

## Session Goal

Reduce joint stiffness, improve circulation, and build pain-free lower-body strength.

## Warm-Up (8–10 min)

- Ankle pumps – 15
- Knee flexion/extension (seated) – 10
- Gentle hip circles – 8/side

## Main Exercises

Exercise	Sets	Reps	Key Coaching Cues	Regressions
Seated Leg Extensions	2	8 –10	Pain-free range	Partial range
Sit-to-Stand (High Chair)	2	6 – 8	Slow and controlled	Assisted
Heel Raises (Supported)	2	10	Light pressure	Seated
Seated Side Leg Raises	2	8	Toes forward	Reduce range
Standing Hip Extension (Support)	2	8	No arching back	Seated hip squeeze
Seated Hamstring Stretch	1	30 sec	Relax breathing	Shorter hold

For reference only. Trainers must adapt based on client needs and safety.