10 Step Diabetic *Workout Routine*

1 Squat

How to

Stand with feet shoulder-width apart and arms out straight in front (or at sides). Keeping your weight in your heels, bend at the hips and knees as if sitting back into a chair, lowering until thighs are about parallel to the floor. Engage your core and chest up as you descend. Then press through your heels to stand back up to the starting position.



Sets/Reps

2 sets of 10 repetitions

Notes

Perform the move in a slow, controlled manner. Avoid rapid or jerky motions maintaining a steady pace will help prevent unnecessary strain and blood sugar spikes. You can use a chair or hold out your arms for balance if needed.

2 Standing Knee Raise

How to



Stand tall with feet hip-width apart. Lift one knee up toward your chest, aiming to bring the thigh parallel to the floor. Lower it and immediately raise the other knee. Continue alternating knees in a marching or brisk alternating motion.

Sets/Reps

2 sets of 10–15 knee raises per leg.

Notes

Keep your back straight and engage your core. You can lightly swing your arms in coordination for balance and make the movement slower if your balance is an issue. Rest briefly between sets as needed.

3 Boxer Side-to-Side

How to

Start standing with feet hip-width apart and hands in fists at chest level. Step to the right (side-step) and simultaneously punch your right fist straight out in front of you. Bring your right foot back to center and your arm back, then step to the left and punch with your left arm. Continue alternating side steps with straight punches in a rhythmic, “boxing” fashion.

Sets/Reps

2 sets of 10–20 punches per side.



Notes

Keep knees slightly bent and your core engaged. Move with controlled steps (not crossing your legs) and extend punches fully without locking elbows. Maintain a moderate pace to keep your heart rate up without overstraining.

4 Lunges

How to

Stand upright with feet hip-width apart. Step one foot forward into a forward lunge, bending both knees to about 90° so the front thigh is parallel to the floor. Make sure your front knee stays over (or just behind) your ankle and does not push past your toes. Hold briefly, then press through the front heel to push back to the starting position. Repeat on the other leg.



Sets/Reps

2–3 sets of 8–12 lunges per leg.

Notes

Keep your torso upright and look forward. You may place hands on your hips or clasp them at chest level for stability. Avoid leaning forward or letting the back knee slam to the ground control the motion throughout.

5 Side Step (Lateral Step)

How to

Stand straight with feet together. Step your right foot out laterally (to the side) about one leg-length, then bring your left foot to meet it. Next, step your left foot out to the side and follow with your right. Continue stepping side-to-side in a smooth, shuffle-like motion.



Sets/Reps

2 sets of 10–15 steps to each side.

Notes

Keep your chest lifted and your core tight. You can add a slight squat (mini-squat) as you step out for more intensity, but ensure knees stay aligned over toes. Rest briefly after each set.

6 Hip Abduction

How to

Stand tall holding onto a chair or wall for balance. Shift your weight onto your left leg and lift your right leg straight out to the side (hip abduct) as high as comfortable, keeping the right knee straight and toes forward. Lower it slowly back down. Repeat on the other side.



Sets/Reps

2 sets of 10–15 lifts per leg.

Notes

0 Keep your torso still (avoid leaning) and only raise the leg as high as you can without bending the spine or supporting leg. This move targets the outer hips; move in a controlled manner and pause if you feel any hip joint discomfort.

7 Hamstring Curl (Standing)

How to

Stand upright and hold onto a chair or countertop for support. Bend one knee and lift your heel toward your buttock (bringing the foot up behind you). Keep your thighs close together. Lower the foot back to the floor and repeat. Alternate legs.



Sets/Reps

2 sets of 10–15 curls per leg.

Notes

Keep your upper body straight and avoid leaning forward. Perform the curl slowly and squeeze the back of the thigh (hamstring) at the top. You can do these on one side then the other, or alternate legs each rep.

8 Heel Taps (Backward Heel Touch)



How to

Stand with feet hip-width apart and a slight bend in the knees. Step your right foot a short distance back, tapping the heel to the floor behind you (only as far as comfortable). Return it to the start position. Repeat with the left foot. Continue alternating heels tapping backward.

Sets/Reps

2 sets of 10–15 taps per leg.

Notes

Keep an upright posture and slight knee bend throughout. This move gently stretches the quads and engages the hamstrings/glutes without impact. Step back just far enough to feel a stretch but not so far that you lose balance.

9 Modified Jumping Jack



How to

Stand with feet together and arms at your sides. Step your right foot out to the side (about shoulder-width) while simultaneously lifting your arms overhead (or out to shoulder level). Step back to center and lower your arms. Repeat with the left foot. Continue alternating sides.

Sets/Reps

2 sets of 10–15 side-steps per side.

Notes

This is a low-impact version of a jumping jack. Keep movements controlled and breathe steadily. Avoid jumping; simply step out gently to protect your joints. Arms can remain at shoulder height if overhead motion is uncomfortable.

10 Front Kicks

How to

Stand feet hip-width apart and hands in front of chest (for balance). Keeping the upper body straight, lift one knee up (bending it slightly) and kick that foot straight forward, extending through the toe. Lower it back down and immediately repeat with the other leg. Continue alternating front kicks in a steady rhythm.



Sets/Reps

2 sets of 10 kicks per leg.

Notes: Keep kicks at a comfortable height. Beginners should “kick low” (aim below waist level) and only increase height as flexibility and warm-up improve. Always engage your core for balance, and flex your foot (toes back) as you extend to protect your knee. This move is more of a cardio move—use a brisk pace without locking the knee.

Sources: Squat and lunge instructions from diabetes-exercise guideline, Front kick form from fitness training guidance, These exercises are adapted.