

## Level 1 Strength Exercise #5: Chair Stands

**Objective:** This exercise strengthens your abdomen and thighs.

**How to begin:**

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on the floor, shoulder-width apart.
2. Cross your arms over your chest. Keep your back and shoulders straight throughout the exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Slowly stand up, bringing your hips forward until they are in line with your knees.
5. Breathe in as you slowly sit down.

**How to progress:**

1. Transition into squats

**The following activities can be similar to this exercise:**

1. Getting in and out of a car.
2. Standing up after using the restroom.
3. Getting up from the dinner table

**Goal:**

Do \_\_\_ sets, \_\_\_ per set.

**Increase to:**

\_\_\_ sets, \_\_\_ per set.

A. Forward View



B. Forward View



A. Side View



B. Side View



C. Side View

