

4. Strength exercises

Lower limbs



Knee extension

- Sit in the middle of the chair without leaning against the back rest. Straighten your knee and raise your leg up. Hold for **10 seconds**. Repeat **10 times** and do the same exercise with the other leg.



Stand-sit

- If you are able to, sit-to-stand **10 times** with the help of someone.

Upper limbs

Resistance bands, weighted cables and dumbbell exercises can help to improve your upper limb strength. These exercises should be done correctly for safety.



Seated dumbbell press

- Raise the dumbbells or filled water bottles up along the sides of your body with elbows bent. Straighten your elbows and push the dumbbells upwards over your head. Repeat **10 to 12 times**.

The weights you use should be heavy enough to perform this exercise 10 to 12 times. If you can do more than 15 repetitions, the weights are too light.