

# Sit-to-Stand (v1)



## GOAL

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Primary: Build muscles  
Secondary: Improve balance

## TARGET AREA

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Hip/Leg Muscles, Spine/Core

## DESCRIPTION

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The sit-to-stand exercise (chair stand or chair rise) strengthens the muscles in your thighs and trunk. This exercise is especially helpful if you have trouble getting up from a chair, out of a car, or off the toilet.

## HOW TO

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**Sit toward the front edge of a sturdy chair without armrests. Your feet should be flat on the floor, and shoulder-width apart, with your toes directly under your knees.**

**Place your hands lightly on each side of the seat. Keep your back and neck as straight as possible, with your chest slightly forward.**

1. Stand and pause for a full breath in and out.
2. Return to the start position.

Repeat.

## REPETITIONS

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1x10