

# Your Exercise Routine: Sit Stands

This next exercise is called Sitting to Standing from a Chair. And you want to have a chair that is sturdy, that may or may not have arms, because you are going to execute this exercise without using the assistance of pushing off with the arms.

It is similar to a squat, but instead of holding the downward position, we're actually going to sit in the chair and then stand back up. Like a squat, we're going to complete 10 repetitions in a row and then take a break.

You want to stand with your feet shoulder-width or hip-width apart, similar to a squat. Shoulders are back and down. Then, lower your buttocks backwards and lower into the chair. Sit down all the way and then stand back up, pushing up through the midpoint - or the heels - of your feet.

Are you ready? Let's do this together.

Sit down all the way and then stand back up. Very good ... sit.

And you want to maintain good, careful posture through the entire exercise. You want to push up through your heels as you stand.

You have 5 more ... you're doing a great job. You're strengthening your quadriceps, your hamstring muscles, and your gluteals.

One of the progressions on this exercise - if you need to push off with your hands in the beginning, that's fine - but you want to work towards not needing to do that.

One more ... very good. Awesome job.