

Bed-Based Strength Exercise #2: Single Leg Heel Drags

Objective: This exercise strengthens your hamstrings and glutes.

How to begin:

1. Begin by lying on your back with your right knee slightly bent and your left leg flat on the floor
2. Using one leg, bend that knee and flex your foot by pulling your toes towards your shins.
3. Breathe in slowly as you slide or “drag” your foot along the floor towards your buttocks.
4. Slowly breathe out as you straighten your leg and return to the starting position.
5. Do ___ sets, ___ per set.
6. Repeat on the opposite side.

***If performing this on a bed or on carpet, it may be helpful to have socks on to allow for your foot to “drag” or slide.*

How to progress:

1. Use ankle weights.
2. Use both legs together.

Goal:

Increase to: ___ sets, ___ per set.

The following activities can be similar to this exercise:

1. Climbing stairs.
2. Standing up from sitting in a chair.

