

Super Six for Stairs

Exercises to Target Lower Body Muscles



6 Exercises for Lower Body

Thank you to the National Institute on Aging

1. **STANDING REAR LEG RAISES**
2. **SIDE LEG RAISES**
3. **KNEE CURLS**
4. **LEG EXTENSIONS**
5. **CHAIR STAND WITHOUT HANDS**
6. **TOE STAND**



Perform these exercises 3-4 times a week to strengthen the muscles of the lower body, resting every other day.

Standing Rear Leg Raises

1. Stand behind chair; hold on for balance.
2. Stand straight and do not lean forward.
3. Breathe out and slowly lift one leg straight back, keeping knee straight and foot flexed with toes facing forward, not pointed. Maintain form, lift leg back as far as possible and hold for 1 second.
4. Breathe in as you lower your leg, with resistance. Lower and repeat without bending your knee or pointing your toes. Standing leg should be slightly bent.
5. Repeat 10-12 times, then switch to the other leg. After both legs are complete, repeat on both legs.



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20. Add light ankle weights, as you wish.



Standing Rear Leg Raise: strengthens buttocks and back



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20.

Side Leg Raises

1. Stand behind chair, hold on for balance, place feet hip-width apart.
2. Stand straight and do not lean to either side.
3. Breathe out and slowly lift one leg to the side to the point where you feel hip and buttocks muscles working. Maintain a straight back and keep toes facing forward and foot flexed, not pointed. Standing leg should be slightly bent at the knee.
4. Hold position for 1 second. Breathe in as you lower leg, with resistance.
5. Repeat 10-12 times, then switch to the other leg. After both legs are complete, repeat on both legs.



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20. Add light ankle weights, as you wish.



Side Leg Raises: Strengthens hips, thighs, and buttocks



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20.

Knee Curls

1. Stand behind a sturdy chair; hold on for balance.
2. Lift one leg straight back without bending your knee. Keep foot flexed with toes pointing forward as you lift to reach the point where buttocks muscles are working. Breathe slowly out as you bend your knee and bring your heel as close to your buttocks as possible.
3. Very important: keep hips still and facing forward and standing leg slightly bent. This will help protect your back as you complete the movement.
4. Hold for 1 second. Breathe in as you return to start.
5. Repeat 10-12 times, then switch to the other leg. After both legs are complete, repeat on both legs.



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20. Add light ankle weights, as you wish.



Knee Curls: Strengthens muscles in the back of the thigh



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20.

Leg Extensions

1. Sit in a chair with a firm seat; the chair should support your back. Put a towel underneath your thighs so only the balls and toes of the feet touch the floor. Breathe in slowly.
2. Breathe out and slowly, using resistance, extend one leg as straight as possible, but don't lock the knee. Keep the foot flexed with toes pointing to the ceiling.
3. Hold position for 1 second. Slowly lower leg to starting position as you breathe in.
4. Repeat 10-12 times, then switch to the other leg. After both legs are complete, repeat on both legs.



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20. Add light ankle weights, as you wish.



Leg Extensions: Strengthen thighs



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20.

Chair Stand Without Hands

Back trouble? Clear this exercise your doctor.

1. Sit with your back away from the back of a firm chair, with your hips toward the front, as when ready to stand-up. Knees are bent and feet are flat on the floor, hip-width to shoulder-width apart.
2. Lean back with hands crossed over chest. Keep back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out, bring upper body forward until sitting upright.
4. Extend arms so they are parallel to the floor in front of body and stand up slowly.
5. Breathe in as you slowly sit down.
6. Repeat 10 to 15 times. Rest for 30 seconds; then repeat 10-15 more times.



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20. Add light ankle weights, as you wish.



**Chair Stand Without Hands: Strengthens abdomen and thighs.
Caution: check with your doctor if you have back or knee trouble.**



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20.

Toe Stand

1. Stand behind a sturdy chair. Hold on for balance with feet hip- to shoulder-width apart. Breathe in slowly.
2. Breathe out and slowly rise up onto tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.
5. Repeat 10 to 15 times.
6. Rest; then repeat 10 to 15 more times.



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20. Add light ankle weights, as you wish.



Toe Stand: Strengthens calves and ankles



- Use a sturdy chair.
- Breathe slowly; out on exertion and in on release.
- Perform all movements with resistance, which increases the work of the muscle.
- Complete all exercises with 10-12 repetitions to start and build to 20.

Connect with us on Facebook!

Connect



HomeCareAssistanceOmaha.com
HomeCareAssistanceLincoln.com