

# Seated Lower Body Strengthening Exercise

*Maria's Place does not bear responsibility for any injury sustained while following our exercise programs.*

*Please consult your doctor before undertaking any new exercise routine, and use common sense while exercising. Listen to your body and be mindful of any existing medical conditions.*

**Key components to keep in mind throughout the routine.**

- Engage your core by squeezing your belly muscles together.
- Roll your shoulders back away from your ears and down.
- Keep your chin away from your chest and your neck in line with your spine.
- Repeat each exercise five to ten times.

**Neutral position (between each exercise):** Sit in your chair with your feet slightly apart and your hands on your lap. Pay attention to your posture throughout.

The exercises in the program are slow and deliberate movements.

## Lower Body Strengthening Routine

Begin in the neutral position, seated near the front edge of the chair. Sit up tall and bring awareness to your body. Breathe in through your nose and out through your mouth several times.

Raise one heel up and return it down to the ground. Do this several times. Repeat on the other side.

Bring your hands to the side edges of the chair with your feet and legs together so they are touching. Raise one knee, point your toe, and hold for a couple of seconds before bringing it back down. Repeat x 10 and switch to the other side.

Return to neutral. Lift one knee and flex your toes towards you chin. With your knee still lifted, bring the leg out to the side, back in, and back to the floor. Repeat five times on each side, alternating the legs each time.

Come back to neutral. Take a couple of deep breaths. Straighten one leg out in front of you, point the toe, and lower it back down. Repeat, then switch to the other side.

Bring both legs out to the sides at about a 45-degree angle, toes pointed at 45 degrees as well. Bring one hand down as far as is comfortable toward the inside of the same side foot and come back up. Repeat on the other side.

Scoot back a little in the chair in this same leg position and raise both arms overhead. Fold forward toward the floor, hold for a few seconds, and come back up.

Bring your feet in slightly. With your feet planted on the floor, move your knees one at a time toward the center and back out. Repeat.

Return to neutral, raise one leg out in front, and rotate the ankle. Switch direction. Repeat on the other side.

And you are done!

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