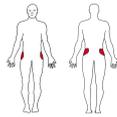
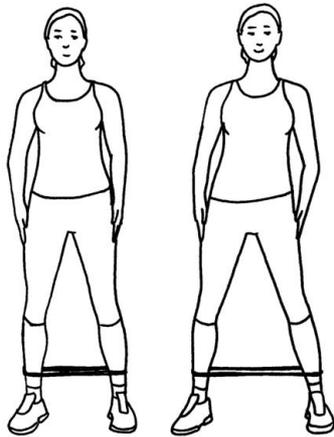


### 1. Hip Extension

Lie on your front and support your head on your forearms. Place a pillow under your hips. Lift your amputated leg towards the ceiling. Hold this position a few seconds before you lower your leg down again. Repeat on the other side.

**Sets: 3 , Reps: 12**

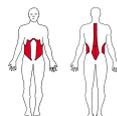
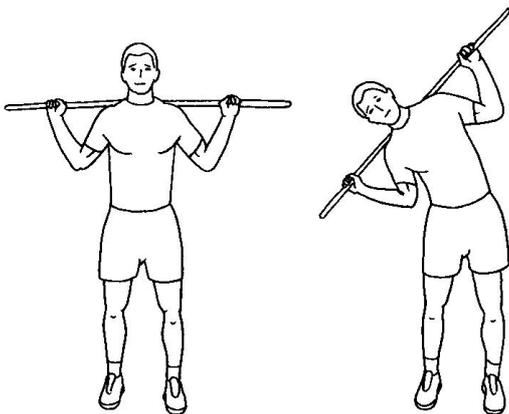


### 2. Lateral walking with band

Place resistance band around ankles (put prosthetic side in first). Push out sideways and step with your feet pointing straight forward. Keep the abdominal muscles activated.

(1 set = 10 steps left and right)

**Sets: 3 , Reps: 20**



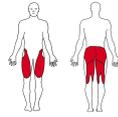
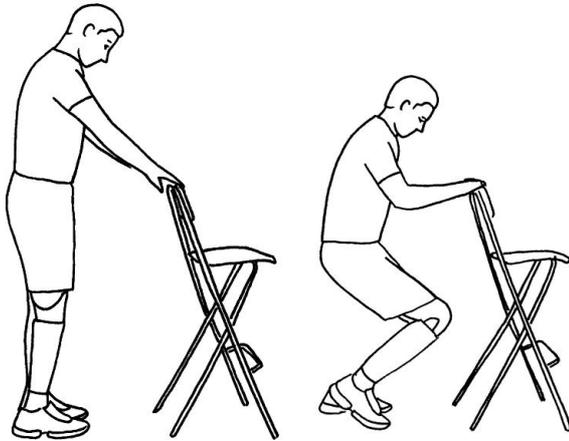
### 3. Standing side bend

Use a walking stick of broom - stand with the bar resting behind your neck. Alternately bend your upper body down to one side and up again. Do not exaggerate the movement. Go both ways.

(10 each way = 1 set)

**Weight:        kg, Sets: 3 , Reps: 20**

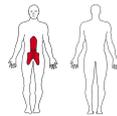




### 4. Squats

Stand upright behind a chair or other support. Place your hands on the back of the chair for support. Your feet should point directly forward or slightly outward. Bend your hip and knee joints and push slowly back up to starting position. The motion is similar to sitting on a chair. It is okay if the heel of your prosthesis lifts when you bend your hips and knees. Your back should be kept straight during the exercise, therefore, flex your abs and back muscles before you initiate the movement.

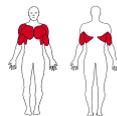
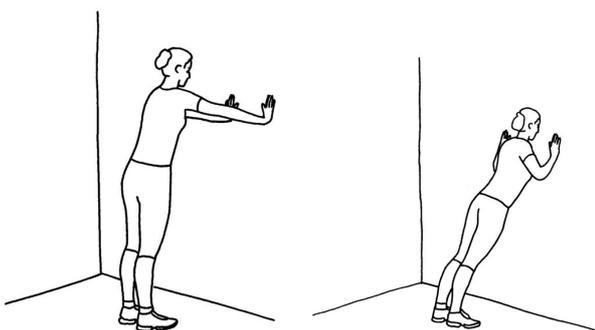
**Sets: 3 , Reps: 12**



### 5. Overhead crunch

Lie on your back, legs bent, holding a ball above your head, arms stretched. Lift the ball and your upper body up towards your thighs. Ensure a smooth movement.

**Sets: 3 , Reps: 12**



### 6. Wall Press

Place both hands on the wall at shoulder level. Lower yourself towards the wall by bending your elbows. The shoulders should not fall below the elbows. Press yourself out from the wall by extending your arms. Slowly return to the starting position. The exercise should be painless and performed with an even movement.

**Sets: 3 , Reps: 12**

