Sit-to-Stand (V2)



GOAL

Primary: Build muscles
Secondary: Prevent falls

TARGET AREA

Hip/Leg Muscles, Spine/Core

DESCRIPTION

The sit-to-stand exercise (chair stand or chair rise) strengthens the muscles in your thighs, hips, and trunk. This exercise is especially helpful if you have trouble getting up from a chair, out of a car, or off the toilet.

HOW TO

Sit toward the front edge of a sturdy chair without armrests. Your feet should be flat on the floor, and shoulder-width apart, with your toes directly under your knees.

Place your hands lightly on each side of the seat. Keep your back and neck as straight as possible, with your chest slightly forward.

1. Stand and pause for a full breath in and out
2. Return to the start position.

Repeat.

REPETITIONS

1x10