

STEP 1



STEP 2



Seated Punches with Trunk Rotation

Setup

- Begin sitting upright with your feet in a wide stance on the floor.

Movement

- Punch one arm forward and across your body, rotating your trunk, then return to the starting position and repeat with your other arm.

Tip

- Make sure to punch as far as you can, and keep your movements controlled.

STEP 1



STEP 2



STEP 3



Sit to Stand

Setup

- Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

- Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

Tip

- Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

STEP 1



STEP 2



Standing Marching

Setup

- Begin in a standing upright position holding on to a stable object for support.

Movement

- Lift one knee up to waist height, then slowly lower it back down and repeat with your other leg. Continue alternating between each leg.

Tip

- Make sure to keep your back straight and maintain your balance during the exercise.

STEP 1



STEP 2



STEP 3



Partial Lunge Matrix with Chair

Setup

- Begin in a standing upright position.

Movement

- Take a large step forward and lower yourself into a partial lunge position, then slowly return to the starting position. Repeat this motion stepping sideways, and then backward.

Tip

- Make sure to maintain an upright posture and do not let your knee collapse inward as you lunge.

STEP 1



STEP 2



Single Leg Stance with Support

Setup

- Begin in a standing upright position holding on to a stable object for support.

Movement

- Lift one foot off the floor and hold this position.

Tip

- Make sure to maintain your balance during the exercise.