



STRENGTH AND BALANCE

Created by Ryan Clark Nov 25th, 2025
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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.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day



TOES RAISES - STANDING - BILATERAL

In a standing position with your feet on the ground, raise up your toes and forefoot as you bend at your ankle. Lower back down and repeat.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day



STANDING MARCHING - HIP FLEXION

While standing next to a chair or countertop for support, march in place by lifting your knee up as you allow it to bend and then perform on the other side. Repeat this alternating movement.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day





Standing Hip Abduction

1. Holding onto a sturdy object like a chair or resting your hands on a wall, stand up as tall as possible 2. Raise one leg up and lift it out, laterally away from your body. 3. Pause for 3 seconds, and then return to the starting position.

Tips: Make sure to extend hip of leg you're raising laterally

Adjustments and progressions: -If too difficult to perform do 6 sets of 5 instead of 3 sets of 10 -To raise intensity use a resistance band around ankles

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day



HIP EXTENSION - STANDING

While standing, stand on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day



HIP FLEXION - STANDING - SLR

While standing next to a chair or counter top for support, lift one leg forward and off the group with a straight knee. Return to starting position and repeat.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day



GERIATRIC - SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance. Have a chair or other more sturdy object like a counter top or sink if needed for support with your balance and safety. Do both legs.

Repeat 1 Time
Complete 1 Set

Hold 15 Seconds
Perform 1 Time a Day



TANDEM STANCE WITH SUPPORT

Stand in front of a chair, table or counter top for support. Then place the heel of one foot so that it is touching the toes of the other foot. Maintain your balance in this position. Do both ways.

Repeat 1 Time
Complete 1 Set

Hold 15 Seconds
Perform 1 Time a Day

SQUAT - SUPPORTED WITH CHAIR FOR SAFETY

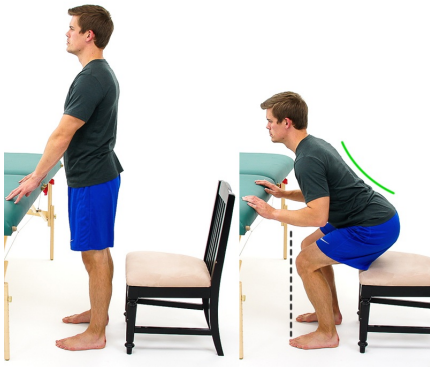
Place a chair behind you for safety.

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day



CUPS - ALTERNATE TOE TAPS

Stand next to something for balance assist if needed.

Place a paper or plastic cup on the floor.

Stand in front of the cup and raise one foot off the floor as you balance on the other leg. Tap the top of the cup with your toes. Then, set your foot back down and perform on the other side. Use hand on table for balance if needed.

If you lose your balance, you can use one or more strategies to help: Take a step Raise arms out to the sides Grab on to something for support

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day

