

Accessible lower body resistance exercise

These balance exercises challenge your core stability and working outside your centre of gravity.

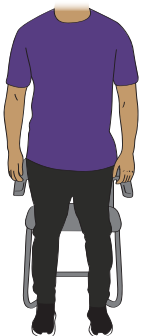
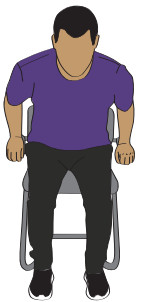
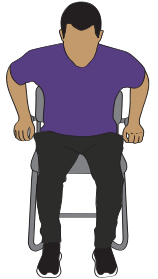
Sitting to standing



Keep an upright posture when standing and look forward.

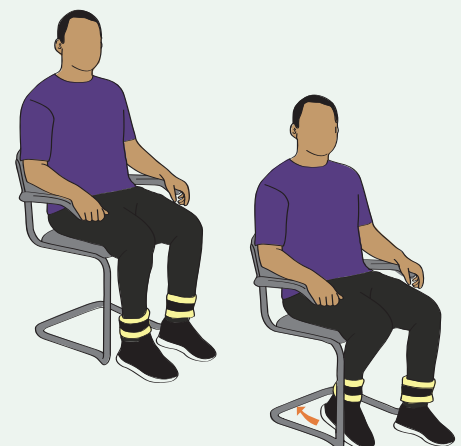
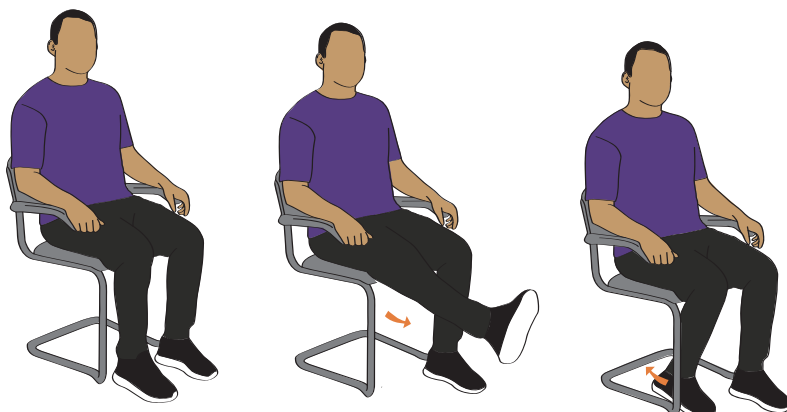
Make sure to stay slow and in control throughout this workout.

- From a seated position, bring yourself to the edge of the chair.
- Bring your weight over the knees. From there, push through the legs and arms coming to a standing position.
- Slowly return back down using your arms on the arms of the chairs to lower yourself.
- Repeat for 5-10 reps and set tempo at your own pace.



Leg extensions

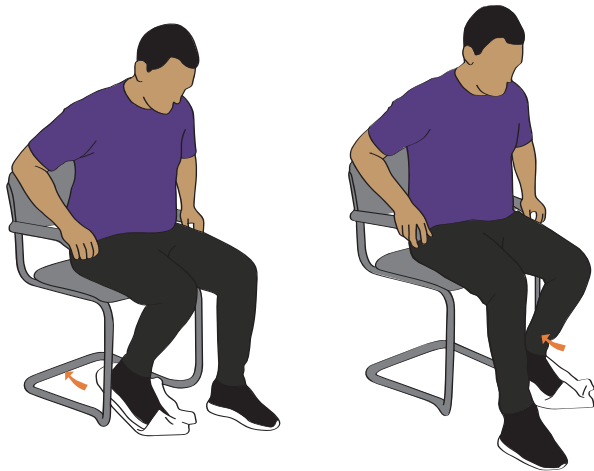
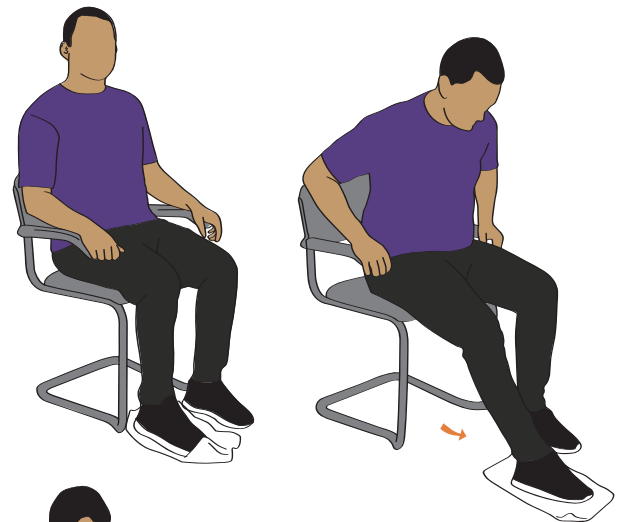
- Get yourself into a seated position with feet flat on the floor and legs at a 90° angle.
- Extend the knee out to a full extension or the highest range you can manage.
- Alternate left and right, either 1 rep on eachside or 10 on one leg before changing to the next side.



If you are looking to adapt and increase the difficulty of this exercise, you can add resistance by using ankle weights while performing your reps.

Hamstring curls

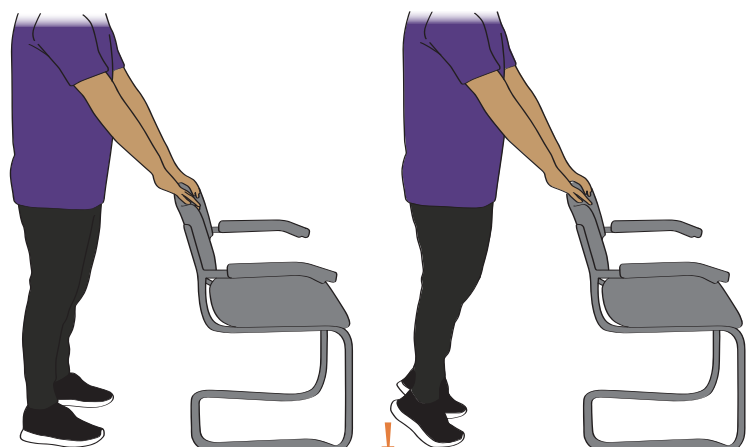
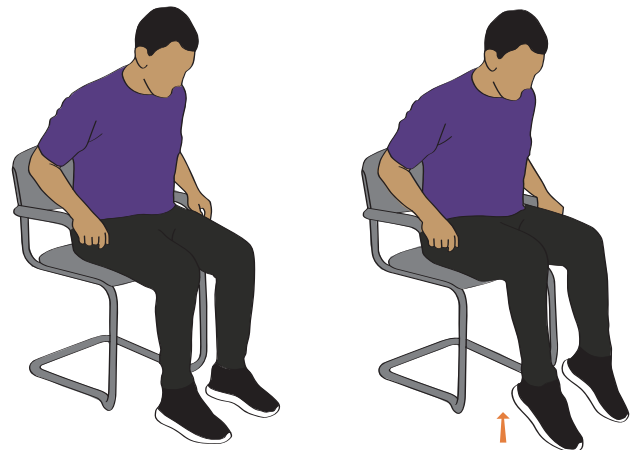
- Sitting on the edge of a chair, place a folded carrier bag under the foot.
- Extend your foot out in front of you. Then, using the lack of resistance, slide your foot backwards. Try to get that squeeze in your muscles above the knee.
- Repeat extending forwards and backwards for about 10 reps on each leg.



Try to keep the carrier bag under the foot. You may need to re-adjust it if it moves.

Calf raises

- Position yourself on the edge of a chair, feet flat on the floor. Slowly raise your feet onto your toes, squeezing your calf muscles.
- Lower the heel slowly so your feet are back to being flat on the floor.
- Aim for 10 reps on each leg, for 2-3 sets, resting in between sets.
- To increase the difficulty of the exercise, you can go into a standing position. Use a solid surface or heavy chair to support yourself. Raise heels off the floor onto toes before lowering down.



Think about controlling the movement with a tempo of 2 seconds up and 2 seconds down. Repeat 10 reps.