

Strength Training Exercises

◆Perform each movement slowly:

5 seconds to lift, 5 seconds to lower

◆Do the exercises on both left and right sides

◆Exercise 2 sets per day, 3 days a week

◆Do 10 repetitions for each exercise

① Knee Press Exercise

Lie on your back

Press your knee down toward the floor (one leg at a time)

Muscle used: Quadriceps (muscle at the front of the thigh)



② Leg Raise

Lie on your back

Keep your knee straight and raise your leg

You may bend the opposite knee

Muscles used: Iliopsoas, Quadriceps



③ Side Leg Raise

Lie on your side

Keep your knee straight and raise your leg to the side

Raise straight toward the ceiling

Muscle used: Gluteus medius (muscle at the side of the hip)

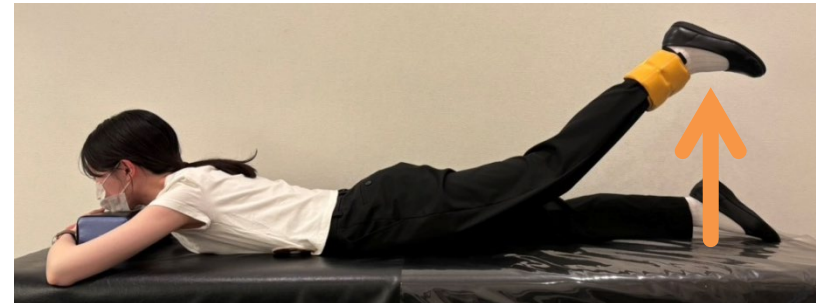


④ Back Leg Raise

Lie on your stomach

Keep your knee straight and raise your leg backward

Muscle used: Gluteus maximus (buttock muscle)



※Use ankle weights that allow you to barely complete 10 repetitions
Once you can do 10 reps with 500g, increase the weight by 500g

※For other strength training exercises,
please check the YouTube channel of Motomi Ishibe Clinic

