

Single Leg Squat



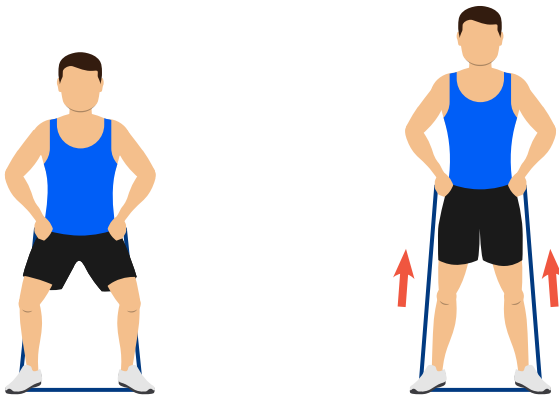
ANCHOR: None, body weight

START: Stand on one leg a few inches from the chair or bench.

MOVEMENT: Squat down as if sitting in the chair on one leg. Gently tap the chair and return to standing. Stay on the same leg.

TIP: Try not to sit fully on the chair.

Squat with Resistance



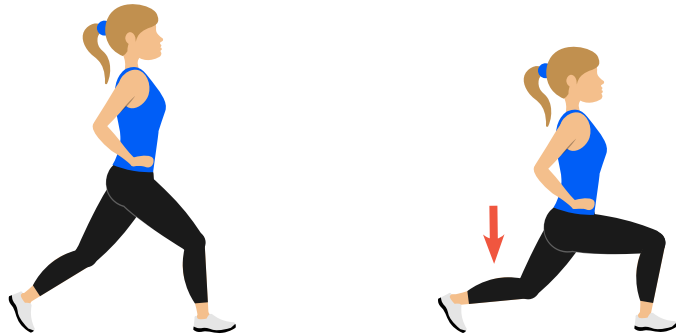
ANCHOR: Band under both feet holding ends of band in the hands

START: Stand with feet hip width apart, band under both feet and tight tension.

MOVEMENT: Bend at the hips and knees, sit back into seated position. Return to start position.

TIP: Keep the knees behind the toes.

Lunge



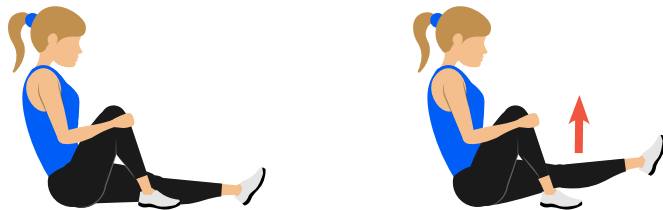
ANCHOR: None, body weight

START: Stand in a split stance, toes facing forward.

MOVEMENT: Bend both knees and lower to the ground; back heel will come off the floor.

TIP: Be sure knee is forward to the toe but over the ankle.

Quad Lift on Floor



ANCHOR: None, body weight

START: Sit on the floor, one leg straight, other leg bent with foot on floor and holding at the knee.

MOVEMENT: Sitting tall, use the quad and lift the straight leg up.

TIP: Keep abs tight to help stay tall.