

HEALTHY FAMILIES COACH

Seated Resistance Programme - Legs

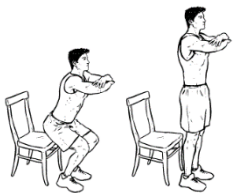





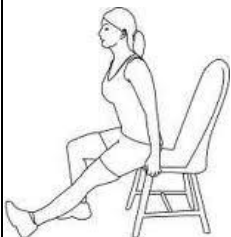

Use a strong chair and weights such as canned food if you want a challenge

Beginner: Each exercise for 5 reps/1-2 sets

Intermediate: Each exercise for 12 reps/2-3 sets

Advanced: Each exercise for 15-18 reps/3 sets

How often can you do this?

<p>Sit to Stand</p>  <p>1</p>	<p>Side leg lifts</p>  <p>2</p>
<p>Back leg lifts</p> <p>Kick leg out behind</p>  <p>3</p>	<p>Stand on one leg</p> <p>Hold onto chair/table for balance</p>  <p>4</p>
<p>Leg extension</p>  <p>5</p>	<p>Knee raises</p>  <p>6</p>
<p>Hamstring stretch</p>  <p>7</p>	<p>Knee raises</p>  <p>8</p>

Goals: