

Leg Strength Exercises

Exercise made easy by



Equipment:

Sturdy chair

Appropriate clothes and non-slip shoes

2 square meters of clear space

Frequency:

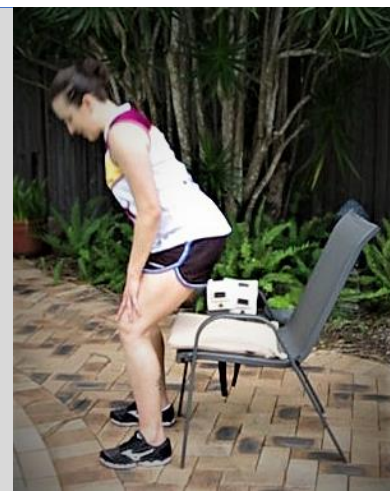
Aim for 10 repetitions

Rest for 1 minute

Repeat

Chair stands

1. Move towards the front of the chair
2. Have your knees bent and feet flat on the floor
3. Focus on a fixed point just in front of you
4. Lean forward 'nose over toes', keep your back straight
5. Stand up slowly, focus on using your leg muscles
6. Stand up straight
7. Slowly lower yourself back down to a seated position



Calf raises

1. Stand behind your chair or bench top
2. Feet shoulder width apart
3. Push up on to your toes
4. Hold for 3 seconds
5. Slowly lower your heels back to the floor
6. Use the chair or bench top for balance



Side leg raises

1. Stand behind a chair or bench top
2. Feet shoulder width apart
3. Shift weight to your right leg
4. Lift your left leg slowly, straight out to the side
5. Pause and slowly lower your left leg
6. Complete 10 with your left leg
7. Repeat with your right leg



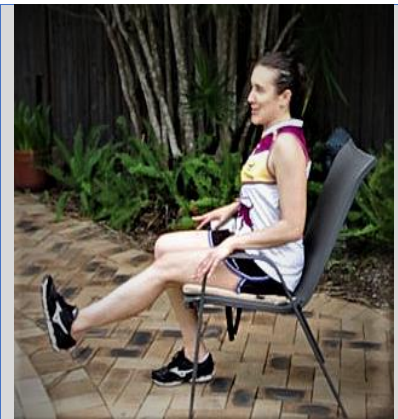
Leg curls

1. Stand behind a chair or bench top
2. Feet shoulder width apart
3. Shift weight to your right leg
4. Slowly lift your left foot toward your buttocks
5. Pause and slowly lower your left leg
6. Complete 10 with your left leg
7. Repeat with your right leg




Leg extension

1. Sit back in your chair, but don't slouch
2. Place your right foot flat on the ground
3. Slowly extend your left leg with your toes pointing up
4. Slowly return your foot to the ground
5. Complete 10 with your left leg
6. Repeat with your right leg



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