

You should feel it: on the tops of the thighs and in the thighs and glutes. If you feel it in the knees don't sit down as far and make sure you push up through the heels.

1. Chair Sit

- Stand 4-6 inches in front of a sturdy chair placed against a wall. Extend your arms forward and shift your hips back, keeping your knees behind your toes. Inhale and sit back into the chair, allowing all of your weight to rest at the edge of the chair. Exhale as you press up through the heels to stand up.
- Keep your chest open and shoulders back by looking out in front of you. If you don't sit back far enough, your knees will be over your toes, causing stress on your knees.
- Repeat 10-15 times
- Advanced: One Leg Option



You should feel it: in the front of the thigh. You may feel a burning sensation or quivering quadriceps (top of the thigh) muscles.

2. Straight Leg Raise

- Sit on the edge of your chair with one leg extended fully in front of you.
- Keeping the leg straight, lift it as high as possible while keeping the upper body still.
- Lower the leg while keeping the foot off the floor.
- Repeat 10-15 times.
- Options: Add pulses (half-reps) while leg is lifted OR extend leg out to the side while it is lifted.



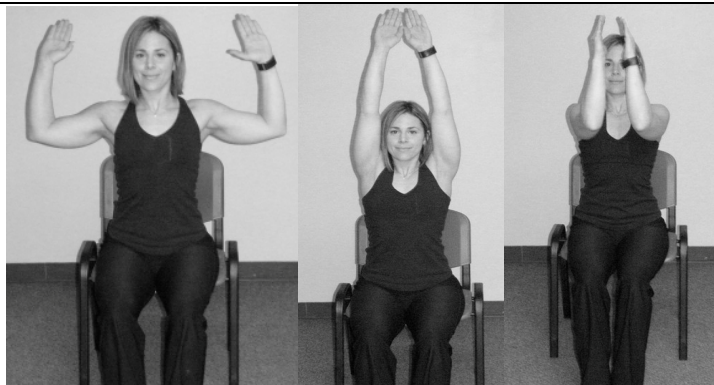
You should feel it: in the glutes, inner and outer thighs, back and core.

3 Dipping Bird

- Standing on one leg (closest to the back of a sturdy chair or wall) make sure the knee is slightly bent and back is straight and shoulder blades are together.
- Slowly extend forward only as far as you can keep the posture. Make sure that you are only bending from the waist.
- Should feel like you have a ruler along the spine keeping it straight.
- Repeat 10-15 times on one side and switch.

4. Shoulder Press/Chest Fly

- Seated at the edge of a chair, lift the arms up to 90 degrees. Chest should be open and shoulder blades squeezed together.
- Press the arms straight overhead, keeping the shoulder blades down. Slowly lower the arms to starting.
- Bring the elbows together keeping the arm parallel to the floor. As you bring the elbows back to starting, press overhead.
- Complete 10-15 repetitions. Add weight when this feels easy.



You should feel it: in the shoulders and top of the chest. Your upper back may feel fatigue when you are starting out.

5. Shoulder "V" Raise w/Rotation

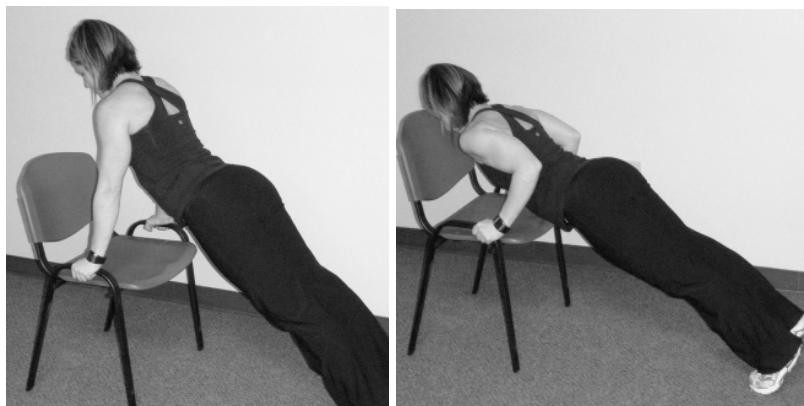
- Seated at the edge of the chair, hang the arms straight with the palms facing in.
- Lift the arms up so they are extended straight up in the air. As you do this, turn the palms so that they are facing back.
- Your pinkies will be side by side.
- Slowly lower to starting.
- Repeat 10-15 times.



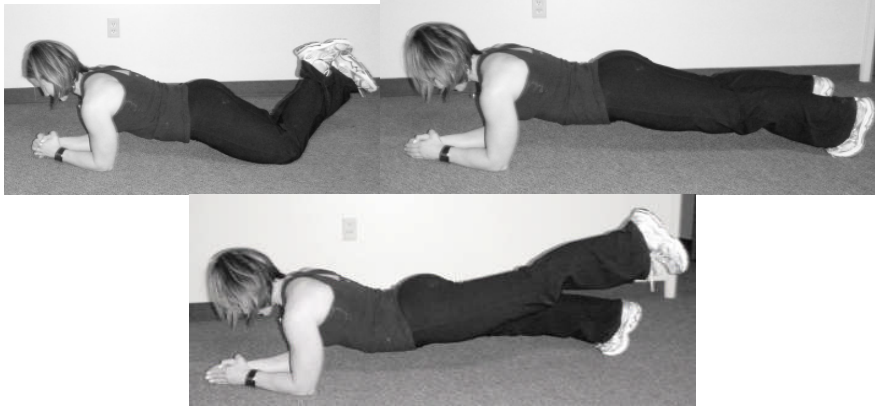
You should feel it: in the front and back of the shoulder, behind the shoulder blade. Note: if you have nerve damage this may be difficult to feel.

6. Chair Push-Up

- Place your hands on the sides of a sturdy chair braced against a wall. Extend the body straight with the feet shoulder width apart.
- Slowly drop the chest down making sure that the chest and breastbone is even with the hands.
- Your nose needs to be higher than your fingertips.
- NOTE: If you have, or are concerned with lymphedema, start with 5 repetitions only going halfway to the chair. Work up slowly and monitor the arm for swelling.



You should feel it: in the front of the chest and shoulders and back of the arms.



You should feel it: primarily in the abdominals, lower back. It is common to feel the shoulders and thighs when you are starting out.

7. Front Plank

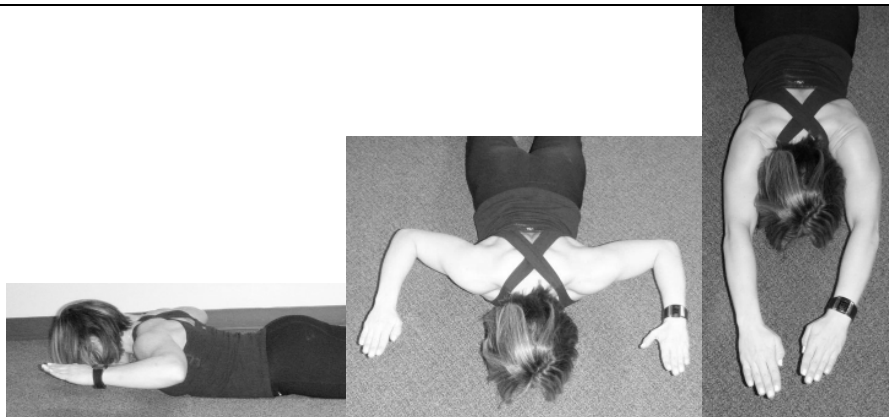
- Start on your elbows and knees. You can put a pillow under your knees if you need more cushion. Lift the body so the weight is supported evenly in the abdominals. Hold for 15-30 seconds.
- As you increase your strength and endurance, lift up to balancing on arms and toes. Then try lifting one leg.
- Increase time and difficulty as you get stronger.



You should feel it: primarily in the middle of the lower back. As you start out it is common to feel the upper back and backs of the thighs.

8. Superwoman

- Lying on the floor, fold elbows under head so neck is supported.
- Begin by lifting the top half of the body, pause and lower gently on the floor. Repeat all reps then lift lower body.
- As you improve your strength, lift the upper and lower body together.
- Complete 10-15 repetitions.
- If this is uncomfortable on the chest, use a pillow.



You should feel it: in the upper back, back of the shoulders and lower back.

9. Prone Shoulder Press

- Lying on the floor start with the arms in a 90 degree position. Lift the upper body off the floor.
- Keeping the chest up, press the arms up to straight. Pause, lower to 90 degrees and lower chest to floor.
- Repeat for 10-15 repetitions.