

MoveMôr LOWER BODY TRAINER

Seated Strengthening for Greater Mobility



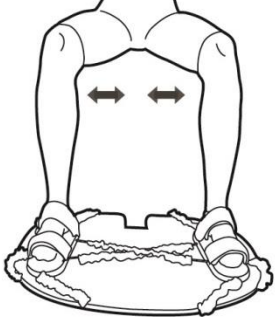



KNEES – I

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"/> MERRY-GO-ROUND 	<p>Circle feet upward and outward. Reverse direction.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps/hamstrings • Internal/ext rotators • Gluteals 	<input type="checkbox"/> LEG EXTENSION  <p>Scot forward on chair, extend one leg. <i>(May place board 4-6 inches in front of chair.)</i></p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps
<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"> • Abductors/Adductors • Gluteals 	<input type="checkbox"/> DOUBLE KICKS  <p>Slide feet forward, pull back behind knees.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps • Hamstrings
<input type="checkbox"/> LIFT & PRESS 	<p>Lift one knee, press opposite foot down. Repeat. Switch sides.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps • Hip flexors • Gluteals 	<input type="checkbox"/> MIDLINE CROSS  <p>Extend one foot forward, slide opposite knee and foot inward.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps • Abductors/Adductors • Gluteals