

Seated March



Setup

Begin sitting upright in a chair with your feet flat on the floor.

Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.

Seated Long Arc Quad



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Seated Ankle Pumps



Setup

Begin sitting upright with one leg straight forward.

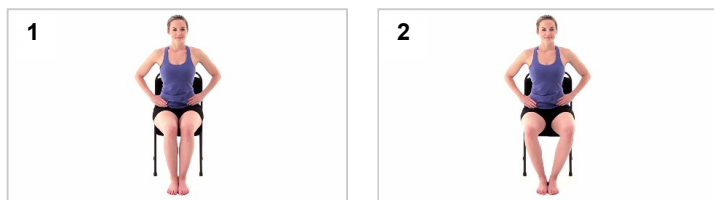
Movement

Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

Tip

Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.

Seated Hip Abduction



Setup

Begin sitting upright in a chair.

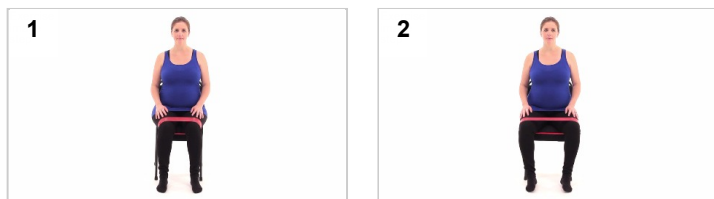
Movement

Push your legs outward, keeping your feet flat on the ground, then slowly bring them back together and repeat.

Tip

Make sure to keep your movements slow and controlled and continue breathing evenly during the exercise.

Seated Hip Abduction with Resistance



Setup

Begin sitting upright with a resistance loop around your thighs and your feet on the ground.

Movement

Pull your legs outward against the resistance, then slowly bring them back together and repeat.

Tip

Make sure to keep your movements slow and controlled, and continue breathing evenly during the exercise.

Seated Hip Adduction Squeeze with Ball



Setup

Begin sitting upright with both feet flat on the floor and a ball between your knees.

Movement

Gently squeeze both legs inward against the ball. Hold, then relax and repeat.

Tip

Make sure not to arch your back during this exercise.