

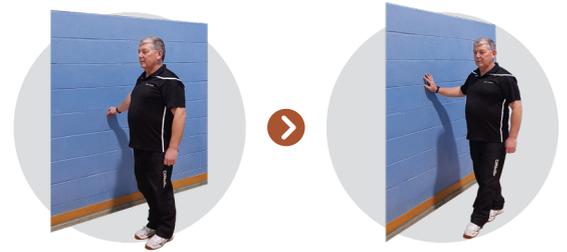
Standing Exercises

LEVEL 3



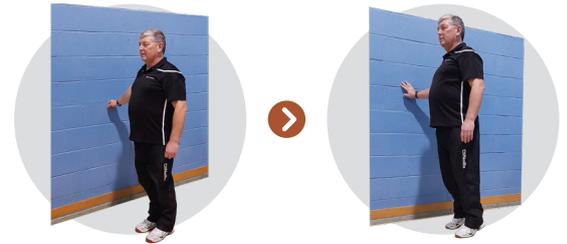
1 Standing Tandem Walk Repeat 1 time

- Stand up tall next to a support
- Starting with your leg away from your support, walk as if you are walking on a tight rope for a count of 10
- Hold on to your support when required



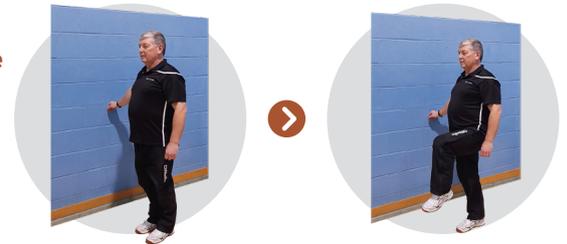
2 Standing Toe Walk Repeat 1 time

- Stand tall next to a support
- Lift your heels so you are on your toes and walk on your toes for a count of 10
- Hold on to your support when required



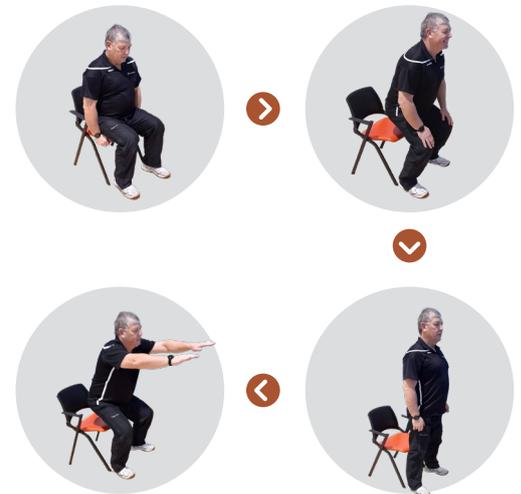
3 High Knee Marching Holds Repeat 6 to 10 times on each side

- Stand tall behind a chair and hold on with both hands
- Lift a knee up high and hold for a count of 3 before lowering



4 Sit to Stand Hovers Repeat 6 to 10 times

- Sit up tall at the front 1/3rd of your chair with your feet flat on the floor
- Slide your feet back slightly but still flat
- Place your hands on your chair to help push or on your lap
- Lean forward over your knees and push yourself up to a stand
- March lightly on the spot for a count of 3 and step back so you can feel the chair touching both your legs
- Extend your arms forward in front of your chest and lower yourself down, stopping just above your seat
- Count for 5, then sit down



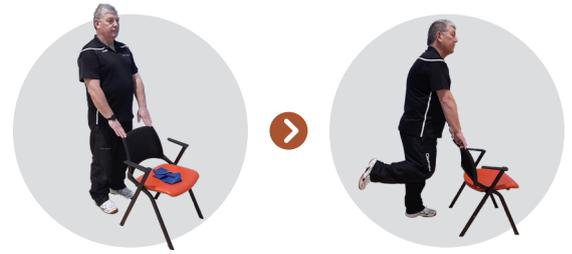
5 Standing Banded Row 2 Repeat 6 to 10 times

- Stand tall with your feet shoulder width apart and with a slight bend in your knees
- Scoop the band up around 2 hand width's apart with your knuckles facing up
- Pull the band apart to the sides and pull towards your stomach
- Pause and control back to the starting position with the band stretched
- Relax and repeat



6 Standing Hamstring Curl Repeat 6 to 10 times on each side

- Stand tall behind a chair and hold on with both hands
- Pull your working leg back behind you and rest the foot on the toes
- Keeping your leg back bend at the knee and lift your heel up towards your bottom
- Lift for a count of 3 and lower for 3



7 Wall Press Repeat 6 to 10 times

- Stand up tall and take a couple steps back from a wall
- Place your hands just wider than shoulder width apart in height line with your shoulders on the wall
- Keep your body still and bend your elbows moving yourself towards the wall
- Move towards the wall for a count of 3 and push away for 3



Setup

A sturdy chair, a theraband and a clear space. Please wear supportive footwear even when doing seated exercise. Before you start, warm up with some seated marching for 1-2 minutes.

Frequency

Some is good, but more is better, doing these exercises 2-3 times a week will improve your strength and balance and help you live an active lifestyle. Try to rest for a day or two between exercising.

Rest

Take a rest in between the exercises, as you get fitter you may find you are able to rest less.

Benefits

These exercises are designed to help improve your balance and to strengthen the key muscles you use when walking, getting up from a chair and in general movement.

Precautions

Do not exercise if you feel unwell, develop chest pain or dizziness or if a health professional has advised you not to.

If you would like further support to exercise at home or information about classes with our experienced instructors, please contact us on **01224 507701** or **activelifestyles@sportaberdeen.co.uk**