



















## Strength Training Exercises

The strength program consists of five exercises, with the goal of completing a total of 2 sets each. You will complete the strength exercises for a total of 10 times per set for 2 sets. For the first set, begin at your prescribed level/progression or the highest level you completed during the last session. If you complete the entire first set at that level and progression, then move onto the next progression.

Make sure you log your training session on your paper log or the SplendoFit App.

<b>Strength Exercises</b>										
<b>Sit and Stand from Chair (2 sets of 10 repetitions)</b>										
Begin in a seated position with feet flat on the floor. Slowly stand up until you reach a full stand, and then sit back down.										
										
<b>Level 1:</b> Move to edge of chair, lean forward, push with arms as you stand up		<b>Level 2:</b> a. Sit back in chair, push with arms to stand up b. Sit at edge of chair, put arms in front, stand up c. Sit at edge of chair, cross arms at chest, stand up			<b>Level 3: Sit back in chair</b> a. Push arms out, stand up b. Cross arms at chest, stand up		<b>Level 4:</b> a. Perform 10 chair stands as quickly as possible b. Perform chair stands in chair that is lower in height			
<b>Stand to Squat (2 sets of 10 repetitions)</b>										
Begin standing upright with feet hips-distance apart, and hold onto support depending on progression. Bend the knees and lower into a squat by pushing the hips back. Keep the knees in line with ankles and chest lifted. Hold for a brief moment (2-3 seconds), and return to starting position.										
										
<b>Level 1:</b> Flex knees and hips to 0-15° a. Hold onto the chair with both hands b. Hold onto chair with one hand c. Do not hold onto chair		<b>Level 2:</b> Flex knees and hips to 15-30° a. Hold onto the chair with both hands b. Hold onto chair with one hand c. Do not hold onto chair			<b>Level 3:</b> Flex knees and hips to 30-45° a. Hold chair with both hands b. Hold chair with one hand c. Do not hold onto chair		<b>Level 4:</b> Flex knees and hips to 45-90° a. Hold chair with both hands b. Hold chair with one hand c. Do not hold onto chair			

### Lateral Lunge (2 sets of 10 repetitions)

Start in a standing position. Step the right leg out to the side and bend the right knee while pushing the hips back. Keep the left leg straight. Hold for 2-3 seconds and then lift out of the lunge by pulling the right leg back to starting position. After completing one set on the right leg, switch to the other side.



**Level 1:** Perform the lateral lunge while holding onto the wall or chair with both hands

**Level 2:** Perform the lateral lunge without holding onto the chair or wall

**Level 3:** When coming out of the lateral lunge, lift the knee and hold

**Level 4:** When lifting the knee, raise the arms overhead. Progress to hold weights in hands

### Single Leg Deadlift (2 sets of 10 repetitions)

Start standing next to a wall or chair for support. Press into the left leg and slide the right leg back, so that it is lightly touching the ground or off the floor. Hinge the upper body forward at the hips, keeping the back straight and the knee of the supporting (right) leg slightly bent. Keep the non-supporting (left) leg in line with the upper body after you hinge forward. After completing one set on the right leg, switch to the other side.



**Level 1:** Hold onto the wall/chair with one hand and hinge forward until the hips and upper body reach a 45° angle

**Level 2:** Hold onto the wall/chair with one hand and hinge forward until the hips and upper body reach a 90° angle

**Level 3:** Hinge forward until the hips and upper body reach a 45° angle  
a. Perform without holding onto wall  
b. Perform with arms overhead

**Level 4:** Hinge forward until the hips and upper body reach 90°  
a. Perform without holding onto wall  
b. Perform with arms overhead

### Calf Raises (2 sets of 10 repetitions)

Sit or stand tall (depending on progression). Lift the heels to rise up onto the toes. Hold for a brief moment (2-3 seconds) and then lower heels to ground.



**Level 1:** Perform in a:  
a. seated position  
b. standing position, holding chair






**Level 2:** Perform in a standing position:  
a. holding chair with one hand  
b. without holding onto the chair

**Level 3:** Perform in a standing position with:  
a. feet together, without holding onto chair  
b. one leg lifted, holding onto chair with both hand  
c. one leg lifted, holding onto chair with one hand

**Level 4:** Perform standing with one leg lifted, without holding onto the chair



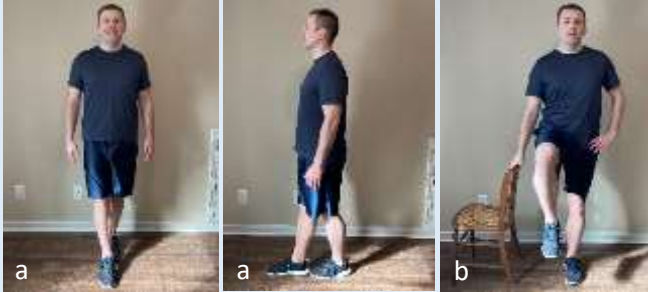





## Mobility Training Exercises

Each mobility exercise should be done at least one time. These exercises can be done on their own or incorporated into a one of your HIIT workouts. Make sure you log your training session and indicate if each mobility exercise was completed.

Mobility Exercises	
<p><b>Increasing Walking Speed</b></p> <p>Walk safely as fast as you can over a distance of 10 – 30 feet or greater. As you feel more comfortable, you can increase the distance walked and vary the pace, switching between a fast and normal pace. Aim to maintain safety, independence, and balance.</p>	
<p><b>Dynamic Start and Stop</b></p> <p>Set a marker (such as a piece of tape) on the floor or tape it to the wall at your starting position and at least 10 feet away from your starting position. From the starting marker, walk as quickly as possible and abruptly stop when you reach the second marker. Turn and walk as quickly as possible back to your starting position and abruptly stop when you reach the marker. As you feel more comfortable with this exercise, set multiple markers up at variable distances and complete the task several times, moving from one marker to the next.</p>	
<p><b>Dynamic Turning</b></p> <p>Practice turning around at self-selected speed. Try these three exercises:</p> <ul style="list-style-type: none"><li>• A 90° turn to the right and then left.</li><li>• A 180° turn to the right and then left.</li><li>• Walk in a figure 8 pattern. Begin in the middle and make a left turn, then right turn (and vice versa). Try to complete the figure 8 over a 15-foot distance, staying within a width of 10 feet.</li></ul>	<p>90 Degree Turn: </p> <p>180 Degree Turn: </p> <p>Figure 8: </p>

## Balance Training Exercises

Each balance exercise should be completed twice. Begin at the highest level or progression achieved during your last session. Then, on the trial, attempt to complete the next level and/or progression.

Balance Exercises							
Standing Balance							
							
<p><b>Level 1:</b> Stand tall with feet shoulder-width apart and weight evenly distributed. Hold this position for 30 seconds.</p>	<p><b>Level 2:</b> Stand with: a. feet together and weight evenly distributed. Hold for 30 seconds. b. feet in semi-tandem or staggered stand. Hold for 30 seconds.</p>		<p><b>Level 3:</b> a. Stand heel to toe (tandem) stance with weight evenly distributed. Hold for 30 seconds. b. Place hands on a chair or the wall for support. Look straight ahead and lift one leg off the floor. Balance for 10 seconds. Progress to 30 seconds. Repeat on opposite leg.</p>		<p><b>Level 4:</b> Without holding on, stand on one leg. Look straight ahead and try to hold for 10 seconds. Progress up to 30 seconds. Repeat with other leg.</p>		
Stand and Reach Balance							
							
<p><b>Level 1:</b> Stand with feet shoulder-width apart and reach forward as far as possible. Then, reach backwards as far as possible. The goal is to reach 6 inches and progress from there.</p>		<p><b>Level 2:</b> Stand with feet shoulder-width apart and reach forward as far as possible (goal is 10 inches). Then reach backwards as far as possible (goal is 10 inches)</p>		<p><b>Level 3:</b> Stand with feet together and reach forward as far as possible (start with 6 inches and progress to 10 inches)</p>		<p><b>Level 4:</b> Stand with feet staggered (semi-tandem stance) and reach forward 6 inches. Progress to 10 inches.</p>	