Resistence Exercises - Lying down/Sitting

- To get health benefits from resistance exercises, they need to feel at least somewhat hard to do.
- Progress the weight lifted over time so that it feels like an 8 out of 10 difficulty (where 0=no effort, 10=harshest effort you can give).
- The last repetition of each exercise should be difficult to complete. If it is easy to complete, you need to make the exercise harder by adding more weight or increasing the number of repetitions that you are doing.
- Remember to lift and lower the weight with control.
- Try to do these exercises at least 2x/week.
- Rest 1.5-3 minutes between your exercise sets to allow your muscles to recover.
- These exercises are shown with a band but your physiotherapist may modify them to use weights instead of a band.
- With resistance exercise, you should expect some muscle soreness. Taking a 2 day break between exercise sessions is a good idea.

⚠️ If you have any questions, please contact your physiotherapist.

Images courtesy of SimpleSet™
Standardized Exercise Programs
Resistance Exercises - Lying down/Sitting

Lying Down

**Bridge**

<table>
<thead>
<tr>
<th>Sets:</th>
<th>Reps:</th>
<th>Hold: 5 seconds</th>
<th>Frequency: 2 x/week</th>
</tr>
</thead>
</table>

**Preparation:**
- Lie on your back with arms resting at your sides, palms up
- Bend hips and knees, placing feet on flat surface
- Pull belly button in

**Execution:**
- Lift your hips off the surface to make a bridge
- Do not arch your back
- Keep belly button pulled and squeeze glutes during movement
- Lower slowly

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**Hip Abduction Sidelying (Band)**

<table>
<thead>
<tr>
<th>Sets:</th>
<th>Reps:</th>
<th>Frequency: 2 x/week</th>
</tr>
</thead>
</table>

**Preparation:**
- Lay straight as an arrow, band around knees or just above your knees
- Keep pelvis still (you can lie with your back against the wall)
- Support your head with your hand or on a pillow

**Execution:**
- Lift top leg 1-2 inches against resistance

**Progression:**
- Hold your leg up for 3 seconds
**Lying Down**

**Dead Bug | Heel Touches + Shoulder Flexion**

**Sets:** _____  |  **Reps:** _____  |  **Frequency:** 2 x/week

**Preparation:**
- Lie on your back, arms straight up to the ceiling, hips and knees at 90 degrees
- Engage core by pulling belly button in

**Execution:**
- Slowly lower one heel to the ground
- At the same time reach overhead with opposite arm
- Alternate sides
- Keep core engaged by pulling belly button in

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**Sitting**

**Leg Press (Band)**

**Sets:** _____  |  **Reps:** _____  |  **Hold:** 3 seconds  |  **Frequency:** 2 x/week

**Preparation:**
- Loop exercise band under foot as shown
- Sit tall with good posture

**Execution:**
- Straighten leg

This exercise can also be done while laying on your back

---

**Hip Flexion (Band)**

**Sets:** _____  |  **Reps:** _____  |  **Frequency:** 2 x/week

**Preparation:**
- Attach band over your knee and to the leg of the chair as shown
- Sit tall with good posture

**Execution:**
- Lift knee, as in marching

This exercise can also be done while laying on your back

**Progression:**
- Hold your knee up for 3 seconds
RESISTANCE EXERCISE TOOLKIT

Standardized Exercise Programs
Resistance Exercises - Lying down/Sitting

5

**Knee Extension (Band)**

**Sets:** _____  |  **Reps:** _____  |  **Hold:** 3 seconds  |  **Frequency:** 2 x/week

**Preparation:**
- Loop band around your ankle and the leg of the chair as shown
- Sit tall with good posture

**Execution:**
- Straighten knee against resistance

---

**Knee Flexion (Band)**

**Sets:** _____  |  **Reps:** _____  |  **Frequency:** 2 x/week

**Preparation:**
- Attach band to your ankle (the other end of the band can be attached to a stable object)
- Sit tall with good posture with your knee straight

**Execution:**
- Bend knee against resistance

---

**Chest Press (Band)**

**Sets:** _____  |  **Reps:** _____  |  **Frequency:** 2 x/week

**Preparation:**
- Loop band around trunk/shoulders
- Sit tall with good posture, arms at shoulder height

**Execution:**
- Push arms forward against resistance
- Make sure band does not slide up to your neck
RESISTANCE EXERCISE TOOLKIT

Standardized Exercise Programs
Resistance Exercises - Lying down/Sitting

**Sitting**

### Shoulder press (Wrist Weights)
- **Sets:** _____  
- **Reps:** _____  
- **Frequency:** 2 x/week

**Preparation:**
- Attach wrist weights
- Sit tall with good posture

**Execution:**
- Hands beside ears
- Reach straight overhead

You can also do this with a band by sitting on the band

![Hands beside ears](image1)
![Reach straight overhead](image2)

### Row | Wide Grip (Band)
- **Sets:** _____  
- **Reps:** _____  
- **Frequency:** 2 x/week

**Preparation:**
- Sit tall with good posture
- Attach band to a stable object

**Execution:**
- Pull your hands back to your shoulders
- Pull your shoulder blades back and down

![Sit with good posture](image3)
![Pull against resistance](image4)

### Tricep Extension-Dips (Chair)
- **Sets:** _____  
- **Reps:** _____  
- **Frequency:** 2 x/week

**Preparation:**
- Sit with feet flat on the floor away from the chair
- Hold the arm rests firmly with elbows bent

**Execution:**
- Push up by straightening your elbows to lift yourself a few inches off the chair
- Keep your upper body tall (if you need to make this easier you can lean forward)
- Slowly lower yourself down

**Progression:**
- Lift yourself higher than a few inches off the chair

![Sit, feet away from chair](image5)
![Use arms to push body up](image6)
**Resisted Extension (Band)**

**Preparation:**
- Sit tall with good posture, band looped around body
- Band held in hand with elbow bent as shown

**Execution:**
- Straighten elbow against resistance

**Sets:** _____  |  **Reps:** _____  |  **Frequency:** 2 x/week

**Elbow Flexion (Band)**

**Preparation:**
- Sit tall with good posture
- Band looped around feet

**Execution:**
- Bend elbow, bringing hand towards shoulder

**Sets:** _____  |  **Reps:** _____  |  **Frequency:** 2 x/week

**Images:**
- Loop band around trunk
- Straighten elbow
- Band looped around legs
- Bend elbow, bring hand towards shoulder