



WEIGHT SHIFT - FORWARD BACK

While in a standing position and knees partially bent, slowly shift your body weight forward and then back.

Video # XVNWBMU9T

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



WEIGHT SHIFT - LATERAL

While in a standing position and knees partially bent, slowly shift your body weight side-to-side.

Video # XVGYHEAFR

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



WEIGHT SHIFT - DIAGONAL

While in a standing position and knees partially bent, place one foot forward and one foot back in a staggered stance. Next, slowly shift your body weight diagonally towards the front foot and then towards the back foot.

Video # XVKWKGJ6A

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



MINI SQUAT

Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend down about half way to perform a squat as shown. Then, return to original position.

Video # XVTTG945R

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



STEP UP

Start by standing in front of a step/step stool with one foot the floor. Step forward up the step with one leg and then the other leg, then return to starting position with same leg

Video # XVJVL4KQY

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



STEP DOWN - LATERAL

Start with both feet on top of a step/box. Next, slowly lower the leg down off the side of the step/box to the floor. Then return to the original position with both feet on the step/box.

Video # XVSXJD6HT

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position and repeat with the same leg.

Video # XVCXRMZCM

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



DOUBLE LEG HEEL RAISES WITH SUPPORT - CALF RAISES

While standing next to a chair or countertop for support, raise up on your toes as you lift your heels off the ground. Return your heels to the floor and repeat.

Video # XVNLGZHJF

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week