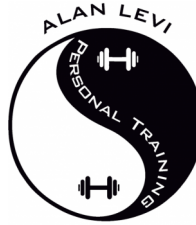


Alan Levi Personal Training

Salisbury Lifestyle Studio
Unit 12 Glenmore Business Park, Churchfields
Industrial Estate
Salisbury
SP2 7GL



Mobile: 07970383606
Email: alanlevipersonaltraining@gmail.com
alanlevipersonaltraining.co.uk

Exercise plan :
**Strength training for
amyloidosis: SQUAT
exercises**

Patient:
**Strength Training
Considerations For
Amyloidosis**

Date:
17th Sep 2026

Practitioner:
Alan Levi



1/4 Wall Squat

Stand with your back resting against a wall, open your legs slightly wider than shoulder width, and bend your knees to the 1/4 squat position. You can either go up and down, or keep a sustained hold. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot.

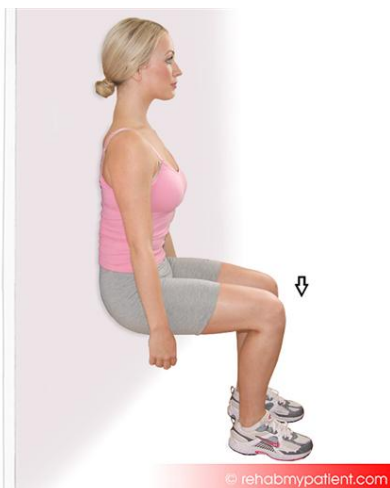
Video: <http://youtu.be/tloL0ZiDN3g>



1/4 Wall Squat Single Leg

Stand with your back resting against a wall, and bend your knee to the 1/4 squat position. You can either go up or down, or hold the down position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot.

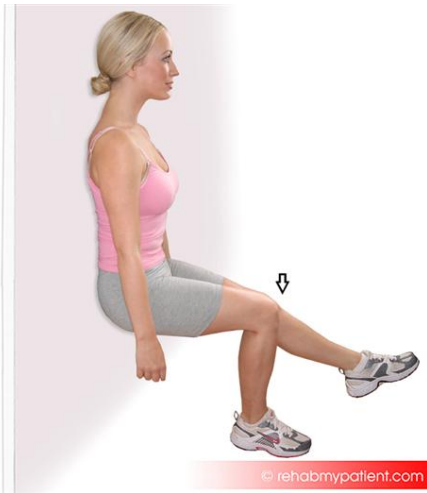
Video: <http://youtu.be/PEEtqVj9A8I>



Full Wall Squat

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the full squat position (90-degrees). Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground, do not let your heels raise from the floor. This exercise will help to strengthen your quadricep muscles, knee joints and legs.

Video: <https://youtu.be/dXkL0muKCLo>



Full Wall Squat Single Leg

Stand with your back resting against a wall, and bend your knee to the full squat position (90-degrees). Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side. Always keep your foot flat on the ground, do not let your heel raise from the floor.

Video: <https://youtu.be/Ysdu7Rkkw9A>



1/2 Squat Supported

Hold on to a table or chair for support. Open your legs slightly wider than shoulder width, and bend your knees to the 1/2 squat position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. This is a strengthening exercise for your legs.

Video: <http://youtu.be/b1JD-Bzw7kQ>



1/2 Squat Unsupported

Open your legs slightly wider than shoulder width, and bend your knees to the 1/2 squat position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. This is a strengthening exercise for your legs.

Sit-Down Chair Squat

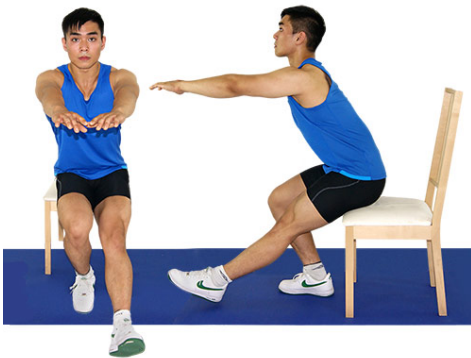


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Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

Video: <https://youtu.be/Z20XNb0VdEk>

Single Leg Sit-Down Squat



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Stand up, and lift one leg off the ground. Position yourself in front of a chair or stool. Bend your knee to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Repeat without putting your other leg on the ground. Throughout this exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

Video: <https://youtu.be/xCgEK5n9CQ>

Hands interlaced overhead heels elevated squat



Interlace your hands on your elbows, above your head. Elevate your heels on either weight plates, a pillow or small block of wood.

Squat down till your bottom touches your heels

Assisted Split Squats



How to Do It • Place yourself between two posts/a door frame in a long stance. • Holding on to either side, deeply lunge down with your knee as far over your front foot as possible. • Adjust your feet positions if necessary, and push yourself down with your arms to get a better stretch. Try wiggling your toes! • Slowly bring yourself back up to standing without changing your feet. Repeat for 10 reps, trying to get further & lower each time. • Repeat on the other side

Video: <https://youtu.be/gx-CSuRFcDQ>



Split Squat

Take a step forwards (as if you were going into a lunge), and drop the back knee towards the ground. The front knee stays at 90-degrees, but does not go forwards of that point. Always keep good alignment... your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards. Return to the start position.

Video: <http://youtu.be/MwFFJWRQDQM>



Bulgarian Split Squat

Place one foot on a chair or bench behind you, and the other flat on the floor. Go into a squat position by bending your knee as far as comfortable. Make sure you keep your knee in line with the middle of your foot, do not let your knee drift outwards or inwards. Then straighten your leg to the start position. This is a strengthening exercise for your quadricep muscle group located at the front of your thigh, but also strengthens a number of other muscles in the leg.

Video: <http://youtu.be/4OkVrtcvbC0>

Dear Strength Training Considerations, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on alanlevipersonaltraining@gmail.com. Good luck and keep with it!