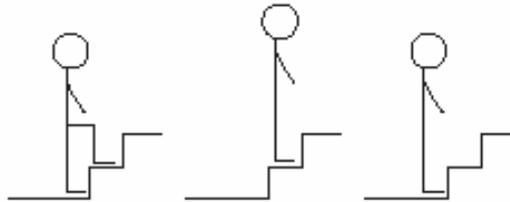


Leeds Health Pathways

Home Pulmonary Rehabilitation Exercises

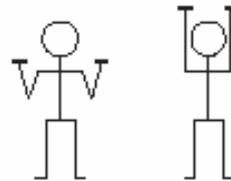
1. Step-ups

One step up and down.



2. Arms with weights

Hands to shoulders.
Straighten arms above head.



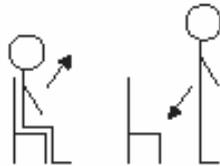
3. Knee rolling

Lie down, knees bent up, slowly swing knees from side to side.



4. Sit to stand

Slowly stand up then sit down.



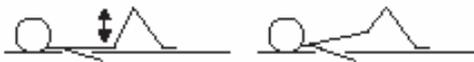
5. Sit-ups

Lie down with knees bent up, slowly raise head and shoulders.



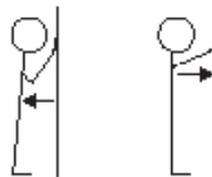
6. Bridging

Lie down knees bent up, raise bottom.



7. Wall push-ups

Hands on the wall with elbows bent.
Push yourself away, straightening arms.



8. Squats against wall

Stand with back to wall. Slide your back down the wall and back up again

