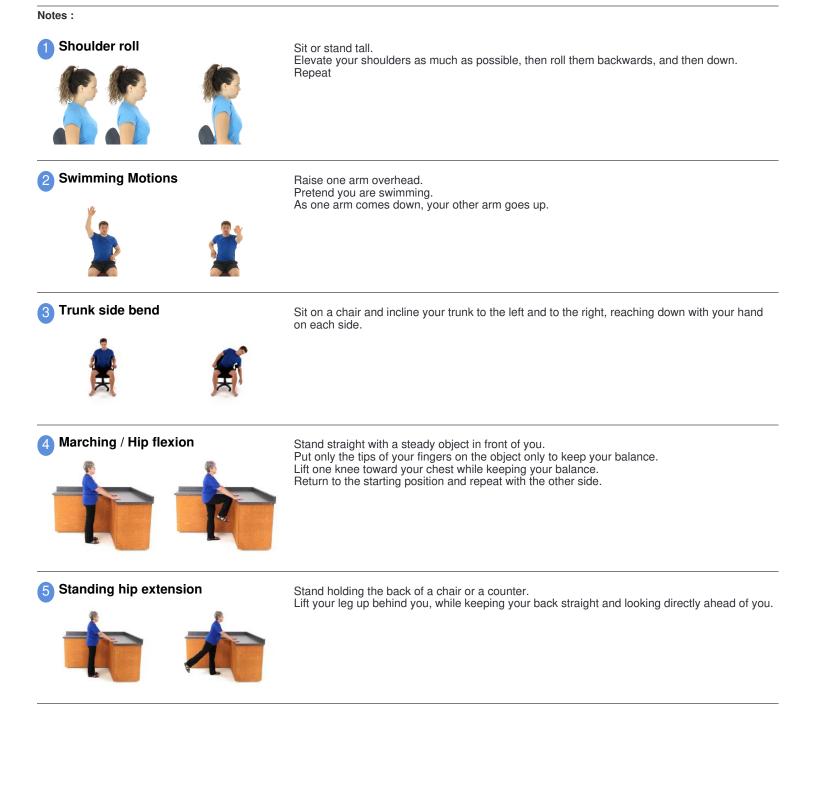


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6 Hip abduction	Stand up and hold lightly the backrest of a Raise one leg sideways in a controlled mo foot pointed forward. Hold for a few seconds at the top of the m Once you've done all the repetitions, repe	ovement while keeping your back straight and your ovement and lower slowly.
Partial squat	Stand up behind a steady chair with the fingers on the backrest to maintain your balance. Your weight should be equally distributed between your two feet and they should be at hip's width. Push your hips backward while you bend the knees and slightly bend the trunk forward to lower yourself toward the ground. Keep the knees aligned with the center of your feet. Hold the position for a few seconds then come back up. Repeat.	
8 Calf raise	Hold onto the back of a steady chair. Lift your heels up so that you are standing Then lower back your feet flat on the floor Repeat.	on the front of your feet for a couple of seconds.
9 Wall push-up	Stand in front of a wall and put your hands straight, flex and extend the elbows.	s at shoulder height on the wall. Keeping the back
10 Balance on one foot	Stand on one foot and hold the position. Dobject for balance. Make sure to keep the	oo this exercise on a wall corner or near a stable trunk upright.