

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.

Tip

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

Tip

- 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.

Tip

- 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.

Tip

- 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.

Tip

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

Tip

- 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.

Tip

- 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.

Tip

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