



Recumbent Exercise Bike

Hold 10 Minutes
 Perform 2 Time(s) a Day

Recumbent Exercise Bike
 Time:
 RPM:
 HR:



BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times
 Hold 10 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day



HIP FLEXION - STANDING - SLR

While standing on one leg, lift your other leg forward with a straight knee as shown. Return to starting position and repeat.

Repeat 15 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 2 Time(s) a Day

Use your arms for support if needed for balance and safety.



HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for support if needed for balance and safety.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day



HIP EXTENSION - STANDING

While standing, balance on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day



SQUATS - SUPPORTED

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day