

MoveMôr LOWER BODY TRAINER

Seated Strengthening for Greater Mobility

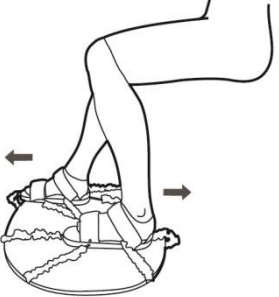
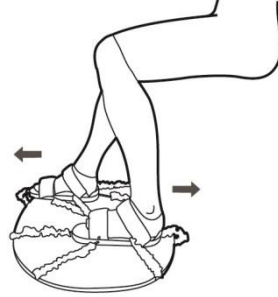
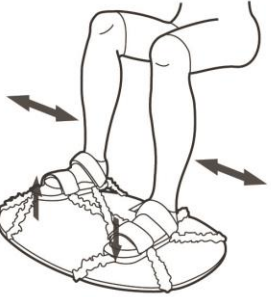


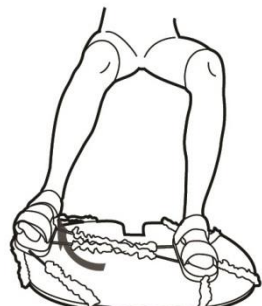
HIPS – II

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 - IN 	<p>Bring knees and feet together. Slide one foot forward, pull one back, alternate.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps / hamstrings • Adductors 	<input type="checkbox"/> SLIDE WALK - OUT 	<p>Bring knees and feet out to the sides. Slide one foot forward, pull one back, alternate.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps / hamstrings • Abductors
<input type="checkbox"/> MARCH - IN & OUT 	<p>March while bringing knees and feet in and then out.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Hip flexors / quadriceps • Adductors / abductors 	<input type="checkbox"/> HAMSTRING HUGS 	<p>Pull feet behind knees, pulse heels slightly forward and back.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Hamstrings
<input type="checkbox"/> KICK- IN 	<p>Rotate lower leg inward, keep knee and hip aligned.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • External rotators 	<input type="checkbox"/> KICK- OUT 	<p>Rotate lower leg outward, keep knee and hip aligned.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Internal rotators