

Strengthening Exercises to do at Home

Exercise 1 - 5

Sets: 1-3

Repetitions: 10-15x

Frequency: 2-3x/week

Rest: 60 seconds between sets

Exercise 6

Set: 1

Repetitions: 4-6x

Frequency: Daily

Scan to Watch Video Demonstrations



1 Chair Squat:



Slowly sit down in chair, and then stand up by “powering up” through the legs. Stop if you feel pain in your knees. It is normal to feel fatigue in your thigh muscles.

2 Seated Leg Press:



Sit upright in a chair. Bend your knee toward you and loop your band around your foot. Hold both ends of the band in your hands and then straighten your leg. Slowly return to start.

BENEFITS: Leg strength improvements, fall prevention

BENEFITS: Improves leg strength, knee stability

3 Seated Hip Abduction:



Sit down on a chair with a band tied/wrapped above your knees. Make sure the band is taut before starting. Pull your knees out to open your legs against the band with your feet planted on the floor. Return to start.

4 Upper Back Squeeze:



Keep back straight and abs tight. Keep arms straight at shoulder level, gently pull the band apart and “squeeze” your shoulder blades together. Slowly return to start.

BENEFITS: Strengthens and stabilizes hips, core

BENEFITS: Strengthens the upper back muscles, improves posture, reduce neck pain and headaches

5 Chest Press With Elastic:



Stand straight/ sit in chair and place a band around your upper back. Bend your elbows so your hands are close to your shoulders and hold the band in each hand. Extend your elbows pulling the band. Slowly bend your elbows to return to the start.

Stand straight/ sit in chair and place a band around your upper back. Bend your elbows so your hands are close to your shoulders and

6 Transverse Abdominals Contraction



You can lie in bed or sit in a chair. Draw your stomach “into your spine”, keeping your low back in a neutral position and breathe as you hold the contraction. Hold for 10-15 seconds.

BENEFITS: Strengthens chest, shoulders and arms

BENEFITS: Strong core, reduce low back pain

* Adapted with gratitude from Alberta Kidney Care | Photo credit to Physiotec