

## SIT TO STAND



- Start sitting at the edge of the bench or chair with the feet facing forward and shoulder width apart.
- Keep the back straight and the head up throughout the entire exercise.
- Stand up, fully extending your hips and then begin to sit back into the bench or chair.
- Note: Do not allow your knees to collapse inward or together as you stand or sit.

Beginner	Intermediate	Advanced
1-2 sets; 5-10 reps	2 sets; 10-15 reps	3 sets; 10-20 reps