

STANDING FOOT LIFT OUT



- Stand – hold onto something with your right hand and lift up right foot off floor – Now try to roll right foot out so that the outside of your right foot is turning out
- MOVE SLOWLY – FOCUS ON SQUEEZE- 10 REPS – 3 SETS

SEATED FOOT/FEET LIFT OUT



- Sit on chair – Now try to roll your right foot out so that the outside of your right foot is turning out – now do both feet
- MOVE SLOWLY – FOCUS ON SQUEEZE- 10 REPS – 3 SETS

Consult your physician before beginning this or any wellness program

P.O. Box 1140
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SEATED TOE RAISE



- Sit on chair – raise up toes off floor as high as you can – now lift up higher
- MOVE SLOWLY – FOCUS ON FRONT OF LOWER LEG AND SQUEEZE- 10 REPS – 2 SETS

SEATED TOE RAISE WITH RIGHT FOOT ONLY



- Sit on chair – raise up toes of right foot off floor as high as you can – now lift up higher
- MOVE SLOWLY – FOCUS ON FRONT OF LOWER LEG AND SQUEEZE- 10 REPS – 2 SETS

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SEATED INNER THIGH RAISE



- Sit on chair – lift right leg up as high as you can – now raise up leg higher - switch
- MOVE SLOWLY – FOCUS ON INNER THIGH AND SQUEEZE- 10 REPS – 2 SETS

SEATED RIGHT KNEE RAISE



- Sit on chair – lift right knee up as high as you can – make sure the leg is straight (hold right knee with hand - now raise up leg higher - switch
- MOVE SLOWLY – FOCUS ON FRONT HIP AND SQUEEZE- 10 REPS – 2 SETS

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STRETCH INSIDE OF LOWER LEG



LYING KNEE PULL IN



- Lie on back and pull right knee in toward your chest – Now let it come out to the floor a little and pull it back in again - SWITCH
- MOVE SLOWLY – FOCUS ON FRONT THIGH AND SQUEEZE- 10 REPS – 2 SETS

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LYING INNER THIGH RAISE



- Lie on back – turn toes of right foot – now raise right foot to ceiling
- Now let it come down toward the floor - SWITCH
- MOVE SLOWLY – FOCUS ON INNER THIGH AND SQUEEZE- 10 REPS – 2 SETS

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LYING STRAIGHT LEG RAISE



- Lie on back – right foot facing straight up to ceiling – now raise right leg to ceiling
- Now let it come down toward the floor - SWITCH
- MOVE SLOWLY – FOCUS ON FRONT THIGH/TOP HIP AND SQUEEZE- 10 REPS – 2 SETS

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LYING STRAIGHT LEG RAISE – BOTH LEGS



- Lie on back – hands under butt – suck in stomach and flatten your back
- Now raise both legs to the ceiling - let them come down toward the floor
- MOVE SLOWLY – FOCUS ON FRONT THIGHS AND SQUEEZE- **HOWEVER MANY YOU CAN DO**

LYING UPPER BODY CURL



- Lie on back and put hands behind the back of your neck
- Tip your head back and lift head and shoulders off mat
- Now raise up 10 times higher
- FOCUS ON LIFTING AND SQUEEZE UPPER STOMACH – 10 REPS – 2 SETS

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