

Supported or unsupported, with or without added weight

This exercise will strengthen the muscles at the front and back of the thighs and buttocks. Skip this exercise if you have issues with your knees.

Instructions:

1. Sit upright on a chair, forward on the seat.
2. Place your feet between hip-width and shoulder-width apart and flat on the floor.
3. Stand up from the chair.
4. Sit down on the chair to resume the starting position.
5. Add weights once you can complete the movement correctly. To do this, keep a dumbbell in each hand at shoulder level, palms facing each other.



Tips to help you get the movement right:

- Feet should be placed slightly back underneath the knees. This allows knee movement forward to stand up.
- Keep your back as tall as possible. Have shoulders relaxed and down. Keep your eye gaze straight ahead.
- When sitting down, bend at the hips and knees to place your bottom back onto the chair.
- Inhale (breath in) to prepare. Exhale (breath out) as you stand up. Inhale as you sit back.

CONTACT US

Email: support@liveup.org.au **Phone:** 1800 951 971

LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health, Disability and Ageing.