | Rest period: 30 s

TERMINOLOGY

Reps: The amount of times you repeat the exercise move

Sets: The amount of times you complete the number of reps. For example, if there is 10 reps and 2 sets, you will ultimately complete 20 reps.

Rest period: The amount of time you rest between each set. In the previous example, you would rest once you completed one set (10 reps) and then complete the last set (10 reps).

SEATED MARCHING WITH OPPOSITE ELBOW TO KNEE

Instructions: Sit in a chair with your knees bent. Bring your left knee to your right elbow. Repeat on the other side.

REPS: 20

SETS: 2

REST PERIOD: 30 S



SEATED HIP ABD WITH BAND AROUND KNEES

Instructions: Sit in a chair with your knees bent and a resistance band around your thighs. Move your leg outward and return to center. Switch legs during second set.

REPS: 10

SETS: 2

REST PERIOD: 30 S



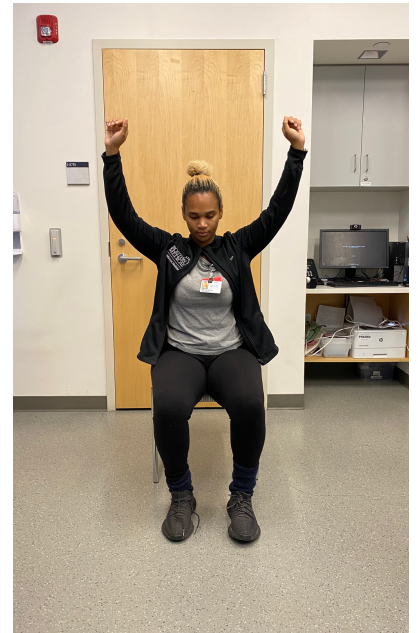
OVERHEAD PRESS ARMS WIDE LIKE GOAL POST

Instructions: Sit in a chair with your elbows out and hands at head level. Press your arms up like you are lifting a weight.

REPS: 10

SETS: 2

REST PERIOD: 30 S



WALL PUSH UP WITH ALTERNATING KNEE TO CHEST

Instructions: Stand with your hand pressed against the wall and elbows bent. Straighten your arms to push your body away from the wall. Lift your knee up as high as you can. Switch legs on second set.

REPS: 10

SETS: 2

REST PERIOD: 30 S



STANDING MINI MARCH WITH SUPPORT ON CHAIR/COUNTER

Instructions: Stand with your arms pressed against a chair/table/counter. Leaning on the object, lift your left knee up. Repeat with other knee.

REPS: 10

SETS: 2

REST PERIOD: 30 S



STANDING MINI HIP ABD WITH SIDE TOE TAP

Instructions: Stand with your arms pressed against a chair/table/counter. Tap your toe to the side and return to center. Repeat with the other foot.

REPS: 20

SETS: 2

REST PERIOD: 30 S



EXERCISE PLAN

Low-intensity

Weeks 9-12



Supine single leg raises

Reps: 10 | Sets: 3 | Rest period: 30 s

Side-lying hip abduction

Reps: 10 | Sets: 3 | Rest period: 30 s

Overhead press with band around elbows

Reps: 10 | Sets: 3 | Rest period: 30 s

Sit to stand with band around knees

Reps: 10 | Sets: 3 | Rest period: 30 s

Push-up off counter top

Reps: 10 | Sets: 3 | Rest period: 30 s

Standing clock balance exercise

Reps: 10 | Sets: 3 | Rest period: 30 s

Seated rows with band

Reps: 10 | Sets: 3 | Rest period: 30 s

TERMINOLOGY

Reps: The amount of times you repeat the exercise move

Sets: The amount of times you complete the number of reps. For example, if there is 10 reps and 2 sets, you will ultimately complete 20 reps.

Rest period: The amount of time you rest between each set. In the previous example, you would rest once you completed one set (10 reps) and then complete the last set (10 reps).

SUPINE SINGLE LEG RAISES

Instructions: Lie with your back on the floor and lift your leg up as high as it can go while keeping your leg straight. Slowly lower your leg down to the ground and do it again with the other leg.

REPS: 10

SETS: 3

REST PERIOD: 30 S



SIDELYING HIP ABDUCTION

Instructions: Lay on your side on the floor and lift your leg up as high as it will go while keeping your leg straight. Slowly lower your leg until it touches the ground. Repeat on your other side once you finish 10.

REPS: 10

SETS: 3

REST PERIOD: 30 S



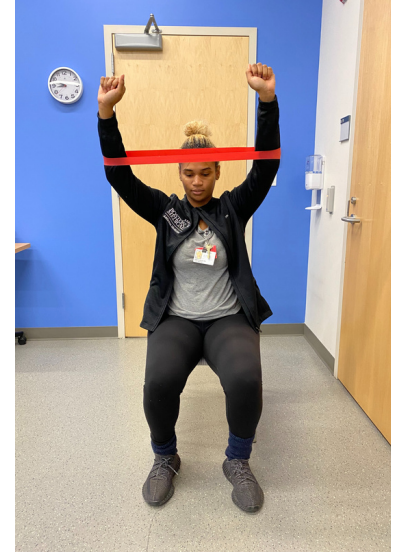
OVERHEAD PRESS ARMS STARTING WITH 90/90

Instructions: Place the resistance bands around both of your forearms, make a fist with both hands, hold you arms out, and bend your elbow 90 degrees. Keeping your arms out, slowly straighten your arms and then bend them to the starting position

REPS: 10

SETS: 2

REST PERIOD: 30 S



SIT TO STAND WITH BAND AROUND KNEES

Instructions: Lift your left knee above your hip and then return to standing position. Lift your right knee above your hip and then return to standing position.

REPS: 20

SETS: 3

REST PERIOD: 30 S



PUSH UP OFF COUNTER TOP

Instructions: With your arms straight, put your hands on the edge of a counter or table top. Slowly bend your arms until your body is close to the counter or table. Straighten your arms to push your body away counter/table.

REPS: 10

SETS: 3

REST PERIOD: 30 S



STANDING CLOCK BALANCE EXERCISE

Instructions: Stand and touch your hands together over your head with arms mostly straight. Lower one of your arms to make the "3 o'clock" position and then to the "6 o'clock" position. Repeat with your other arm.

REPS: 10

SETS: 3

REST PERIOD: 30 S



SEATED ROWS WITH BAND

Instructions: Place the resistance band around a door knob or hook (or anything that allows your to pull the band) and pull the band closer to your body. Once it is close to your body, slowly allow your arms to relax to bring the band closer to the handle/hook.

REPS: 10

SETS: 3

REST PERIOD: 30 S

