

Session Goal

Improve lower-body strength, balance, and confidence with safe, beginner-level movements.

Warm-Up (8–10 min)

- Seated ankle rotations – 10/side
- Seated marching – 2×15
- Shoulder rolls – 10
- Neck rotation (gentle) – 5/side

Main Exercises

Exercise	Sets	Reps	Key Coaching Cues	Regressions
Sit-to-Stand (Chair)	2	8	Chest up, slow down	Use armrests
Seated Leg Extensions	2	10	Pause at top	One leg at a time
Heel Raises (Chair Support)	2	10	Controlled tempo	Seated version
Supported Standing March	2	10	Light foot lift	Seated march
Seated Band Rows	2	10	Squeeze shoulder blades	No band
Weight Shifting (Side-to-Side)	2	30 sec	Soft knees	Reduce time

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

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