

BEGINNER LEG EXERCISES

THESE EXERCISES ARE MEANT TO BE PERFORMED WHILE HOLDING ONTO A COUNTERTOP OR A SINK
Start with 10 repetitions for each exercise if able, unless otherwise stated • One set a day is a great starting point

These exercises should first be performed with your therapist or trainer.



#1 HEEL/TOE RAISE

- While holding on, stand up on the front of the foot so that your heel comes off the ground.
- Raise up your toes towards the ceiling then bring them back down.
- Be sure to not lean back.

#2 HIP FLEXION

- Hold onto a stable surface.
- Bring one knee towards the ceiling.
- Repeat with the other leg.



#3 HIP ABDUCTION

- Bring one leg out to the side then back down.
- Be sure to keep your toes pointed forward as you bring your leg out.
- Switch to the other leg afterward.
Never try both legs at once! (ouch)



BEGINNER LEG EXERCISES

Continued



#4

HIP EXTENSION

- Bring your left leg out backward then back to starting position.
- Switch to the right leg afterward.
- Be sure to keep your trunk upright when you bring your leg back

#5

LEG CURLS

- Bend your left knee at the knee so your foot is raised off the ground then bring it back down.
- Switch to your right leg.



#6

MINI SQUATS

- Make sure your feet are placed apart.
- Keep your feet from turning inward.
- Squat down like there is a chair behind you and you are about to sit back into it. Rise back up before you get to the invisible seat.
- Make sure to not allow your knees to come forward past your toes.



INTERMEDIATE LEG EXERCISES



#1 **EN GARDE**

Take a large step to your left with your left leg. Stretch out your left arm at the same time with your hand open wide like you are stopping traffic. Step back to the start.

- Repeat to the right side with your right leg and right arm if able.

#2 **SUPERMAN/SUPER MARCH**

- Keep your left hand on the stable surface to your left side to help maintain your balance.
- Raise up the inside leg (left in this case) and your opposite arm straight towards the sky.
- Turn and face the opposite direction to perform with your right leg and left arm.



#3 **HALF SAND/SNOW ANGEL**

- Keep one hand on a stable surface.
- Bring opposite hand out and upward (like you're making an angel)
- At the same time, bring your opposite leg out to the side.
- Repeat with the other leg and arm.



INTERMEDIATE LEG EXERCISES

Continued

#4

AROUND THE CLOCK

- Turn so that you are holding onto a surface with your left hand.
- Pretend you are taking steps with both feet around the hour marks of a clock from 12 o'clock to 6 o'clock. After each hour mark, step back to the center.
- Once you get to 6 o'clock, face the other direction to step the other hours.

