



General Strengthening Activities

- Wall sit – Stand with back against the wall and feet out in front a few steps. Bend your knees & slide your back down the wall until knees are bent as if you're sitting on a chair & hold for as long as you can!
- Heavy (weighted) ball – Catch, bounce, or push back and forth.
- Step-ups – step up and back down on a step 10x.
- Wheelbarrows – Walk on hands while feet are held by another person or on an object such as an exercise ball.
- Push-ups – Start on with knee push-ups and progress to standard.
- Plank – Start with arms extended straight & hold as long as you can while tightening core and maintaining a straight body line. Progress to plank on your elbows.
- Calf Raises – Rise up on your toes and lower back down.
- Wall Squats With Exercise ball - With ball between your back and the wall, bend your knees and lower yourself, straighten your legs to stand back up.

