

# **Full Body Strength Routine**

# Low Impact

# Sit to Stand Without Arm Support

REPS: 10 SETS: 3



Setup

- Begin by sitting upright on a chair with your feet slightly wider than shoulder width apart. **Movement** 

- Reach out with your arms and lean forward at your hips until your bottom starts to lift off the chair. Move your body into a standing upright position, then reverse the order of your movements to return to the starting position.

Тір

- Make sure not to let your knees collapse inward during the exercise.

# **Supine Bridge**

## REPS: 10 SETS: 3



#### Setup

- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

#### Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Тір

- Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

# **Modified Push Up on Knees**

## REPS: 10 SETS: 3



#### Setup

- Begin on all fours with your hands shoulder width apart and your ankles crossed.

## Movement

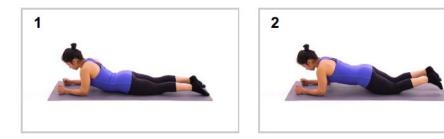
- Keeping your core engaged, bend your elbows to lower your body toward the ground, then push yourself back up into the starting position and repeat.

Тір

Make sure to keep your back straight during the exercise.

## **Plank on Knees**

## REPS: 5-10 Hold as tolerated 15-30 seconds. DO NOT HOLD YOUR BREATH



Setup

- Begin lying on your front, propped up on your elbows.

#### Movement

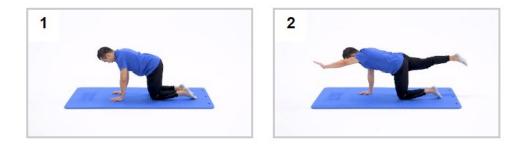
- Engage your abdominal muscles and lift your hips up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Тір

- Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

# **Quadruped Bird Dog**

# REPS: 10 SETS: 3



#### Setup

- Begin on all fours, with your arms positioned directly under your shoulders.

Movement

- Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Тір

- Make sure to keep your abdominals tight and hips level during the exercise

# **Prone Scapular Retraction (W)**

REPS: 10 SETS: 3



#### Setup

 Begin lying on your front with your arms resting on the ground at a 45 degree angle from your sides and elbows bent so they form a W shape.

## Movement

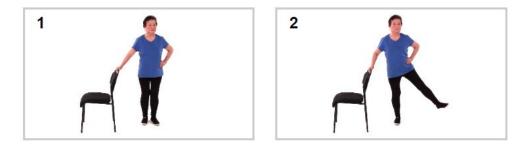
- Lift your arms off the ground, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Тір

- Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

# **Standing Hip Abduction**

# REPS: 10 SETS: 3



#### Setup

- Begin in a standing upright position holding onto a stable object for support.

## Movement

- Lift one leg out to your side, then slowly return to the starting position and repeat.

## Тір

- Make sure to keep your shoulders and hips facing straight forward during the exercise.

# **Standing Heel Raise with Support**

REPS: 10 SETS: 3



## Setup

- Begin in a standing upright position holding onto a stable surface in front of you for support.

## Movement

- Slowly raise your heels off the ground as far as you can, then lower them back to the floor and repeat.

Тір

- Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.