

# WALL PUSH UPS

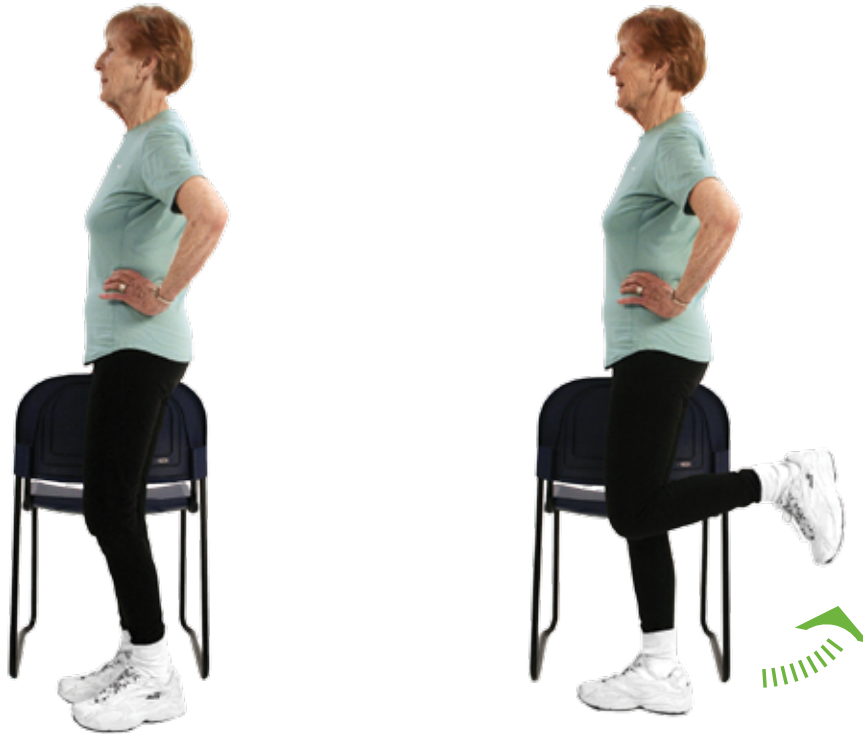
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- Stand about two feet from a solid wall.
- Place hands on the wall at shoulder height, just wider than shoulder width apart.
- Keep your shoulders back in a neutral position and contract your core (abdominal) muscles.
- Slowly lower your body towards the wall, pause, and push yourself away from the wall back to the starting position.
- Complete 8 – 12 repetitions and continue on to Strength & Endurance 2.

# HAMSTRING CURLS

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- Stand behind a chair or near a wall for balance (you can hold on with two hands, one hand, one finger or not at all).
- Slowly and gently lift your right heel towards your bum.
- Keep your knees and upper legs together.
- Go as far as is comfortable and then slowly return your foot to the floor.
- Complete 8 – 12 repetitions on each leg and continue on to Strength & Endurance 3.

# ONE-ARMED BENT ROW



- Stand or sit upright near the edge of a chair with your feet slightly more than shoulder width apart. Stagger your feet with your left foot forward.
- Lean forward slightly and rest your left hand on your left thigh for support.
- Keep your shoulders down and relaxed and your wrists straight throughout the movement. With your palm facing inward, reach forward with your right arm.
- Keep your elbow next to your side as you pull your right arm back, similar to starting a lawn mower.
- Complete 8 – 12 repetitions with each arm and continue on to Strength & Endurance 4.

# *SIDE ARM RAISES*

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- While standing or sitting, slowly raise your arms out to the side, away from your body, with palms facing down.
- Stop the movement just below shoulder height so your body makes a "T" shape.
- Complete 8 – 12 repetitions and continue on to Strength & Endurance 5.

**(M):** *Do the same exercise but start with your elbows bent.*



# SQUATS

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- Stand behind a chair with your feet flat on the floor, slightly wider than shoulder width apart and put your hands on the chair for balance if needed.
- Slowly lower your bum towards the ground, going no further than having your bum at the same height as your knees and then slowly rise back to standing.
- Keep your chest and head up.
- Stay balanced on both feet, with your weight back on your heels, using only your arms for support.
- Be careful that your knees do not go over your toes.
- Complete 8 – 12 repetitions and continue on to Strength & Endurance 6.

# ABDOMINAL CHAIR CRUNCHES



- Sit upright near the edge of your chair with your feet flat on the floor.
- Cross your arms in front of your chest and keep your head, neck and spine in a neutral position. While keeping your chin straight, contract your core (abdominal) muscles and slowly lean backwards until your back almost touches the chair.
- Slowly return to the upright starting position. Keep your back straight, core tight and remember to breathe throughout the movement.
- Stop if you have any lower back discomfort, or move through a smaller range of motion.
- Complete 8 – 12 repetitions and continue on to Muscular Strength 1 for a 2nd set, or to Balance 1.

**(M):** Do the same movement but keep your hands on your thighs.