

Personal exercise program

Lower limb strengthening (intermediate)

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Provided by
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Stand on right leg and hop:

Forwards
Backwards
Sideways

Repeat on other leg.

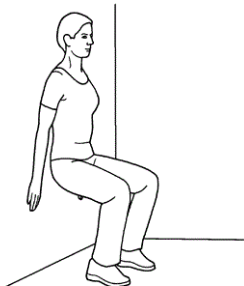


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Jump up in the air and land softly.

Try jumping:
Forwards
Backwards
Sideways

Do this in time to someone else clapping or include it as part of a game.



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Stand leaning with your back against a wall and your feet about 20 cm from the wall.

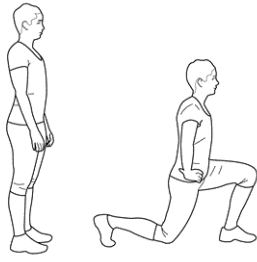
Make sure both feet are point forwards, that your feet and knees both have a gap between them (hip width apart).

Slowly slide down the wall until your hips and knees are at right angles.

Hold for 10 seconds. Return to starting position.

Repeat 6 times.

Make sure to keep your back against the wall.



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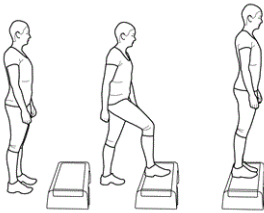
Lunge

Stand tall with feet hip-width apart.

Take a long step forward so that most of your weight is on your front leg. Bend your front knee so that it is at a right angle. Your back knee should also be at a right angle.

Keep your trunk upright and don't let your front knee go over your toes. Push up through the heel of your front leg, and step back so your feet are together again.

Repeat 6 times each leg.



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Step Up

Stand tall behind a step or bottom step of your stairs.

Place your whole foot on the step and step up. Keep hip, knee and toes pointing forward. Slowly step back down to the floor.

Repeat 6 times leading with right foot.

Repeat 6 times leading with left foot.



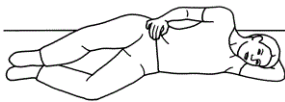
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Sitting with your arms crossed.

Stand up and then sit down slowly on a chair. (This can be made easier and more difficult by changing the height of the chair)

Repeat 10 times.

Make sure to control the movement and not "flop" back down into the seat. Try hovering above the seat instead of sitting down properly and pushing straight back up into standing. This will make the exercise harder.



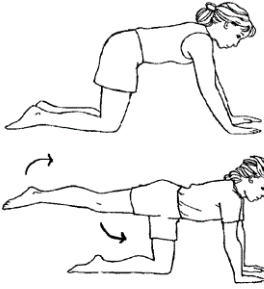
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Lie on your side with your knees bent. Squeeze your tummy muscles and the muscles in the side of your leg and bottom.

Lift your top knee as far as you can to make space between your knees. Hold 5 seconds.

Do not let your hip fall forward or back. Keep your feet together during the exercise.

Repeat 10 times each leg.



Start on hands and knees.

Stretch one leg behind you. Hold your straight leg so your foot is the same height as your bottom. Hold this position for 10 secs. Return your knee slowly to floor.

Repeat 6 times each leg.

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Lying on back with knees bent up and feet flat on floor.



Lift your bottom off the floor as high as possible. Hold for 10 seconds. Slowly return to starting position.

Make sure to keep a gap between your knees and feet. Make sure your feet remain flat on the floor. Try not to wobble!

Repeat 6 times.

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