

Melbourne Exercise Physiology Group / Moving
Beyond Cancer
3A, 55-59 Avenue Road
Camberwell, VIC, 3124

2 Sets / 15 Reps / 10 sec duration



1. March on spot

Stand up straight with a supportive surface nearby for stability if you need it.
March on the spot.

Try to pick your knees up nice and high, aiming to have your thighs level with your hips.

Very slowly for balance.

Fast for cardiovascular fitness.

Hard and load for bone density.

2 Sets / 15 Reps / 1 s hold



2. Squats

Squatting helps to strengthen the quadriceps muscle that is very important for many daily activities such as sitting down and standing up from a chair, walking and climbing stairs.

Stand upright with a chair behind you, and your arms out in front of you for balance.

Bend your knees, pushing your hips back behind you and leaning your body forwards, as though you are about to sit on the chair.

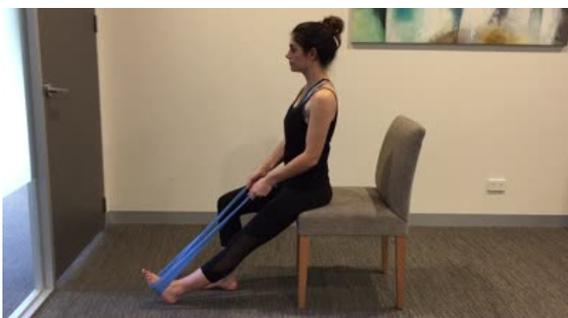
Come as close as you can to the chair without actually sitting on it and make sure that you do not feel unbalanced.

Be careful to keep your legs away from the back of the chair, so they don't press against it.

Stand back up, squeezing your buttock muscles to help with the movement.

Repeat the exercise, making sure you keep your back straight throughout.

2 Sets / 10 Reps



3. Seated theraband row

- Sitting on a chair with your theraband, shuffle yourself forward so you are perched on the front of the chair
- Place the theraband under one foot, holding an end in each hand, so there is a little bit of tension on the band to start
- Starting with your arms straight, draw your elbows straight back, squeezing your shoulder blades together
- Slowly straighten your arms and repeat



4. Standing bilateral toe raise

Stand with your feet hips width apart.
Keeping your heels flat on the floor, lift your toes up towards you.
Control the movement as you lower the toes back down, and repeat.



5. Calf raise

Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible.
Return back to the starting position.



6. Gastrocnemius stretch on step

Stand on a step and rest the ball of the foot to be stretch on the edge.
Keeping the knee straight, drop this heel down until you feel a stretch in your calf.
Hold this position.



7. Hamstring stretch in stand

Place the foot of your affected leg onto a chair or step.
Keep your knee straight and foot pointing ahead.
Keeping your back straight, tip forwards from your hips, pushing your buttocks out behind you until you feel a stretch down the back of your thigh.
Hold this position.



8. Quads stretch - stand

Stand up straight, close to a wall or supportive surface.

Bend your knee on the affected leg, taking your heel towards your buttock.

Hold onto the top of your foot with your hand, and gently pull your heel closer in towards your buttock, until you feel a stretch in the front of your thigh.

Ensure you keep your knees together.

Hold this position.