




STRENGTH EXERCISES LEVEL 1

	Picture	Description
1 A		<p>Stand in front of worktop with hands resting on surface for support. Place feet shoulder width apart</p> <p>Slowly bend knees until both knee caps are directly in line with first 3 toes.</p> <p>Slowly straighten up again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
1 B		<p>Stand beside a worktop with hand resting on surface for support.</p> <p>Step forward with foot into a lunge position, keeping the knee cap in line with your toes</p> <p>Hold this position for _____ seconds</p> <p>Step back so feet are together again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
1 C		<p>Sit up straight in a chair</p> <p>Slowly straighten leg</p> <p>Toes should point towards the ceiling</p> <p>Hold this position for _____ seconds</p> <p>Lower your leg again slowly.</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

STRENGTH EXERCISES LEVEL 1

1 D






Sit in a chair.

Stand up slowly, using your hands to assist you.




Lower yourself down to the chair again slowly





Repeat times

STRENGTH EXERCISES LEVEL 2




	Picture	Description
2 A		<p>Place feet shoulder width apart</p> <p>Look straight ahead</p> <p>Slowly bend knees until both knee caps are directly in line with first three toes.</p> <p>Slowly straighten up again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
2 B		<p>Step forward with foot into a lunge position, keeping the knee cap in line with your toes</p> <p>Hold this position for _____ seconds</p> <p>Step back so feet are together again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
2 C		<p>Stand beside worktop with hand lightly resting on surface for support</p> <p>Look straight ahead</p> <p>Stand on leg</p> <p>Slowly bend knee until knee cap is directly over toes.</p> <p>Slowly straighten up again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

STRENGTH EXERCISES LEVEL 2



	Picture	Description
2 D		<p>Stand leaning with your back against the wall and your feet approximately 12 inches from the wall</p> <p>Keeping your feet in line with your hips, slowly slide down the wall into a half sitting position until your knee caps are directly over your toes</p> <p>Hold this position for _____ seconds, then return to standing again</p>
2 E		<p>Sit up straight in a chair Slowly straighten your leg Toes should point towards the ceiling</p> <p>Hold this position for _____ seconds</p> <p>Lower your leg again slowly</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
2 F		<p>Stand at the bottom of the stairs holding onto the stair rail or wall for support</p> <p>Step up onto the bottom step with your leg</p> <p>Step down slowly with the opposite leg. Look straight ahead as you step up and down</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

2 G		<p>Sit in a chair. Stand up slowly, using one hand to assist you.</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
2 H	<div style="display: flex; justify-content: space-around; align-items: flex-start;">    </div> <p>Sit in a chair, with theTheraBand securely tied to the back leg of the chair as shown above</p> <p>Attach the velcro ankle cuff around your ankle, with the buckle at the back of the lower leg (see first picture above)</p> <p>Keeping your thigh flat on the chair, slowly straighten your knee. Hold your knee straight for _____ seconds.</p> <p>Slowly return to the starting position</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p> <p>Release your leg from the theraband ankle cuff before standing up again</p>	







STRENGTH EXERCISES LEVEL 3

	Picture	Description
3 A		<p>Stand beside worktop with hand lightly resting on surface for support</p> <p>Step forward with foot into a lunge position, keeping the knee cap in line with your toes</p> <p>Hold this position for _____ seconds</p> <p>Step back so feet are together again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
3 B		<p>Stand on leg</p> <p>Look straight ahead</p> <p>Slowly bend knee until kneecap is in line with your toes.</p> <p>Slowly straighten up again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
3 C		<p>Stand leaning with your back against the wall and your feet approximately 12 inches from the wall</p> <p>Keeping your feet in line with your hips, slowly slide down the wall into a half sitting position until your knee caps are in line with your toes</p> <p>Hold this position for _____ seconds, then return to standing again</p>




STRENGTH EXERCISES LEVEL 3

	Picture	Description
3 D		<p>Sit up straight in a chair</p> <p>Slowly straighten your leg</p> <p>Toes should point towards the ceiling</p> <p>Hold this position for _____ seconds</p> <p>Lower your leg again slowly</p>
3 E		<p>Stand at the bottom of the stairs. Step up onto the bottom step with your leg, without holding onto the support</p> <p>Step down slowly with the opposite leg. Look straight ahead as you step up and down</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>



STRENGTH EXERCISES LEVEL 3

	Picture and Description
3 F	<div style="display: flex; justify-content: space-around;">    </div> <p>Sit in a chair. Stand up slowly, without using your hands to assist you.</p> <p>Lower yourself down to chair again slowly</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
3 G	<div style="display: flex; justify-content: space-around;">    </div> <p>Sit in a chair, with theTheraBand securely tied to the back leg of the chair as shown above</p> <p>Attach the velcro ankle cuff around your ankle, with the buckle at the back of the lower leg (see first picture above)</p> <p>Keeping your thigh flat on the chair, slowly straighten your knee. Hold your knee straight for _____ seconds. Slowly return to the starting position</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p> <p>Release your leg from the theraband ankle cuff before standing up again</p>







STRENGTH EXERCISES LEVEL 4

	Picture	Description
4 A		<p>Step forward with foot into a lunge position, keeping the knee cap in line with your toes</p> <p>Hold this position for _____ seconds</p> <p>Step back so feet are together again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
4 B		<p>Stand with leg on a step/stairs</p> <p>Bend this knee so that the other leg lowers to the floor - do not let it touch the floor</p> <p>Keep your body weight directly over the leg you are standing on and look straight ahead</p> <p>Slowly straighten up again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
4 C		<p>Stand leaning with your back against the wall and your feet approximately 12 inches from the wall</p> <p>Keeping your feet in line with your hips, slowly slide down the wall into a half sitting position until your knee caps are in line with your toes</p> <p>Hold this position for _____ seconds, then return to standing again</p>

STRENGTH EXERCISES LEVEL 4

	Picture	Description
4 D		<p>Stand with feet hip width apart.</p> <p>Slowly squat down bending knees to a right angle. Keep your weight over your heels and your back straight and do not let your knees come closer together.</p> <p>Hold this position for _____ seconds, then return to standing again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
4 E		<p>Stand at the bottom of the stairs. Step up onto the bottom step with your leg, without holding onto the stair-rail.</p> <p>Step down slowly with the opposite leg.</p> <p>Look straight ahead as you step up and down</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

STRENGTH EXERCISES – LEVEL 4

	Picture and Description
4 F	<div style="display: flex; justify-content: space-around;">    </div> <p>Sit in a chair. Stand up slowly, without using your hands to assist you.</p> <p>Lower yourself down to chair again slowly</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
4 G	<div style="display: flex; justify-content: space-around;">    </div> <p>Sit in a chair, with theTheraBand securely tied to the back leg of the chair as shown above</p> <p>Attach the velcro ankle cuff around your ankle, with the buckle at the back of the lower leg (see first picture above)</p> <p>Keeping your thigh flat on the chair, slowly straighten your knee. Hold your knee straight for _____ seconds. Slowly return to the starting position</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p> <p>Release your leg from the theraband ankle cuff before standing up again</p>

