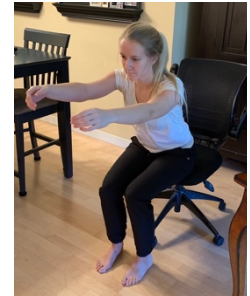


SIT TO STAND SQUAT

Starting Position: Sit at edge of chair, feet flat on floor.

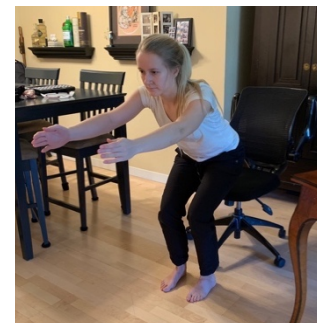
Instructions: Prep

1. Exhale: Swing both arms forward as you lean forward and push both feet into the floor.
2. Inhale: Return to starting position
3. Repeat for __ repetitions.



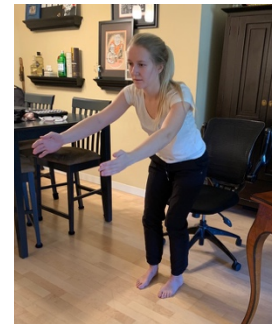
Instructions: Butt Lifts/Hover

1. Exhale: Swing both arms forward, lean forward, push both feet into the floor and lift butt a little off the chair.
2. Inhale: Lower back down or hold position actively pushing feet into the floor. You should feel quads and butt working.
3. Repeat for __ repetitions.



Instructions: Full Sit->Stand

1. Exhale: Swing both arms forward, lean forward, push both feet into the floor and lift butt a little off the chair.
2. Inhale: Hold position actively pushing feet into the floor. You should feel quads and butt working.
3. Exhale: Slowly stand up pushing feet into the floor sensing butt and thighs as you straighten your knees.
4. Repeat for __ repetitions.



Tips:

Foot Tripod: Sense both heels, pinky toe pad and great toe pad on floor.

Knee Alignment: Attempt to keep knees in line with second toe.

Knee Advancement: If ROM allows, knees can go past toes.

Knees Unlocked

Arm Momentum: Allow arm swing to help forward lean.

High Surface: Start on a higher chair or surface.

Variations:

Single Leg: Perform squat on one leg. Lifted leg can be bent backward.