

# Strengthening Exercises

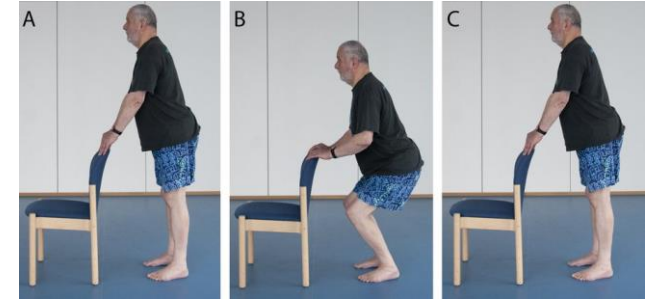
## Squats

1. Stand in an upright position. Feet slightly wider than shoulder-width apart and toes slightly pointed out.
2. Bend knees and push hips and butt back as if sitting in a chair. Keep chin tucked and neck neutral.
3. Drop down until thighs are parallel to the ground, keeping your weight in your heels and knees bent slightly outward.
4. Straighten legs and return to an upright position. Repeat up to 10 times.
5. Use a chair to assist in squatting if you have bad knees.

## Regular squat



## Modified squat



## Bridge

1. Lie down on your back, bend knees, and place feet flat on the floor about hip-width apart or place a ball in between. Raise arms straight above your head.
2. Contract the butt and pelvic floor muscles to lift the butt several inches off the ground.
3. Hold this position for 3–8 seconds.
4. Relax the butt and pelvic floor muscles to lower the butt to the ground.
5. Repeat up to 10 times. Rest, then perform up to 2 additional sets.



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