

## AT HOME EXERCISES

The opportunities to exercise and be physically active daily are endless! Here are some ideas of exercises that can be easily done at home that target improving balance, stability, and muscular strength. These can be performed with minimal rest in between exercises, i.e. in a circuit, to challenge and improve aerobic fitness.

Example circuit 1: pick 5-6 exercises; perform each exercise with 30 seconds rest between each; repeat circuit 2-3 times.

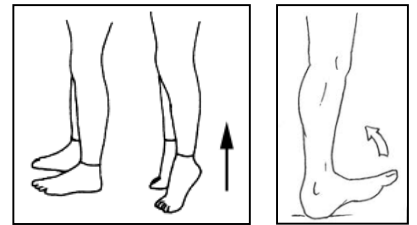
Example circuit 2: pick 5-6 exercises; perform each exercise for 30 seconds; between exercises perform 30 seconds of jumping jacks, pretend jump rope, skipping, etc.; repeat circuit 2-3 times.

1. **Balance on one foot:** maintaining an upright posture, stand on one foot for 30 seconds. Repeat on the other foot. Try to do several sets on each leg and work up to balancing for 60 seconds or more.

**Progression:** stand on an unstable surface (exercise mat, balance pad, BOSU ball, fold up a towel, etc.) or even close your eyes.

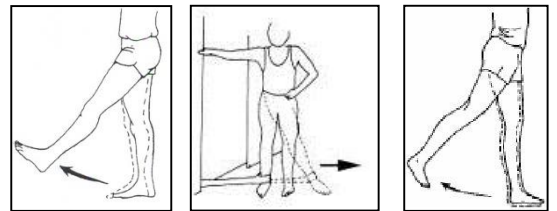
2. **Heel/toe raises:** maintaining an upright posture, raise your heels/toes. Hold for a second, and then lower back down. Do 10-15 repetitions for both heel raises and toe raises.

**Progression:** perform the exercises on one leg, add external weight, increase repetitions, or perform the exercises on the stairs (holding on to the railing if needed). An idea could be performing one repetition on the first stair, two reps on the second, three reps on the third, and so forth until you reach the top!



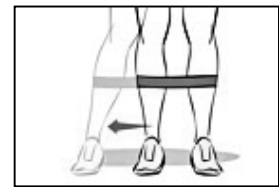
3. **Multi-directional leg lifts:** maintaining an upright posture, hold on to a sturdy surface (if needed) and lift one leg forward (flexion) with your leg straight. Hold for a second, and then lower back down. Repeat 10-15 times. Lift your leg out to the side (abduction) with your leg straight. Hold for a second, and then lower back down. Repeat 10-15 times. Lift your leg behind you (extension) with your leg straight. Hold for a second, and then lower down. Repeat 10-15 times.

**Progression:** remove hands as support, add resistance bands, and/or increase repetitions. (Pictures illustrate flexion, abduction, and extension, respectively).



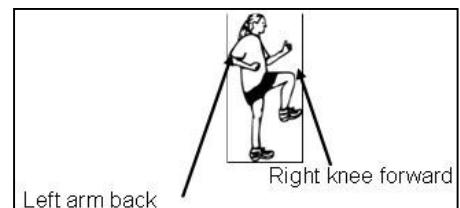
4. **Lateral walking:** maintaining an upright posture, start with your feet shoulder width apart and bend your knees, sitting back like you would sit in a chair. Take a step to the side with one foot. Bring the other foot in so your feet are shoulder width again. Continue walking laterally for 10-15 steps in one direction. Go back in the other direction, leading with the opposite leg.

**Progression:** add resistance bands or even hold on to a heavy object.



5. **Marching:** maintain an upright posture and march in place.

**Progression:** increase time marching before resting, bring opposite elbow to opposite knee to work your internal/external oblique muscles, or high knee running.

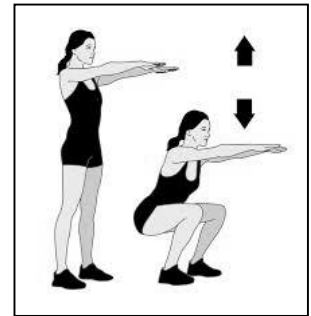


6. **Push ups:** from a plank position (wrists in line with your shoulders, core contracted, back flat, legs straight and toes planted firmly on the ground) or from your knees, slowly lower your body towards the grounds, arms bending at least 90 degrees. Return to plank or kneeling position. Repeat 10 times.

**Progression:** increase repetitions and/or keep the elbows in towards your sides to target your triceps.

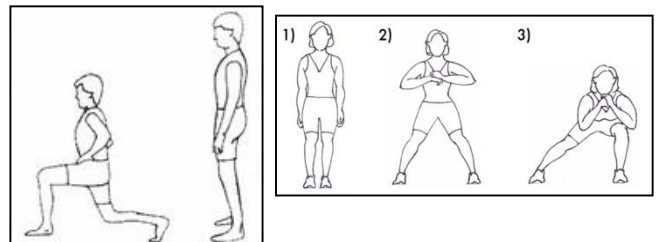
7. **Squats:** stand with your feet shoulder width apart, feet slightly turned out, and sit your bottom back as if you were sitting in a chair. Stand back up. Repeat 10-15 times. This can also be performed with a wider stance (sumo squat), or toes pointed farther out. Try all variations.

**Progression:** add external weight (barbell, dumbbells, heavy object, etc.), single leg squat, or single leg squat and reach, add an explosive jump when you stand back up (squat jumps).



8. **Lunges:** stand with your feet shoulder width apart, step forward with one foot and bend both knees. Make sure the front knee does not move forward beyond the toes. Push off the front leg and step back to standing. Repeat 10-15 times on both legs. Lunges can also be performed by stepping back instead of forward (reverse lunges) or stepping to the side (side lunges) by stepping out with one leg and sitting back as if you are sitting in a chair. Try all variations of lunges.

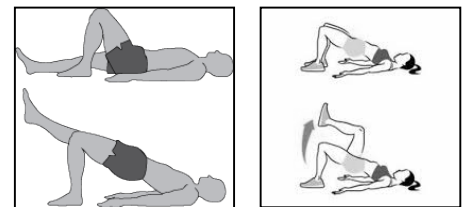
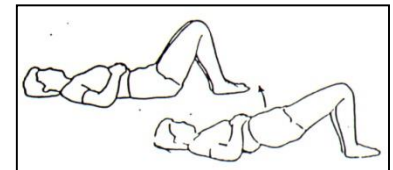
**Progression:** add external weight (barbell, dumbbells, heavy object, etc.), increase repetitions, or switch jumps (lunge, jump to switch which leg is in front, and repeat).



9. **Bridging:** lay on your back with your hands by your sides, your knees bent and feet flat on the floor. Make sure your feet are under your knees. Raise your hips up to create a straight line from your knees to shoulders. Squeeze your bottom and squeeze your core, trying to pull your belly button back toward your spine.

The goal is to maintain a straight line from your shoulders to your knees and hold for 20 to 30 seconds. Repeat 10-15 times.

**Progression:** single leg bridging or maintain bridge position and add marching (see pictures).



10. **Reverse chest fly:** standing with your feet shoulder width apart, bend your knees and hinge slightly forward at the hips; hold dumbbells (water bottles, cans, whatever you can find at home to add resistance) in each hand, pinch your shoulder blades together and laterally raise your arms (elbows pointing to the ceiling); hold for 2 seconds, and slowly lower down. Repeat 10 times.

**Progression:** perform exercise standing on one leg, increase resistance, add a longer isometric hold before lowering arms down, or perform exercise prone on a stability ball.

