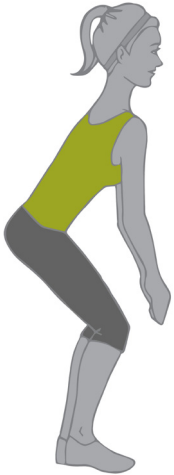


5

WEIGHT-BEARING EXERCISES

you can do right now.



1 SQUAT

Stand with feet slightly wider than shoulder-width apart.

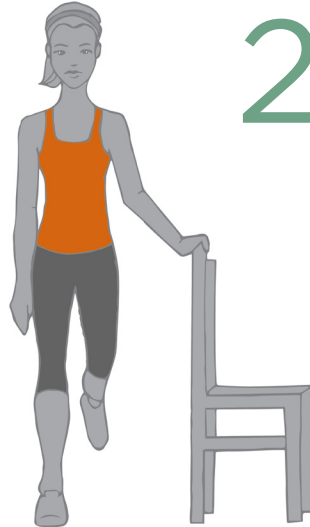
Bend or hinge 30 to 40 degrees at the hips, shifting them back and down as you bend your knees.

Lower yourself to a comfortable position. Your knees should not extend past your toes.

Push through your heels to return to the starting position.

Repeat 10 times.

Advanced:
Single leg squat.



2 SINGLE LEG STANDING WITH SUPPORT

Stand with feet shoulder-width apart.

Bend one knee slightly and slowly lift that leg 3 to 6 inches off the floor.

Hold for 10 seconds before returning your foot to the floor.

Repeat 10 times for each leg.

Challenge move:
Lift your leg higher, so your thigh is parallel to the floor.

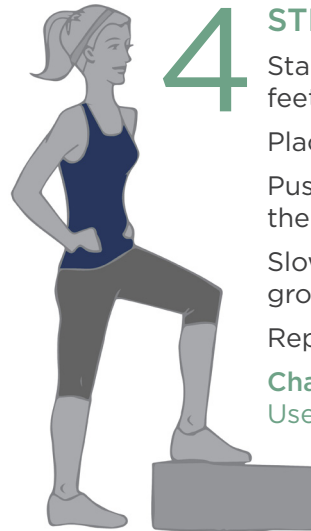


3 POGOS (quick heel raises with/without weight)

Stand tall with your feet slightly spread, hip-width apart.

Raise your heels to stand on the balls of your feet.

Quickly bounce up and down on the balls of your feet without letting your heels touch the ground.



4 STEP UP

Stand in front of a low step with feet shoulder-width apart.

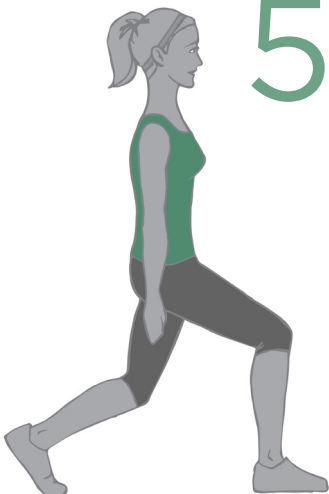
Place one foot firmly on the step.

Push through the heel, bringing the other foot onto the step.

Slowly return one foot to the ground, then the other.

Repeat 10 times for each leg.

Challenge move:
Use a higher step.



5 FORWARD LUNGE

Stand with feet shoulder-width apart.

Lift one foot and step forward, planting your foot firmly on the ground.

Slowly shift your weight onto your front foot, lowering your body to a comfortable position.

Return to the starting position.

Repeat 10 times for each leg.

TIPS:

Hold onto a railing, the back of a sturdy chair or a countertop for support.

Make each exercise more challenging by doing more repetitions, performing the movement without support, or holding weighted objects.



Marshfield Clinic
Health System