



Alternative Exercises for Stair Climbing

*Consult with your physician before beginning an exercise program.

Bodyweight Squat



1. Stand with your feet slightly wider than hip-width. Stiffen your core and abdominal muscles to stabilize your spine. Hold your chest up and out, tilt your head slightly up, shift your weight back into your heels.
2. Lower yourself until your thighs are parallel or almost parallel with the floor, until your heels begin to lift off the floor, or until your torso begins to round or flex forward. Monitor your feet, ankles and knees, ensuring that the feet don't move, the ankles do not collapse in or out and the knees remain aligned over the second toe.
3. While maintaining your back, chest and head-up position, exhale and extend the hips and knees by pushing your feet into the floor through your heels. The hips and torso need to rise together while keeping the heels flat on the floor and knees aligned over the second toe.
4. Continue extending until you reach your starting position.



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Forward Lunge



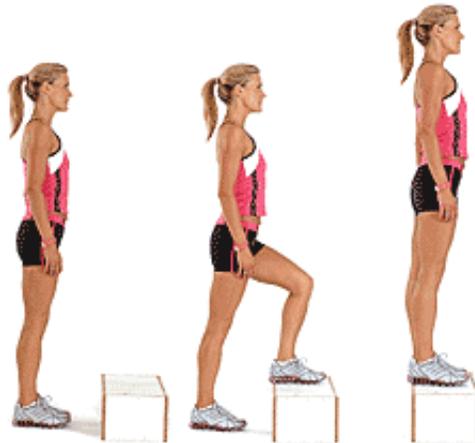
1. Stand with your feet together. Pull your shoulders down and back without arching your low back and stiffen your core and abdominal muscles to stabilize your spine.
2. Slowly lift one foot off the floor, stabilizing your body on the supporting leg. Avoid any sideways tilting or swaying in your upper body.
3. The raised leg should initiate contact with a heel strike first, slowly transferring your body weight into the leading foot placed firmly on the floor.
4. As you lunge forward, focus more on dropping your hips towards the floor rather than driving your hips forward. Lower your body to a comfortable position or until your front thigh becomes parallel with the floor.
5. Firmly push off with your front leg to return to your upright, starting position.



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Step Up



1. Stand with your feet parallel about hip-width apart. Pull shoulders down and back.
2. Slowly step to place your right foot on a platform, placing your foot firmly on the step while keeping your torso upright and aligning your knee over your second toe.
3. Push off with the left leg to raise your body onto the step, placing that foot alongside your right foot.
4. Slowly load the weight of your body into your right foot, step backwards to place the left foot on the floor in its starting position. Allow your body to lean slightly forward during the step-down movement.
5. Load your weight into your left foot and step off the step with your right foot, returning to your starting position. Repeat for the opposite side.
6. Always monitor your foot, ankle and knee position. Avoid movement of your foot and ankle (collapsing in or out), and always attempt to keep your knee aligned over your second toe.