



**LIVEWELL HEALTH**

*your partner in successful aging*

# **BUILDING STRENGTH TO GET OFF OF THE FLOOR**

IN COLLABORATION WITH

**VALD HEALTH**

## Wall push up

### Exercise Details

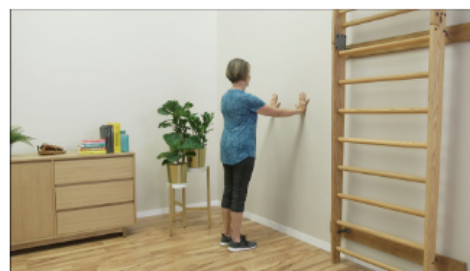
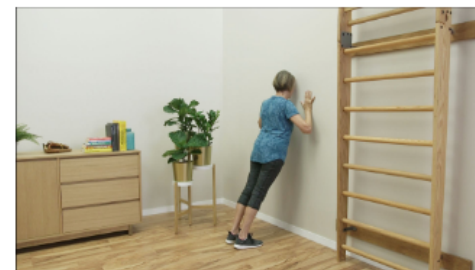
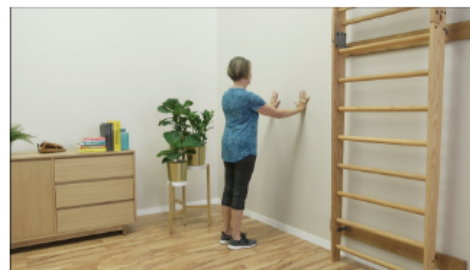
Sets 1

Reps 12

Rest Duration 60 seconds

No notes

Start by standing in front of the wall and place your hands on the wall slightly below and slightly wider than your shoulders. Walk your feet backwards from the wall to take your body weight through your arms. Keeping your body straight, bend your elbows to lower your body towards the wall, and then push through your arms to come away from the wall to complete the exercise. Remember to keep your feet flat on the ground and body straight throughout the exercise. [See Less](#)

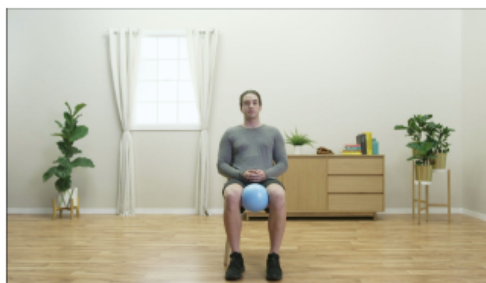


## Isometric hip adduction in sitting (ball between knees)

### Exercise Details

Sets	1
Hold Duration	30 seconds
Rest Duration	60 seconds
<b>No notes</b>	

Start by sitting with your legs hip width apart, head up, chest tall and arms relaxed in your lap. Place a soft ball between your knees and hold it in place. Keeping the rest of your body still, squeeze your knees together. Hold this movement for the required duration and then relax to complete the exercise. Remember to keep the rest of your body still and move only your knees throughout the exercise. [See Less](#)



## Knee tucks in supine

### Exercise Details

Sets 1

Reps 10

Rest Duration 60 seconds

No notes

Start by lying on your back with your legs out straight and your arms by your sides. Lift your legs into the air slightly. Keeping your lower back on the ground, bend your knees and bring them towards your chest. Then extend your legs out to complete the exercise. Remember to maintain your breathing throughout the exercise. [See Less](#)



## Bridge

### Exercise Details

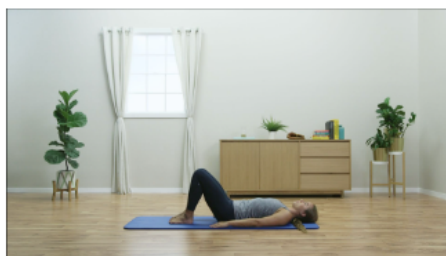
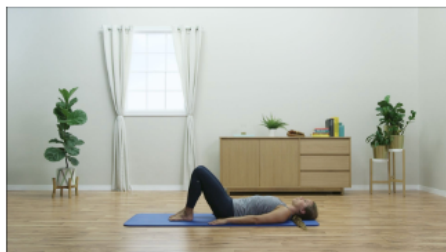
Sets 1

Reps 15

Rest Duration 60 seconds

No notes

Start by lying on your back with your knees bent, feet flat on the floor and arms resting by your sides with your palms on the mat. Engage your core and gently draw up your pelvic floor. Slowly extend your hips up whilst keeping your feet and knees in the same place and your shoulders and head on the ground. Hold this position for the prescribed time and then lower yourself down to complete the exercise. Remember to keep your head and shoulders on the ground throughout the exercise. [See Less](#)



## Knee rocks

### Exercise Details

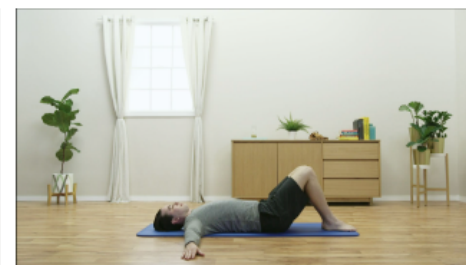
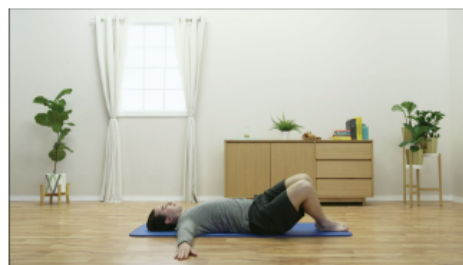
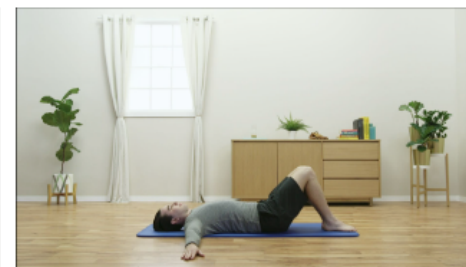
Sets 1

Reps 10

Rest Duration 60 seconds

No notes

Start by lying on your back with your knees bent and feet flat on the floor. Place your arms on the floor in line with your shoulders with your palms facing down. Keeping your knees together, rock your knees to one side, and then to the other side to complete the exercise. Remember to keep your upper body flat on the floor throughout the exercise [See Less](#)



## Knee rocks with full hip flexion

### Exercise Details

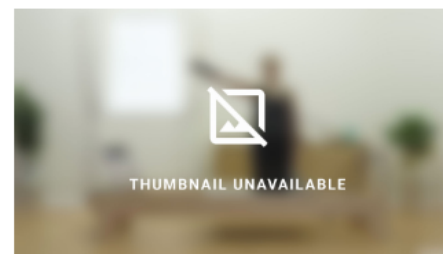
Sets 1

Reps 10

Rest Duration 60 seconds

No notes

Start by lying on your back with your feet flat on the floor and knees together. Keeping your knees bent, bring your legs towards your chest and place your arms on the ground in line with your shoulders. Keeping your knees together, rock your knees to one side and then to the other to complete the exercise. Remember to keep your head, shoulders and upper back on the floor throughout the exercise. [See Less](#)



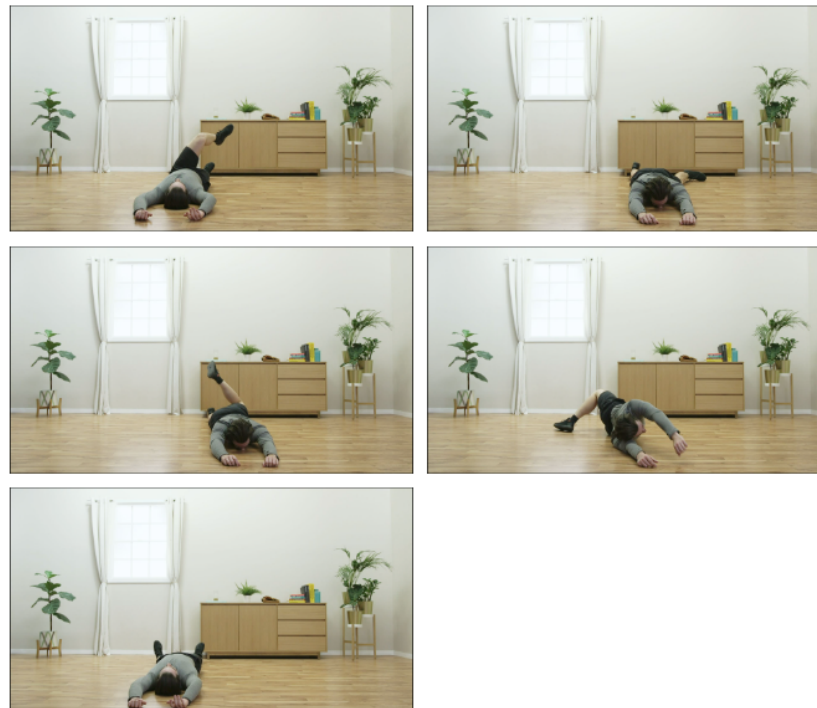


## Lower body roll

### Exercise Details

Sets	1
Reps	6
Rest Duration	60 seconds
No notes	

Start by lying on your back with your legs out straight, and your arms out straight above your head. bend your leg at your knee and hip to raise your knee up towards your chest. Keeping your upper body relaxed, move your leg across your body and allow your body to roll over. Then lift your leg up and move it across your body to roll back in the opposite direction to complete the exercise. Remember to keep your upper body relaxed throughout the exercise. [See Less](#)



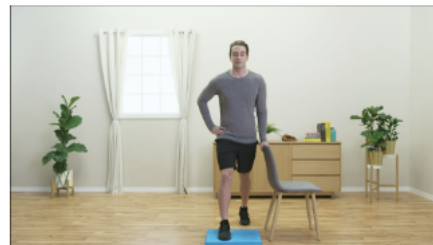
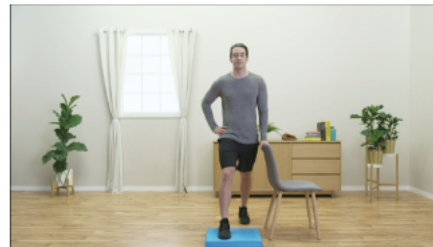


## Static lunge with foam pad with support and eyes closed

### Exercise Details

Sets	1
Reps	10
Rest Duration	60 seconds
<b>No notes</b>	

Start by standing with your feet shoulder width apart, head up, and chest tall. Step out with one foot and place it on the foam pad, then place one hand on your hip and your other hand on the chair. Now close your eyes. Keeping your chest straight, lower yourself down, and then pushing through your heel, stand back up, keeping your feet in place, to complete the exercise. Remember to keep your head up and chest tall throughout the exercise. [See Less](#)

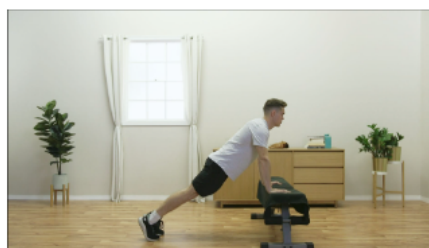
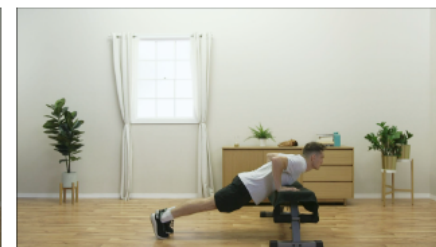
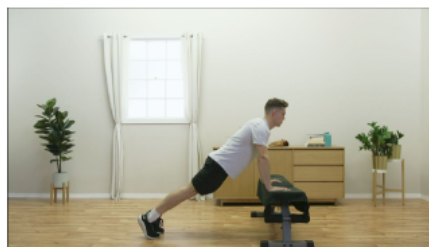


## Incline push up (chair)

### Exercise Details

Sets	1
Reps	10
Rest Duration	60 seconds
<b>No notes</b>	

Start by placing your hands on the bench with your hands below your shoulders and then walk your feet back until you are in the push up position. Your body should be a straight line from your head to your feet. Keeping your body straight, bend your elbows to lower yourself towards the chair. Then push through your hands to push yourself back up to complete the exercise. Remember to maintain a straight line from your head to your heels throughout the exercise. [See Less](#)



## Four point kneeling to half kneeling

### Exercise Details

Sets 1

Reps 6

Rest Duration 60 seconds

No notes

Start by resting on your hands and knees with your hands below your shoulders and your knees below your hips. Keeping your body straight, push yourself up into the half-kneeling position. Then lower yourself down into the four point kneeling position to complete the exercise. Remember to avoid arching your back throughout the exercise. [See Less](#)

