

HOME WORKOUT

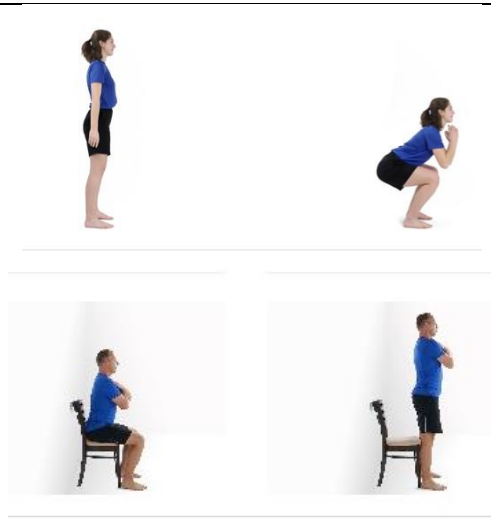
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Lower Body Strength

Try and set a goal of doing strength training at least 2x a week. Pick 2-3 different exercises each session to keep some variety and avoid doing the same routine every time. Aim to complete 3 sets of 10-15 reps.

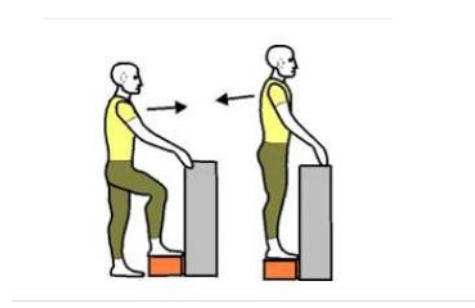
Squats

Start in a standing position with feet about shoulder width apart. Push your hips back and bend your knees to 90 degrees. If you need to sit down to a chair you can. Try to keep your chest up by looking forward. Focus on keeping your knees out core tight.



Step Ups

Find a step or something in your home to use for step ups. If you need something to help with balance, make sure it is sturdy and safe. Step up one foot at a time, standing all the way up and extending the hips at the top before stepping down.



If you have any questions about any of the workouts or exercises please contact afast@brocku.ca or sradcliffe2@brocku.ca

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Deadlift

Place 2 weights on either side of your feet. Push your hips backward in a hinge movement pattern while keeping your back flat, shoulders back, and looking forward. Bend the knees slightly to go down and grab your weights. Extend the hips and knees at the same time and return to a standing position. If bending down is difficult, place your items on a chair or raised object so you do not have to bend as far down. Weights, grocery bags, or body weight can be used for this exercise.



Seated Deadlift

Sit up tall in your chair. Shoulders back, chest up, keeping your back flat, lean forward until you feel comfortable or until you are unable to keep your back flat. Once you hit this position, sit back up to the starting position. If you want to add weight you can hold it with your arms straight down at your side.



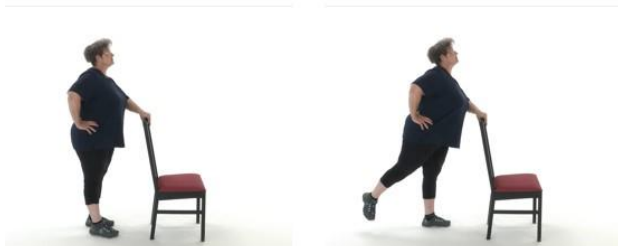
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Hip Extension

Stand behind something that is safe and sturdy to hang on to for balance, such as a chair, walker or counter. Slowly lift your leg straight back with your toe pointing down. Try not to twist to the side or lean forward as you extend your leg back.



Lunges

Stand with your feet shoulder width apart. Take a step forward bending your hip and knee to 90 degrees. Drop your back leg straight down, touching your knee to the ground or as close as possible. Engage your core and keep your torso in an upright position. Push through the middle and heel of your foot when standing back up to starting position. To put less pressure on your knee, from starting position step backwards instead, dropping straight down.



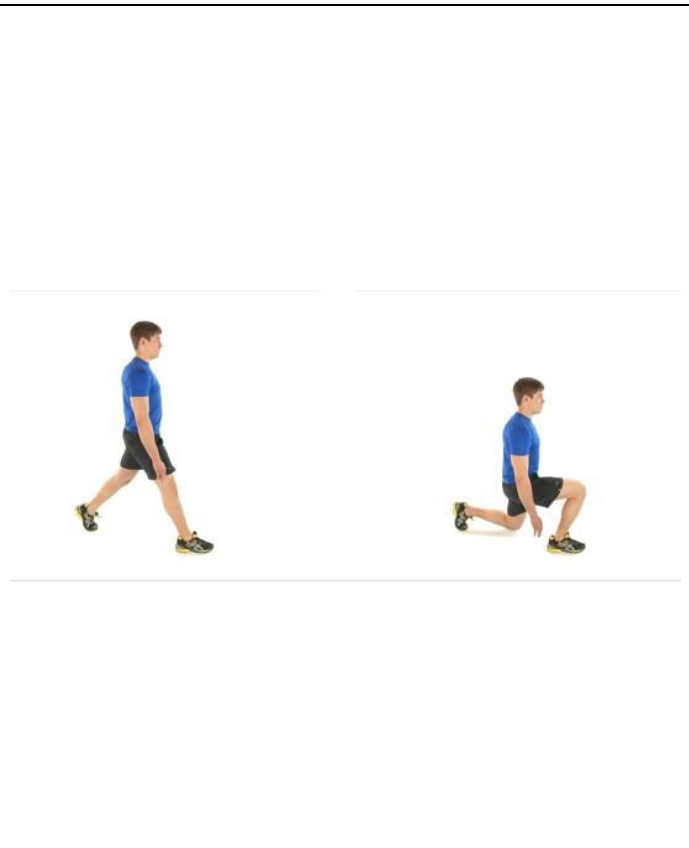
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Split Squats

Stand with your feet shoulder width apart. Take a step forward with one foot slightly wider than shoulder width apart. From here, make sure you are in a well-balanced position before dropping down. Drop your hips down bending your knee to 90 degrees. Push straight back up through the middle and heel of your foot. If you need something for more balance support, make sure it does not move and is in a safe position.



Side- Step

Start with your feet about shoulder width apart and a slight bend in your knees. Step to the side keeping your feet apart or tension in the band if you have one, as you move. Ankle weights can also be used for added resistance.



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Hip Abduction

Start in a standing position holding onto something secure for balance if needed. Raise your leg laterally in a controlled movement while maintaining a straight upright position.

Another option is to complete the exercise while lying on your side. Start with one foot on top of the other, slowly lift the top leg up straight. Only lift as high as you feel comfortable.



Seated Leg Extension

Start by sitting in a chair with feet flat on the floor. Lift your legs one at a time up to full extension. You can alternate legs or do all repetitions on one leg before moving to the other. Add an ankle weight or attach a band for added resistance.



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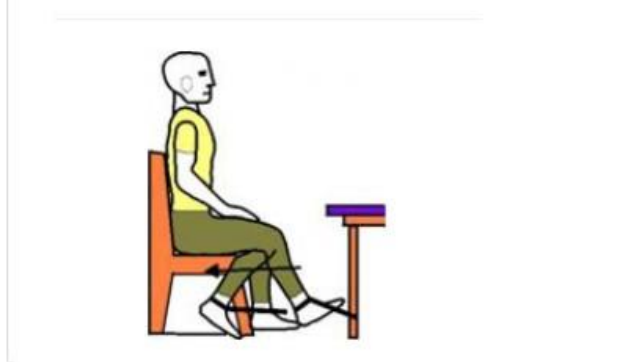
Standing Leg Curl

Holding onto something secure for balance, lift your heel up to 90 degrees with toes pointing down. You can alternate legs or do all repetitions on one leg before moving to the other. Add an ankle weight or attach a band for added resistance.



Seated Leg Curl

Start by sitting in a chair with both feet extended out front. Pull your heel back in towards your body. You may need to sit to the side of the chair, so you have room to bring your foot back. If this is not possible, try placing a towel underneath your upper leg. Add a band or ankle weight for added resistance.



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