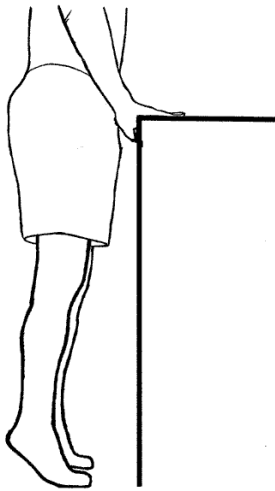


# STANDING EXERCISES

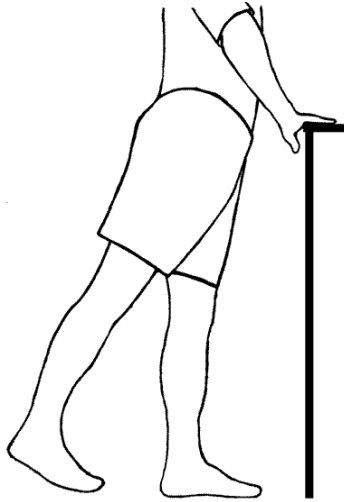
Replacement copy can be found at [wadeandersonpt.com](http://wadeandersonpt.com)

Wade Anderson, PT 520-333-7867



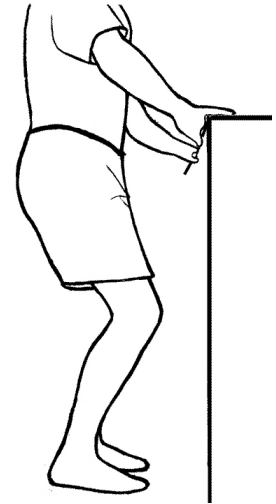
## 1. UP ON TOES

\_\_\_\_ Repetitions  
\_\_\_\_ Times per day



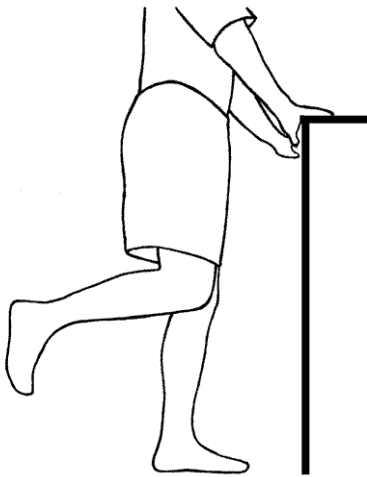
## 2. HIP EXTENSION

\_\_\_\_ Repetitions  
\_\_\_\_ Times per day



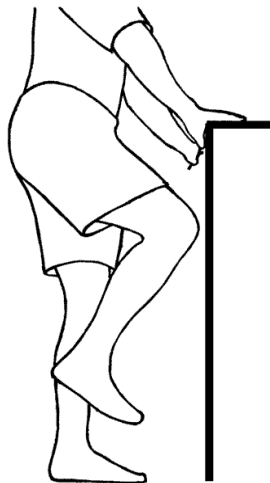
## 3. MINI SQUATS

\_\_\_\_ Repetitions  
\_\_\_\_ Times per day



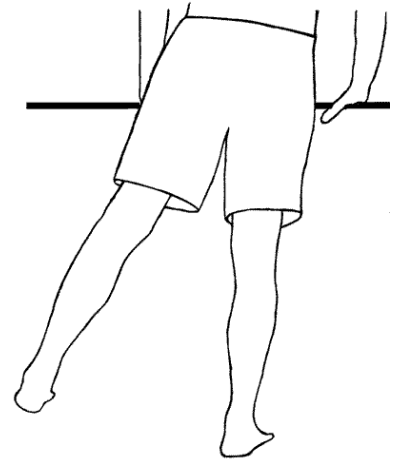
## 4. HAMSTRING CURLS

\_\_\_\_ Repetitions  
\_\_\_\_ Times per day



## 5. MARCHING

\_\_\_\_ Repetitions  
\_\_\_\_ Times per day



## 6. LEG OUT TO SIDE

\_\_\_\_ Repetitions  
\_\_\_\_ Times per day

Exercise is not without its risks and this or any other exercise program may result in injury. Do not do anything that causes joint pain. Perform all movements within a pain free range of motion. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional.