

### 1. Sit to Stand

Sets: 3 | Reps: 10 | Rest: 60s

#### Preparation:

- Sit with good posture

#### Execution:

- Scoot forward on chair
- Incline trunk slightly forwards
- Knees over toes
- Rise up to standing



Sit with good posture



Scoot forward, lean forward



Rise, knees over toes



Stand up tall

### 2. Step Up

Sets: 3 | Reps: 10 | Rest: 60s

#### Preparation:

- Stand in front of a box or step
- Hands resting at sides, pull belly button in

#### Execution:

- Step up with one leg, follow with the other
- Step down with the first leg
- Complete the repetition by stepping both feet down



Eyes forward, hands resting at sides, pull belly button in, knees slightly bent



Step up with one leg...



...follow with the other



Step down with the first leg



Complete the repetition by stepping both feet down

### 3. Hip Abduction (Countertop)

Sets: 3 | Reps: 10 | Rest: 60s

#### Preparation:

- Stand with good posture in front of a counter or table

#### Execution:

- Lift leg straight out to the side
- Keep toes facing forward
- Avoid hiking your pelvis as you lift your leg



Stand in front of counter



Lift leg straight out to the side, toes facing forward

### 4. Hip Flexion

Sets: 3 | Reps: 10 | Rest: 60s

#### Preparation:

- Start in a plank position with arms straight on a box/ countertop/table

#### Execution:

- March your knee towards your chest
- Return to start position
- Repeat keeping your pelvis stable throughout the movement



Start in a plank position



March knee forward



Return to start position

Exercises from Simple Set, courtesy of

**Rural fit**