

MoveMôr LOWER BODY TRAINER

Seated Strengthening for Greater Mobility


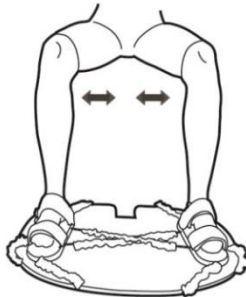
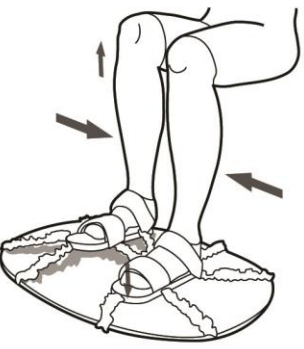
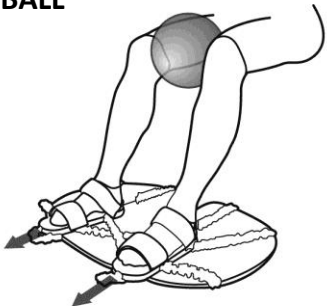
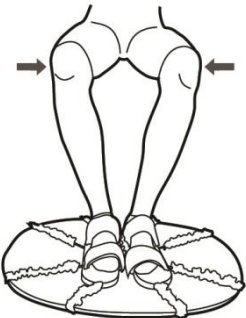

KNEES – II

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"/> TWO SQUARES 	<p>Push feet upward, outward, downward and together. Reverse direction.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps / hamstrings • Internal/ext. rotators • Gluteals 	<input type="checkbox"/> OUT & IN 	<p>Slide knees and feet out to the sides, squeeze back in to center.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Abductors • Adductors
<input type="checkbox"/> LIFT & PRESS - IN 	<p>Bring knees and feet in. Lift one knee, press opposite foot down. Alternate.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Hip flexors / adductors • Quadriceps / gluteals • Core 	<input type="checkbox"/> DOUBLE KICK with BALL 	<p>Squeeze a small ball with knees, slide feet forward and pull back.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps /hamstrings • Adductors
<input type="checkbox"/> THE CLAM 	<p>Slide knees and ankles together, open and close knees.</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Gluteals • Adductors 	<input type="checkbox"/> LEG EXTENSION 	<p>Scot forward on chair, extend one leg. (May place board 4-6 inches in front of chair)</p> <p>Hold _____ seconds</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps