

Level 2 Strength Exercise #3: Chair Stands

Objective: This exercise strengthens your abdomen and thighs, making it easier to stand up.

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.
3. Slowly stand to a fully upright position.
4. Slowly sit back down.
5. Repeat 10x.

Easiest Version:

OK to use your hands to help push up from chair if you need to.

As you get stronger, try to use your hands less.

How to progress:

1. Transition into squats.

A. Forward View



B. Forward View



A. Side View



B. Side View



C. Side View



Level 2 Strength Exercise #4: Arm Curl with Resistance Bands or Dumbbells

Objective: This exercise strengthens your biceps and upper arms, making it easier to lift and carry groceries.

1. Begin in an armless, sturdy chair with your feet flat on the floor, shoulder-width apart.
2. Place with center of the resistance band under both feet. Hold each end of the band with palms facing forward. Or hold weights straight down at your side with palms facing forward.
3. Keep your elbows tucked at your sides.
4. Keep your wrists straight, as you bend your elbows and your hands towards your shoulders. Hold the position for 1 second.
5. Return to starting position.
6. Repeat 10x.

Easiest Version:

1. OK to do one arm at a time with less resistance on the band.
2. Repeat on the opposite side if you complete this exercise one arm at a time.

How to Progress:

1. Increase reps to 2-3 sets of 10. If able to do that, then you can progress to a heavier resistance band/weight and start with 1 set.

A.



B.



A.



B.



Level 2 Strength Exercise #5: Lateral Arm Raise

Objective: This exercise strengthens your shoulders, to maintain strength for lifting activities.

1. **Sitting, feet flat on the floor.**
2. **Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward.**
3. **Slowly raise both arms to the side, up to shoulder height. Hold the position for 1 second.**
4. **Slowly lower your arms back down to the starting position.**
5. **Repeat 10x.**

Easiest Version:

1. OK to do one arm at a time with less resistance on the band.
2. Repeat on the opposite side if you complete this exercise one arm at a time.

How to progress:

1. Increase reps to 2-3 sets of 10. If able to do that, then you can progress to a heavier resistance band/weight, and start with 1 set.

A.



B.



A.



B.



Level 2 Strength Exercise #6: Seated Knee Extension

Objective: This exercise strengthens your quadriceps (thighs), helps improve your ability to walk and do stairs.

1. Begin seated in a sturdy chair, sitting up tall.
2. With your foot flexed, slowly extend one knee/leg in front of you as straight as possible (avoid locking your knee).
3. Hold one second, return to start position.
4. Do 10x and repeat on opposite leg.

How to progress:

1. Use ankle weights.

A.



B.



C.

