

## Heel Raises with Counter Support

**REPS: 10**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 7**

**1**



**2**



### Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

### Movement

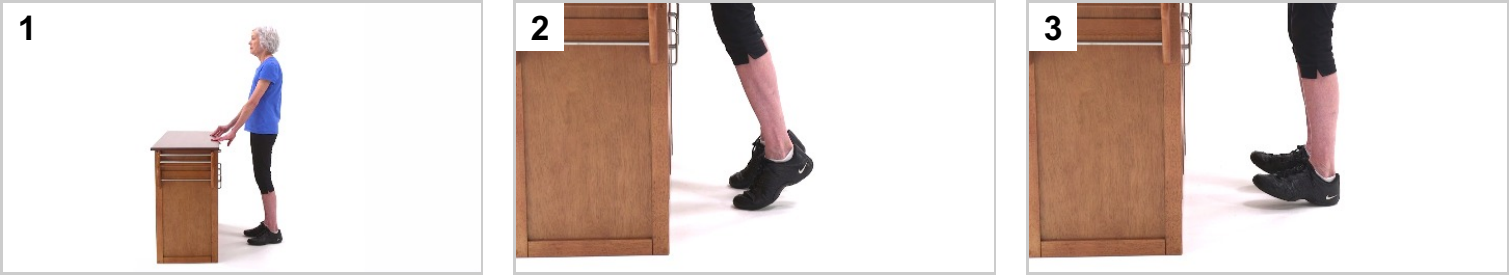
Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

### Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed. Do not let your ankles rotate inward or outward.

# Heel Toe Raises with Counter Support

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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## Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

## Movement

Rise up onto your toes, hold briefly, then lower back down and lift the balls of your feet off the ground. Repeat.

## Tip

Make sure to maintain an upright posture and use the counter to balance as needed.

# Mini Squat with Counter Support

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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## Setup

Begin in a standing upright position with your feet shoulder width apart and your hands resting on a counter.

## Movement

Slowly bend your knees to lower into a mini squat position. Hold briefly, then press into your feet to return to a standing upright position and repeat.

## Tip

Make sure to keep your heels on the ground and use the counter to help you balance as needed. Do not let your knees bend forward past your toes or collapse inward.

# Standing March with Counter Support

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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## Setup

Begin in a standing upright position with your hands resting on a counter.

## Movement

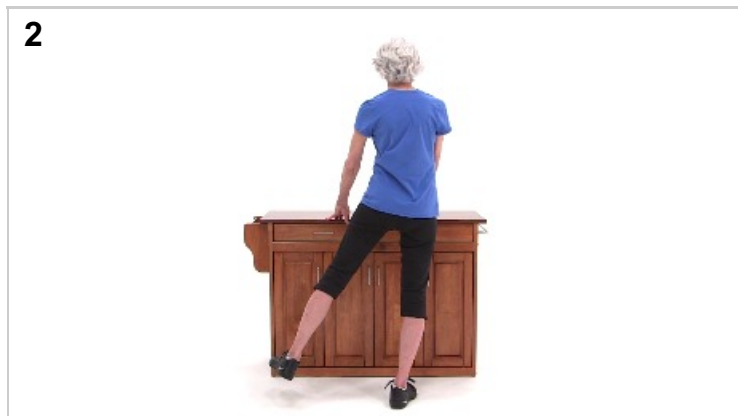
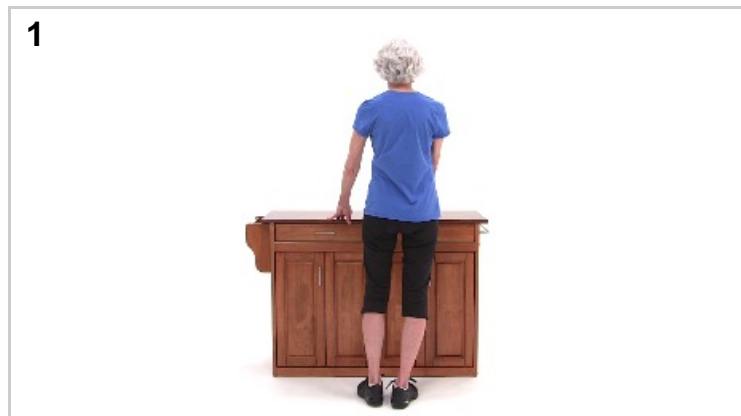
Slowly lift one knee to waist height, then lower it back down and repeat.

## Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

# Standing Hip Abduction with Counter Support

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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## Setup

Begin in a standing upright position with your hands resting on a counter.

## Movement

Lift your leg out to your side, then return to the starting position and repeat.

## Tip

Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise. Use the counter to help you balance as needed.

# Standing Hip Extension with Counter Support

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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## Setup

Begin in a standing upright position with your hands resting on a counter.




## Movement

Tighten your buttock muscles and slowly lift your leg backward. Return to the starting position and repeat.

## Tip

Make sure to keep your moving leg straight and keep your shoulders and hips facing forward during the exercise. Use the counter to help you balance as needed.

# Sit to Stand

REPS: 10		SETS: 3		DAILY: 1		WEEKLY: 7	
1		2		3			
							

## Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

## Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

## Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.