

Warm up



It is always good to warm up your muscles for about 5 minutes before doing these exercises. Walking around the house, exercise bike, walk on the spot, or range of motion exercises.



Every exercise has a progression from easy to hard, pick the level that is appropriate for you.



Do every exercise 1 -3 times (sets), based on how you feel – if in pain, just start with one set and progress up to more as you get stronger.

How many repetitions should I do?



Do as many repetitions as you can without an increase in pain or discomfort in your joints, and with perfect form. Your last repetition should look just like your first. Stop if you get to 15-20 and you're going strong.



If you can do 15-20 repetitions with good form and no pain, you are ready to move on to the next level of this exercise.



If you can't do at least 8 repetitions without good form or pain, take a step back to an easier exercise, this one is too challenging for you right now.

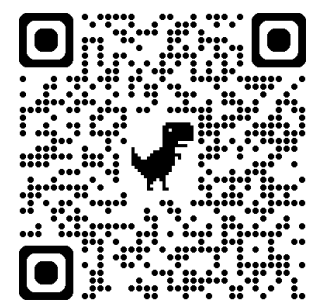
You can visit our West Primary Care Network YouTube page for Follow-Along and Instructional videos of these exercises or you can scan the QR Codes to access.



Follow-Along Level 1



Follow-Along Level 2



Instructions Only



Easy

The higher the chair – the easier the exercise.



Medium

Standard chair height



Note: You can adjust the difficulty by adjusting chair height – higher=easier, lower=harder.



Sit to Stand

Note: Do not allow your knees to collapse inward or together as you stand or sit.

1. Start sitting at the edge of the bench or chair with the feet facing forward and shoulder width apart. Put arms out front for balance.
2. Keep the back straight and the head up throughout the entire exercise.
3. Try and activate your glutes (bum muscles) before standing, stand up, and squeeze your butt through to fully standing and extending your hips.
4. Sit back down and repeat.

****Always squeeze your bum first, then push up using them. If you don't feel them, go to the easier exercise and keep trying – activating them is not easy and takes time, repetition, and practice.****

OR – Squats (harder)



Shoulder Press – can be done seated or standing



Note: Keep the dumbbells shoulder width apart. Keep your back straight and neck/shoulders relaxed throughout the exercise.

1. Stand with your feet shoulder width apart, knees slightly bent.
2. With dumbbells in each hand, raise the dumbbells until they are shoulder height and shoulder width apart – palms face forward in line with your ears.
3. Push the dumbbells above your head until your arms are straight at the top of the press.

Choose 1:
Shoulder Press with
Bands OR Weights.

Band Shoulder Press



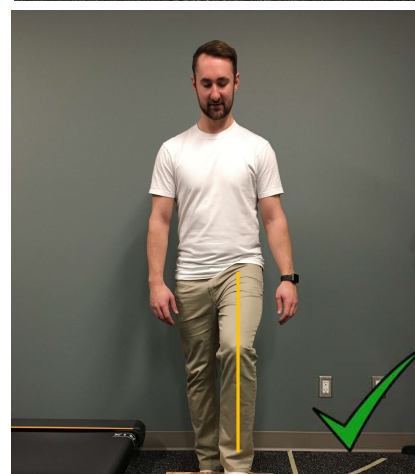
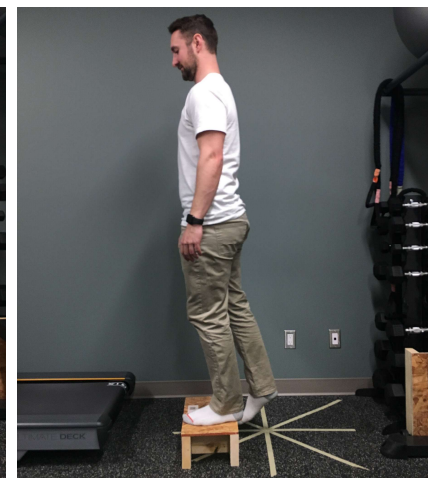
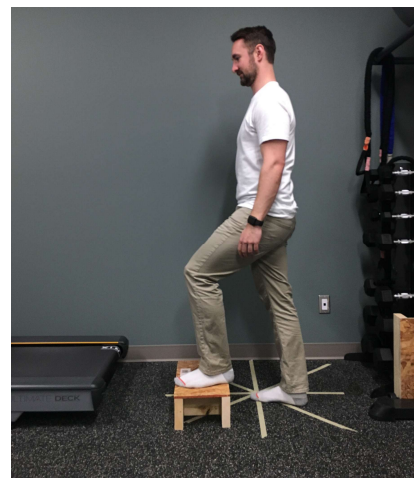
Note: Band can go in front of your arm (like in photo), or behind your arm, whichever provides better tracking for your shoulders.

1. Stand with your feet shoulder width apart, your back straight and shoulders and neck relaxed.
2. Hold one tube handle and step on the other side of the tube starting ~1 foot from the handle (adjust as needed).
3. Start with your hand almost touching your shoulder on the same side. Press up as high as you can.

Easier – Step closer to the handle
Harder – Step further away from the handle.

Step-up

- Start at the bottom of the step (or your staircase).
- Place your whole foot (or as much of it as you can) on the step and step up. Make sure that your knee remains in line with your foot and does not collapse.
- Lower yourself back down to the starting position without switching feet.
- This is one repetition.
- Note: The higher the step, the more intense the exercise.
- **SQUEEZE YOUR BUTT** when you are climbing up, keep either your right floor or left foot on the stair for one entire set.





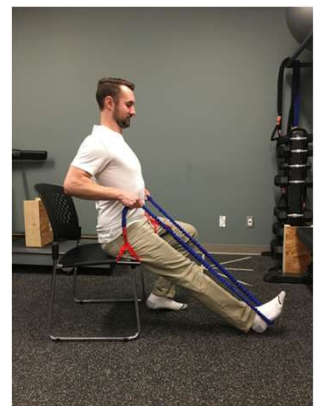
Notes: Make sure the support structure is stable and able to counteract resistance. The further away from the structured support you stand, the more resistance.

Standing Row

1. Start with the feet shoulder width apart and square to the structured support.
2. Start with arms extended with a small amount of tension in the band.
3. Bend and bring the elbows back while squeezing the shoulder blades together.

*Imagine squeezing a pencil between your shoulder blades while you pull back.

Note: Can also sit and anchor band on foot if needed.





Chest Press – With Band

- Can be done seated or standing
- Wrap the tubing or resistance band around your back, grabbing the tube near your armpits.
- Press forward, fully extending your arms/elbows.
- To make harder hold band closer to armpits – to make easier hold further out front.
 - Less band = harder
 - More band = easier



Choose 1:
Band Chest Press
OR Push Up.

Incline Pushup



- 1) Place hands shoulder-width apart and lean on desk/counter/chair.
 - The lower the surface the harder the exercise.
- 2) Keeping your back straight and slowly lower your chest towards the surface.
 - Be careful not to push your hips back out of line with your body.
 - Your elbows should be at a comfortable angle away from your body.
- 3) Once you have gone as low as you comfortably can, push yourself back up to the starting point.

Note: Your heels do not have to stay pressed into the ground for the exercise. Let them come off the ground naturally.

Back Muscle Exercises (Choose 1):



LEVEL 1

Diagonal lifting standing (standing bird dog).

Place hands shoulder width and lean into counter. Lift opposite arm and leg simultaneously slow and controlled keeping your low back flat/stable. Alternate lifting opposite arm and opposite leg. To make more difficult hold outstretched position for 5-10 seconds before changing sides.



LEVEL 2

Diagonal lifting on all fours.

On all fours: lift opposite arm and leg simultaneously at calm pace forward and backward. If necessary, start lifting alternately left and right arm or leg, one at a time..



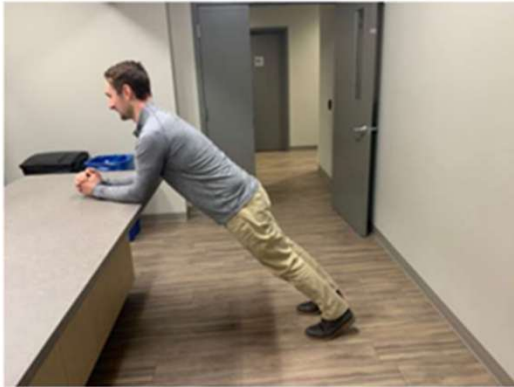
LEVEL 3

Diagonal lifting on tummy.

Lie on your tummy with stretched arms and legs. Lift the left arm and the right leg simultaneously and lower slowly. Repeat with the opposite diagonal.

Goal: Hold 5-10 seconds, repeat 5-10x per side.

Abdominal Muscle Exercises (Choose 1):



LEVEL 1

Counter Plank

Start with your elbows on the counter and walk your feet back so you have a straight line from your shoulders to your feet. Start by squeezing/engaging your core and pelvic floor muscles.

Hold this and KEEP BREATHING! Don't hold your breath. Hold as long as you can, if you can get to 90 seconds, try a lower counter/table or the floor and expect to hold less time.



LEVEL 2

Floor Plank

Same as Level 1, but to progress this exercise, either move to a lower surface (can do from hands or elbows) or go down to the floor and do from your knees or toes. If doing from the floor, lift your hips off the mat so that you have a straight line from your shoulders to your knees/feet.

Make sure to keep your shoulders directly above your elbows.



LEVEL 3

Leg stretch with arms

Lie on your back with your feet in the air with bent knees. As you move your arms backwards, stretch one leg so that it moves close to the floor. Then back to the starting point.

Glute Exercises (Choose 1):



Level 1

Lie on your back with your legs bent. Your feet should be hip width apart with your feet relatively close to your bum. Squeeze your butt muscles before you lift your hips, then raise your hips off the ground, up until your body is in a straight line. Hold a couple seconds at the top for full glute muscle contraction. Lower to starting position and repeat.



Level 2

Same as level 1, but stagger your stance so that the closer leg is doing ~80% of the work. Do on one side, then switch the stagger stance and do the other side.



Level 3

Same as level 1, but after you raise your hips off the ground, extend one leg, and then put it back down. Lower to starting position and repeat.