

MoveMôr LOWER BODY TRAINER

Seated Strengthening for Greater Mobility

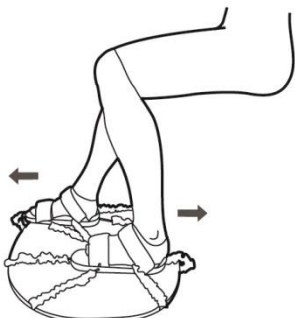
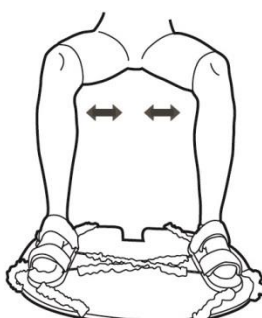
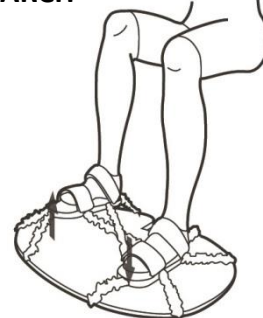
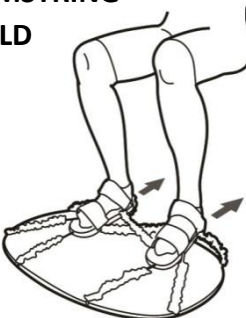

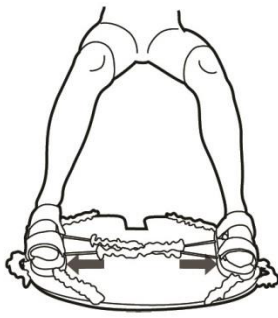
HIPS – I

Prepared For _____ Date _____

- **Resistance Level:** Yellow Orange Green Blue Black Silver
- **Tube Tension:** Toe: 1 2 3 Heel: 1 2 3 Center: 1 2 Side -Top: 1 2 Side - Bottom: 1 2

INSTRUCTIONS: Sit tall in a firm chair with hips above or aligned with knees. Move slowly with control in a pain-free range of motion. Do warm-up activity for 5 minutes followed by prescribed strengthening exercises. When completed, stretch muscles to enhance flexibility. Breathe deeply throughout exercise activity.

For each prescribed exercise: Repeat _____ times. Perform _____ sets/session. Do _____ sessions/day.

<input type="checkbox"/> SLIDE WALK  <p>Slide one foot forward, pull one back, alternate.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Quadriceps</i> • <i>Hamstrings</i> 	<input type="checkbox"/> OUT & IN  <p>Slide feet and knees out to the sides, squeeze back to center.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Abductors</i> • <i>Adductors</i>
<input type="checkbox"/> MARCH  <p>Lift and lower one knee, alternate.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Hip flexors</i> • <i>Core</i> 	<input type="checkbox"/> HAMSTRING HOLD  <p>Pull feet behind knees, hold.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Hamstrings</i>
<input type="checkbox"/> SWEEP-IN  <p>Slide feet to center, keep knees aligned with hips.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>External rotators</i> 	<input type="checkbox"/> SWEEP-OUT  <p>Slide feet out, keep knees aligned with hips.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Internal rotators</i>