

In-Room Standing Exercises



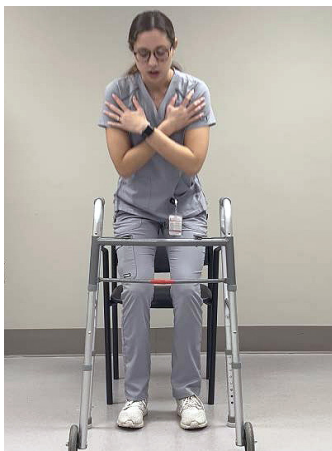
Instructions: Do these 3 exercises for 30 seconds each, followed by 30 seconds of active rest (gray box). Repeat this up to 4 rounds.

How often: _____

Changes: _____

Exercises 1 to 3:

1. Sit to Stand



2. March in Place



3. Heel Raises



Active Rest:

Seated Marches



Watch video

Use QR code or visit
go.osu.edu/inroom_stand

