

Everyone can do strength exercises.

You just have to choose your level of intensity.

Gradually increase the intensity of your workout by:

- increasing the number of times you do the exercise (number of repetitions or sets)
- increasing the resistance (increase the weight, shortening the stretch band or use a heavy band)

Work up until you can do 3 sets of 15 repetitions (total of 45) of these exercises.

Frankenstein Walk works the thigh and buttocks muscles.

- Stand and place both of your feet on the stretch band, shoulder width apart.
- Hold one end of the band in each hand.
- Keep a tight grip on the band with your knees slightly bent.
- While keeping space between your feet and knees, walk forward, backward, and shuffle side to side.
- Repeat walking in various motions until you feel fatigued. Take a few seconds to rest and repeat 1-2 more times.



Chair Squat works the hamstring, quadriceps and buttocks muscles.

- While sitting straight in a chair, stand and sit using the arm rests or table for support. Start with 2 sets of 3 repetitions.
- Second Progression: Repeat the same exercise, but do not use the arm rests or table for support.
- Third Progression: Repeat the same exercise, but allow yourself to barely touch the chair, or hover over the chair as you perform the sitting motion.
- Fourth progression: Repeat the same exercise motion, but this time take away the chair and perform the squat using the chair or a table for support.

Reverse Leg Lifts works the buttocks muscles.

- Stand behind a chair with your back and neck straight, holding onto the chair for support with your feet slightly apart.
- Slowly lift one leg straight backwards keeping your knee straight and without pointing your toes or bending your upper body forward.
- Lift the leg backwards for 1-2 seconds, hold for 1 second, and release the leg back down for 3-4 seconds.
- Repeat with the other leg, starting out with 2 sets of 6 repetitions.

