Seated Diaphragmatic Breathing
In a seated position, place one hand on your chest and one hand on your belly.
As you inhale, the hand on your belly should move away from your body and the hand on your chest should not move. As you exhale, the hand on your belly will move back to the body and the hand on your chest should not move.
Take this exercise slow and breathe through the nose. Take breaks if you experience lightheadedness or dizziness.

Pursed Lip Breathing
At a normal depth and pace, breathe in through your nose and out through pursed lips. Take breaks if you feel dizzy or lightheaded.

Thoracic Rotation
Sit with both arms in front of you. As you breathe in, open one arm 180 degrees and turn your chest to the side wall. Let your head follow your hand. Breathe out and bring the arm and trunk back to the starting position (pictured).
High Knees Marching
Start in a standing position, march in place lifting knees up to a comfortable level, at a pace that you can control with good balance. Move arms with the marching motion in a natural sequence. Perform for 30 - 60 seconds for endurance and balance.

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set

Chair Squats
Stand with your feet shoulder width apart, slightly away from chair. Push hips back and get into a partial squat position, tapping bottom on surface. Ensure the knees remain behind the toes. Feel free to balance yourself by extending arms forward. Return to standing.

Repeat 10 Times
Complete 2 Sets

STANDING HEEL RAISES
Tighten quads so knee does not bend as you rise up, pause for ½ sec at the top of the lift, then lower and just tap heel before rising quickly again. For a challenge, perform with one leg.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets

LOOPED ELASTIC BAND HIP ABDUCTION
While standing with an elastic band looped around your ankles, move the target leg out to the side as shown. Engage your core and think of leading with the heel. Perform without the band at first, especially if your knees are bending or you feel wobbly.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
ELASTIC BAND BICEPS CURLS

With your arm at your side holding an elastic band, draw up your hand by bending at the elbow.

Keep your palm face up the entire time. If you don't have a band, use a water bottle, can of soup, or light weight.

Diagonal Reaching 1

Stand with good posture. Bring your arm to your opposite hip with the thumb pointing down. Raise the arm on the diagonal and point the thumb up. Follow your arm with your eyes. Make this harder by holding a band that is secured under your opposite foot. In the photo, the band would be under her right foot and held by the left hand.

Diagonal Reaching 2

Begin with your arm lifted across your body with the thumb up (palm facing you). Bring the arm down on a diagonal to your hip with the thumb down. The head follows the hand. To add resistance, hold a band in the opposite arm with your arm up. In the photo she would secure the band with her left arm high, and then pull down on it with the right arm.
Shoulder Blade Squeeze with External Rotation

Sit or Standing holding a theraband in your hands, thumbs facing up. Keep your elbows pulled in at your sides and squeeze your shoulder blades back and together, then your arms to rotate out to the side.

Repeat 10 Times  
Hold 5 Seconds  
Complete 2 Sets

Bird Dog in Quadruped

Start on hands and knees with a flat back and a tucked chin. Extend one leg while raising the opposite arm. Don’t let your back arch or your hips twist... tight abdominals! Switch from side to side and keep your movements slow and controlled. 2-5 second holds, 5-10 times.

Complete 2 Sets  
Perform 10 Time(s)

Dead Bug

Lie on your back with feet flat on floor and hip-width apart. Hold your spine in a neutral position as you inhale and float the leg up to a 90/90 position. Exhale, to lower leg back to floor

Focus on keeping the hips steady; no rocking front to back or side to side.

Repeat 10 Times  
Hold 5 Seconds  
Complete 2 Sets
Pec Stretch on a Rolled up Towel

Laying on a rolled up towel, keep your knees bent and arms out to the side. The stretch can be changed by moving arms at different angles

Hold 30 Seconds
Complete 1 Set