



Beginner exercise checklist

Twelve gentle movements. Tick each one you try. Full steps: sturdy-strength.rork.app/exercises

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| ☐ | Chair squat
Sit back to the chair edge, stand tall.
Stop if you feel sharp knee or hip pain. | 8 reps |
| ☐ | Tall-seat stand
From a high seat, stand up smoothly.
Stop if you feel light-headed on standing — sit and rest. | 8 reps |
| ☐ | Glute bridge
Press through the heels, squeeze at the top.
Skip floor work if getting down or up from the floor is unsafe for you. | 10 reps |
| ☐ | Standing hip hinge
Hips back, chest proud, soft knees.
Stop if you feel back pain. | 10 reps |
| ☐ | Wall push-up
Body in one line, chest toward the wall.
Stop if you feel shoulder or wrist pain. | 8 reps |
| ☐ | Towel pull-apart hold
Pull the towel apart at your ribs, hold.
Avoid breath-holding strain if you have high blood pressure. | 20 seconds |
| ☐ | Supported heel raise
Rise slowly, lower slower.
Stop if you feel foot, ankle or calf pain. | 12 reps |
| ☐ | Supported heel-to-toe stand
One foot in front of the other, hand on the counter.
Always keep support within reach. | 20 seconds |
| ☐ | Standing march
Knees up, steady rhythm, tall spine.
Stop if you feel dizzy. | 30 seconds |
| ☐ | Shoulder rolls
Big slow circles.
Stop if you feel pain. | 40 seconds |
| ☐ | Seated trunk rotation
Sit tall, turn gently.
Check with your clinician before twisting movements if you have osteoporosis or a spinal condition. | 30 seconds |
| ☐ | Reach and place
Stand tall, reach, place with control.
Stop if you feel shoulder pain or dizziness looking up. | 8 reps |