

Exercise Level Three

1. Before you begin, check your alignment with a broom or dowel. Hinge a few times at the hips.



2. 3-way Hip Exercise with band.

Strengthens knee muscles and hip muscles. Use a stick, broom, or chair for balance.

A. Place resistance band around ankles.

B. Keep back aligned and lift straight leg with flexed foot in front 10 times. Switch legs.



C. Keep back aligned and lift straight leg with flexed foot to the side 10 times. Switch legs.



D. Keep back* aligned and lift straight leg with flexed foot behind 10 times. Switch legs.

*If there is tightness or pain in lower back, bend standing leg and tilt forward before lifting the leg.

3. Heel Raises on One Leg Away from Door.

Improves mobility in ankles and strengthens calf muscles.

- A. Stand on one leg.
- B. Lift opposite leg.
- C. Lift onto toes of standing leg, keeping knee straight and spine aligned.
- D. Repeat 10 times—working up to 25 times.
- E. Switch legs.



4. Lunge Progression.

Improves quadriceps strength and ankle mobility.

- A. Step one leg 30–36" as if on a railroad track with legs straight.
- B. Lift the back heel up and down, maintaining straight spine. Repeat 10 times. Switch legs.
- C. Bend the front leg and back leg and lower down. Progress from $\frac{1}{4}$ of the way to $\frac{1}{2}$, $\frac{3}{4}$, and then full lunge.
- D. Repeat 10 times. Switch leg.
- E. If there is any pain in the knees, back off.

