## Progress Charts

These charts are meant to help you to keep track of the exercises as you complete them. They will help you to remember as there are too many to memorize. They are here for your reference especially when you are in the learning phase of the program.

Consider them 'completed' when you no longer find them difficult to perform and when you can perform them at length. The length refers to the number of repetitions and duration of time. There is no standard for number of repetitions and no fixed maximum time. The standard is your individual level of comfort. You can challenge yourself with your own length designations for the program.

The Maintenance Exercises chart has extra rows in which you can add your own exercises if preferred.

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| **Limited Mobility Exercises** | Difficult | Difficult to Moderate | Moderate | Moderate to Easy | Easy |
| Deep Squat Rest |  |  |  |  |  |
| Kneeling Bow Rest |  |  |  |  |  |
| Seated Leg Opener |  |  |  |  |  |
| Seated Leg Rotation (assisted) |  |  |  |  |  |
| Seated Twist (assisted) |  |  |  |  |  |
| Seated Lunge |  |  |  |  |  |
| Leg Stretch (hamstrings and quads) |  |  |  |  |  |
| Calf Stretch |  |  |  |  |  |
| Hangs and Pushes |  |  |  |  |  |
| Lying Twist |  |  |  |  |  |
| Abdominal Crunch |  |  |  |  |  |
| Quadriceps Stretch |  |  |  |  |  |
| Seated Knee Raise |  |  |  |  |  |

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| **Progressive Exercises** | Difficult | Difficult to Moderate | Moderate | Moderate to Easy | Easy |
| Seated Hip Adjustment (assisted) |  |  |  |  |  |
| Seated and Floor Hip Shift |  |  |  |  |  |
| Seated Leg Rotation (assisted with contraction) |  |  |  |  |  |
| Seated Leg Cross with Forward Lean |  |  |  |  |  |
| Floor Leg Bend and Shift |  |  |  |  |  |
| Seated Leg to Chest |  |  |  |  |  |
| Leaning Hip Shift |  |  |  |  |  |
| Rail Squat (assisted) |  |  |  |  |  |
| Seated Hamstring Stretch (in and out) |  |  |  |  |  |
| Stair Step (up and down) |  |  |  |  |  |
| Reverse Stair Squat Lean |  |  |  |  |  |
| Hip Opener (inside and outside) |  |  |  |  |  |
| Seated Calf Stretch |  |  |  |  |  |
| Double Leg Rotation |  |  |  |  |  |
| Deep Abdominal Crunch (leg raised) |  |  |  |  |  |
| Plank with Steps |  |  |  |  |  |
| Couch Split |  |  |  |  |  |
| Outside Hip Stretch |  |  |  |  |  |
| Standing Abdominal |  |  |  |  |  |

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| **Challenging Exercises** | Difficult | Difficult to Moderate | Moderate | Moderate to Easy | Easy |
| Seated Leg Lift (multidirectional) |  |  |  |  |  |
| Advanced Hamstring Stretch (ankle and floor) |  |  |  |  |  |
| Squat (holds, leans, circles, steps, walks) |  |  |  |  |  |
| Lunge with Reverse Kneel |  |  |  |  |  |
| Reverse Lunge |  |  |  |  |  |
| Reverse Stair Step |  |  |  |  |  |
| Sanding Knee to Chest (upright and leaning) |  |  |  |  |  |
| Standing Hip Shift (leaning and bent knee) |  |  |  |  |  |
| Forward Stair Step with Hip Shift (assisted 2 riser) |  |  |  |  |  |
| Standing Leg Raise with Side Kick |  |  |  |  |  |
| Leg Flex (rail or counter) |  |  |  |  |  |
| Foot Raise (lean and bend) |  |  |  |  |  |
| Abdominal Leg Press |  |  |  |  |  |

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| **Maintenance Exercises** | Difficult | Difficult to Moderate | Moderate | Moderate to Easy | Easy |
| Squat (walks) |  |  |  |  |  |
| Abdominal Leg Press |  |  |  |  |  |
| Seated Leg Rotation |  |  |  |  |  |
| Standing Abdominals |  |  |  |  |  |
| Plank with Steps |  |  |  |  |  |
| Lunge with Reverse Kneel |  |  |  |  |  |
| Foot Raise (leaning and bent knee) |  |  |  |  |  |
| Advanced Hamstring Stretch |  |  |  |  |  |
| Forward Stair Step with Hip Shift (2 riser) |  |  |  |  |  |
| Reverse Lunge |  |  |  |  |  |
| Seated Twist (unassisted) |  |  |  |  |  |
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