

# Simple Home Exercise Program to Improve Leg Strength

To start these exercises, try just 5 per day, **twice** daily. If needed, you can support yourself with a chair in front of you.

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.

