

4 EXERCISE TIPS TO IMPROVE YOUR FLOOR TO STAND TEST

Simple solutions to keep you moving well.

PUSH-UP TO GET UP

An effective way to train
your core stability

Instructions:

- Start in a tall plank position with elbows straight. Bend your elbows and bring your chest toward the ground
- Touch your chest to the ground then push back to the starting position!
- Too tough? Start on the wall or your knees and build up!

ANKLE FLEXIBILITY

**More motion = more
success**

Instructions:

- Kneeling on the ground with one leg up, gently lunge knee forward over your toes
- Keep your heel on the ground and lean forward until you feel a stretch in your ankle/calf

HIPS DON'T LIE

**Single leg balance +
deadlift = High Score!**

Instructions:

- Start in standing, slide your left left back and slightly bend the right knee
- Hinge at the hips (don't arch the back!) then squeeze your right glutes and stand up tall
- Repeat on the opposite side.

SQUAT LOW

**Keep your squats low and
your scores high!**

Instructions:

- Start in standing. Sit your hips back as if you were going to sit in a chair and bend your knees
- Squat as low as you can - start with going to a chair and aim to squat below parallel (its good for your knees!)
- Lean forward, squeeze your bottom and return to standing

CONSISTENCY IS KEY

**Perform each of these exercises daily to improve your health and
improve your score!**

Perform 3 sets of 10-12 reps of each day.

These exercises make a great morning, bedtime, or coffee break routine. They can be done anywhere at anytime and will help you move and live your best!

Having trouble finding a level that works for you? Reach out for a telehealth evaluation and custom program design!