

HOME EXERCISE STRENGTH PROGRAMME #1

This is a basic strength programme you can do at home. Please modify according to your ability. Complete these exercises, then rest for a minute or longer if you need, and repeat 2 or 3 times. Finish with some stretching.

EXERCISE	DESCRIPTION
WARM UP: MARCHING X 1 min	March with high knees and using your arms in a running action. Put your timer on for 1 minute. The faster you go and the higher you lift your knees, the more you will increase your heart rate and huff and puff.
SQUAT - OVERHEAD PRESS (8-10 reps) (more reps with light weights)	Holding one weight in both hands arms straight, standing tall. Bend your knees into a squat and as you come up, bring the weight to your chest and then push it above your head.
ONE ARM SHOULDER PRESS (8-12 reps)	Stand tall, shoulders back with weight on your shoulder opposite foot forward. Push the weight above your head making sure it is directly above your shoulder - place your free hand above the elbow to help straighten the arm if necessary. Repeat other side.
ONE ARM ROW (8-12 reps)	Weight in one hand, opposite leg forward in a wide stride, rest that forearm on your thigh. Keep your back flat, shoulders level and bottom out. Start with your arm hanging straight down, then lift the weight, keeping your elbow bent so that the weight finishes under your arm and your elbow pointing to the sky. Repeat other side.
SQUATS WITH WEIGHTS (15 reps)	Hold 1 x heavy or 2 lighter weights in front of your chest, feet shoulder width apart. Lower to squat position, making sure your knees are over your toes (ie not tracking inwards) and weight through your heels. Stick your bottom out as if about to sit on a chair and draw your navel in. Regression: Sit to stand with or without weight.
KITCHEN BENCH PUSHUPS (8-10 reps)	Standing feet apart away from the bench and hands on the bench slightly wider than shoulders. Keep body in a straight line, bracing abdominal muscles - now bending the elbows so that your chest is nearly touching the bench. Progression: Full or half pushups on the floor. Regression: Wall pushups.
DEAD BUG (Hold 30-60 sec)	Lying on your back, raise your knees into table top position (ie knees above your hips and lower legs parallel to the floor). Extend one leg and take the opposite arm behind your head. Keep alternating for 30-60 seconds.

If you don't have weights, you may find something around the house you can use or you can use a theraband to do some of the above exercises.

HOME EXERCISE STRENGTH PROGRAMME #2

This is a basic strength programme you can do at home. Please modify according to your ability. Complete these exercises, then rest for a minute or longer if you need, and repeat 2 or 3 times. Finish with some stretching.

EXERCISE	DESCRIPTION
WARMUP: JOGGING ON THE SPOT OR HIGH KNEES X 1 MIN	Jogging on your toes using your arms in a running action. You can increase your speed or lift your knees to really get your heart rate going. An alternative to jogging is high knees as in programme #1.
BICEP CURL/BALANCE SINGLE ARM ON ONE LEG (8-12 reps)	Stand tall, shoulders back and chin tucked in. With your weight in one hand by your side and standing on the opposite leg, making sure that hip doesn't drop down. Starting with your arm straight, then lift the weight into a bicep curl, keeping your elbow tucked in at your side. Lower weight slowly to start position. Repeat other side.
OVERHEAD TRICEP CURL (8-12 reps)	Standing tall, hold one weight in both hands above your head with arms straight. Bend your elbows, lowering the weight behind your head, keeping your elbows pointing up to the sky, then straighten your arms. Alternative: Lying on your back, start with arms straight in chest press position, weight directly above your shoulders. Bend and straighten your elbows, as above.
SUMO SQUAT (12-15 reps)	Holding 1x heavy weight in both hands (or 2x lighter weights). Stand with feet wide apart, toes turning out slightly, maintaining erect posture. As you lower into the squat ensure that your knees are over your feet and not tracking inwards. For added intensity, hold the squat position and pulse (you may feel some burning in your quads!!)
HIP LIFT & CHEST PRESS (10 reps)	Lying on your back with a weight in each hand, feet on the ground with knees bent. Lift the hips and push the weights up into a chest press, straightening your arms, pushing up as high as you can. Aim to have your knees, hips and shoulders in a straight line. Return to start position, lowering your hips and the weights. Progression: Lift one leg off the ground, resting foot on grounded knee. Make sure hips remain level.
CLIMBERS (5-8 each leg)	On hands and toes facing the mat, body in plank position (hips can be slightly raised). Alternate bringing one knee in towards your chest without rounding your back. A good core exercise. Progression: bring the knee to the opposite elbow adding a twist. Regression: Start with hands or forearms on a chair or bench.
BIRD DOG	On hands and knees, extend on one leg keeping it in line with your body, making sure your hips are level. Then raise the opposite arm, again making sure your hips are level. Hold for 10 seconds, then swap sides. Repeat 3 times each side. Progression: From extended position bring the knee in and touch it with the opposite elbow, then extend the arm and leg again - repeat 6 on each side.

HOME EXERCISE STRENGTH PROGRAMME #3

This is a basic strength programme you can do at home. Please modify according to your ability. Complete these exercises, then rest for a minute or longer if you need, and repeat 2 or 3 times. Finish with some stretching.

EXERCISE	DESCRIPTION
WARMUP SIDE STEPS (30 sec) FORWARD AND BACK STEPS (30sec)	Stepping side to side with large strides - you can move your arms side to side as well. Really push off using your thighs and glutes. Forward and back stepping (R,L,R,L) - bend your knees as you step forward and step back onto your toes. Use your arms as well.
SQUAT TO ONE ARM SHOULDER PRESS (8-10 ea arm)	Holding weight in one hand, lower to squat with arm straight. As you push up from the squat bring the weight to your shoulder and then push above your head into a shoulder press for 8-10 reps. Repeat other arm. A good warmup exercise and can be done without the weight.
ONE ARM ROW WITH TWIST (8-12 reps ea side)	Weight in one hand, opposite leg forward in a wide stride, rest that forearm on your thigh. Keep your back flat, shoulders level and bottom out. Start with your arm hanging straight down, then lift the weight, keeping your elbow bent so that the weight finishes under your arm. As you raise your elbow twist and turn your head so that you are looking at your elbow. Repeat other side. NB: Avoid the twist if you have osteoporosis.
SQUATS WITH WEIGHT (12-15 reps)	Hold 1 x heavy or 2 lighter weights in front of your chest, feet shoulder width apart. Lower to squat position, making sure your knees are over your toes (ie not tracking inwards). Stick your bottom out as if about to sit on a chair and draw your navel in. Regression: Sit to stand with or without weight.
CHEST PRESS WITH HEEL TAP (12 reps)	Lying on your back with knees up in table top position and with a weight in each hand, starting position with elbows bent and the weights near your shoulders. Push the weights up into a chest press and tap the one heel at the same time, keeping the knee bent. Keep your spine in a neutral position not letting your back lift as you extend your leg. Good for core, chest and shoulder muscles. Regression: You can keep one leg on the floor.
CORE: LEG & ARM EXTENSION WITH WEIGHTS (8-12 reps)	Lying on your back with knees up in table top position and holding one weight in both hands. Brace core muscles, keeping your spine in neutral position, drawing your bellybutton in. Extend one leg and take the weight back behind your head with fairly straight arms. Keep alternating legs.
PLANK (6-8 reps)	On forearms and toes (or knees), start with hips raised into a V-shape. Slowly lower your hips into a plank and hold for 10 seconds, keeping your spine in neutral and bracing core muscles. Raise hips and repeat 6-8 times).