

Simple home exercise program to improve leg strength

To start these exercises, **try just 5 per day, twice daily**, and you can use a chair in front of you for support if needed. Each week try doing an extra sit to stand morning and night until you can do 20 at a time. The plan is:

Week 1: 5 sit to stands morning and night.

Week 2: 6 sit to stands morning and night.

Week 3: 7 sit to stands morning and night.

Week 4: 8 sit to stands morning and night.

Week 5: 9 sit to stands morning and night

.....and keep increasing

Strength exercise

Sit to stand



Repeat 8 – 12 times, the last one should feel hard
Do at least twice a week

- Begin seated with feet shoulder width apart, sitting posture with a straight back
- Stand, keeping your back straight.
- Return to the sitting position, controlling your descent.
- Hands placed in a comfortable position (in lap, crossed over chest).

If you need to, start with using your hands to assist with pushing up from the arms of a chair. As your legs get stronger, you will need to use your hands less.

Progression

- Perform from a lower chair.
- Add hand weights or a backpack with weights in it.



Picture adapted from NSW Healthy Bones-

https://aci.health.nsw.gov.au/data/assets/pdf_file/0011/592697/ACI-MSK-ORP-HealthyBones.pdf