



Example of a Strength Training Session

- You can do all of these exercises at home.
- You can use water bottles or tins as weights if you want.
- Take a break between each set.
- Do each exercise in the set before repeating them.

	Exercise	Repetitions
Set 1	Glute Bridge, 2 to 3 times	6
	Push up, 2 to 3 times	8
	Lunges, 2 to 3 times	6 one each leg
Set 2	Sit Ups, 2 to 3 times	10
	Squat, 2 to 3 times	8
	Wall Slides, 2 to 3 times	6
Set 3	Clams, 2 to 3 times	10
	Plank, 2 to 3 times	10 seconds
	Side squat, 2 to 3 times	6 one each leg



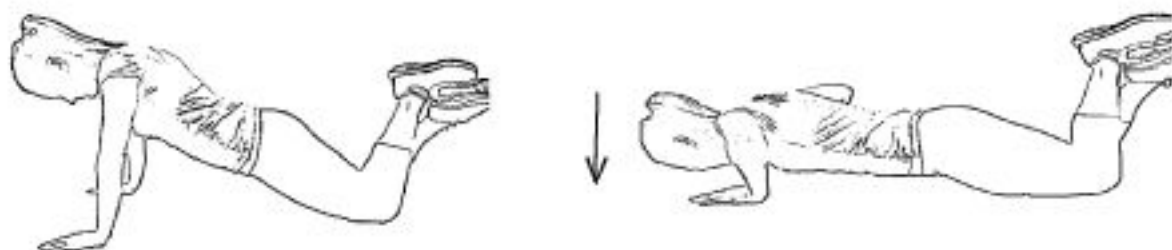
Glute Bridge

- Start with your legs tucked in like you are doing a sit up.
- Keep your arms by your side to help keep your balance.
- Slowly push your hips up by squeezing from your bottom.
- Push up until your body is in a straight line.
- Slowly push hips back onto the floor.



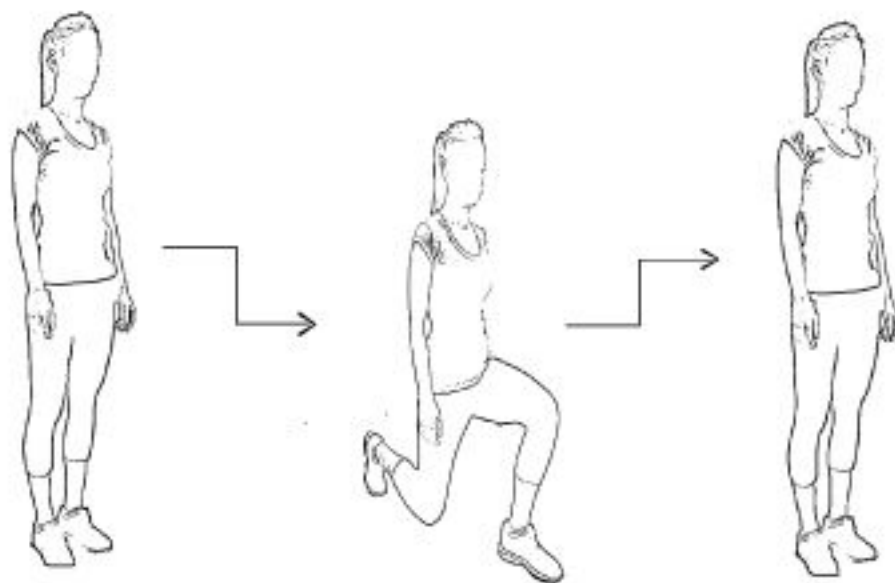
Push Ups

- Start faced down with your arms outside of your shoulders width.
- You can choose to do some on your knees or on your feet.
- Try to keep your body as straight as possible.
- Slowly lower yourself towards the ground.
- As you get near the floor, push yourself back up to your starting position.



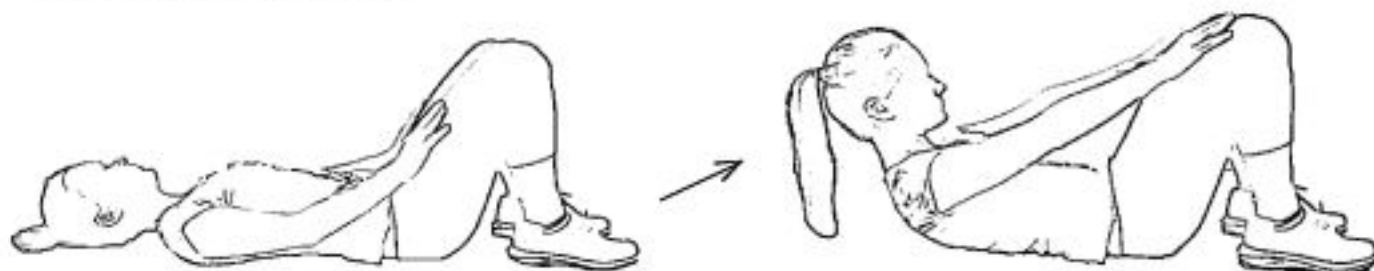
Lunges

- Start standing upright.
- Take a big step out in front of you.
- Slowly lower your back knee towards the ground.
- Stop lowering your knee just before it touches the ground.
- Try to keep as upright as you can.
- Do not let your front knee go over your toes.
- Push back up off your front leg.
- Make sure your body and hips remain facing forwards the entire time.
- Make sure you do both sides.



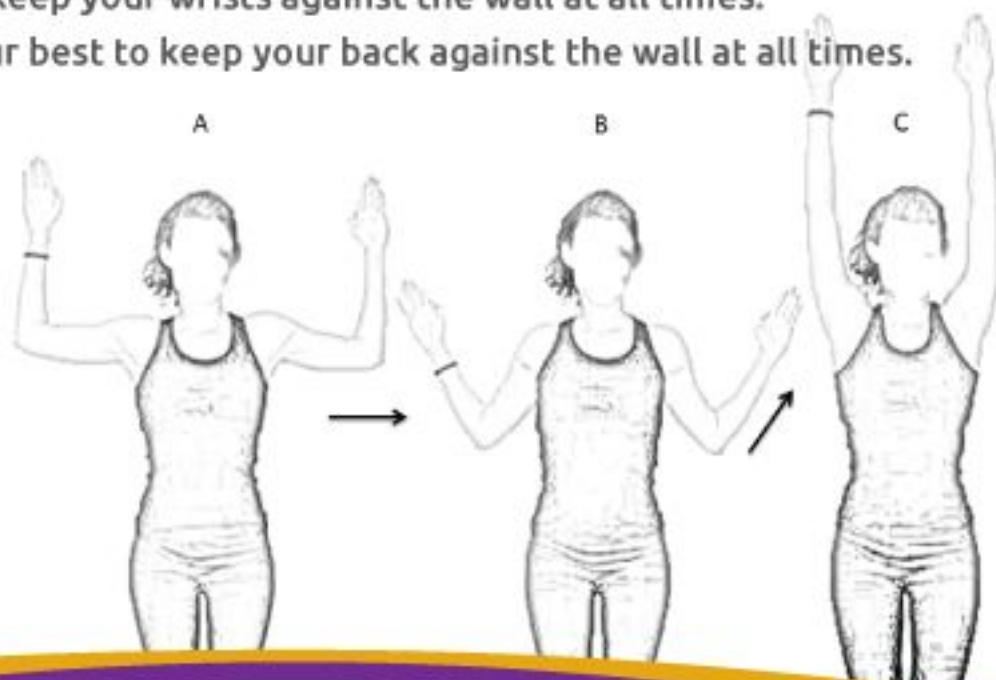
Sit Ups

- Lie down with your feet tucked in so that your knees are up.
- Squeeze your chest towards your hips
- Slowly slide your hands up your legs until you reach the top of your knees.
- Then slowly slide your hands back down your legs again until you are back in the starting position.



Seated Wall Slides

- Sit back against a wall with your back flat against it.
- Put your hands up at shoulder height.
- Slowly slide your arms down along the wall until your hands are level with your shoulders.
- Try to keep your wrists against the wall at all times.
- Try your best to keep your back against the wall at all times.



Clams

- Get into a sit up position except this time you will be lying on your side.
- Use your arm to support your head.
- Try and keep your body as straight as possible.
- Slowly move one knee away from the other while keeping your feet together.
- Then bring your knees slowly back together.
- Make sure to do each side.



Plank

- Start on your elbows and toes.
- Try to remain perfectly straight like a “plank”.
- Do not let your hips drop towards the ground.



Side Squat

- This is similar to a normal squat.
- Start standing upright and step out to the side.
- Sit back onto the outside leg.
- Keep your chest up.
- Make sure your weight is on your heels.
- Try to get your foot, knee and hip in line.
- Push back up and bring your leg back in.
- Make sure to do both sides.

