

A GUIDE TO STAYING FIT AT HOME

STRENGTH EDITION

SIT TO STAND

Find a sturdy chair, preferably put against the wall. Start sitting with feet hip distance apart, toes facing forwards, ensuring feet are underneath the knees. Cross the arms. Sitting with good posture, press into the heels, and come to a standing position. Pause. Then sit the hips down and back into the chair. Repeat 1-2 sets, 8-12 reps.



HAMSTRING CURL

Standing, hanging onto the wall or a sturdy counter, with good posture. Start with feet touching together, and one toe back slightly beside the other foot. Dorsiflex the ankle, bend at the knee, bringing the heel towards the buttocks, pause, and return back to start position. 1-2 sets, 8-12 reps.



GLUTE KICKBACK

Standing with a hand on the wall or on a sturdy counter. Standing with good posture, feet start together, dorsiflex the ankle, and lead with the heel, squeeze the glute, keeping the leg straight, and kicking the heel back. Pause, and return to the start position. Repeat 1-2 sets, 8-12 reps, and repeat for other leg.



CALVE RAISES

Standing, hang onto the wall or a sturdy counter. With feet hip distance apart, and good posture, lift both of the heels off of the floor, coming onto the balls of feet. Pause, and lower down to start position. Repeat 1-2 sets 8-12 reps.



WALL PUSH UPS

Facing the wall, take a big step away. Feet are hip distance apart, and put the hands at shoulder width apart onto the wall, at chest height. Bending at the elbow, and keeping the body inline, bring the body towards the wall. Pause, and push the wall away to return to start position. 1-2 sets, 8-12 reps



PLANK ON WALL

Facing the wall, take a big step away. Feet are hip distance apart, and put the hands at shoulder width apart onto the wall, at shoulder height. Another option is to put fists together on the wall, and rest the forearms on the wall. Hold this position, pulling the pelvic floor in, and naval towards the spine. See how long you can hold for! Try 20 seconds, and work your way up to 1 minute!

