Exercise technique

Supported sit-to-stand

6-10



START / seated support

FINISH / controlled standing

GRIP / No loaded hand grip

SETUP / Stable box; feet flat; hands on thighs.

MOVE / Lean from the hips and stand smoothly.

RETURN / Bend hips and knees; lower gently onto the seat.

MAIN / RED
Quadriceps and gluteus maximus raise the body from the box.

SECONDARY / BLUE
Hamstrings and hip muscles coordinate the hip and knee movement.

SUPPORT / GREEN
Trunk and ankle muscles help balance the body over the feet; the box marks the return position.

OPTIONAL PREPARATION / BODYWEIGHT