

In-Bed Leg Exercises



Instructions: Do these 3 exercises for 30 seconds each, followed by 30 seconds of active rest (gray box). Repeat this up to 4 rounds.

How often: _____

Changes: _____

Exercises 1 to 3:

1. Bridges



2. Heel Slides



Active Rest:

Alternating Straight Leg Side Sweeps



3. Alternating Bent Knee Marches

