

Physiotherapy

Strength exercise guide

This programme offers exercises to aid your fitness and wellbeing. It is provided by KMPT Physiotherapists. As we have not met you or assessed your personal fitness level and risk factors, please ensure that you check with your doctor or medical professional to complete the 'fitness to exercise' assessment form prior to starting this exercise routine.

If you feel dizzy, experience pain or any new symptom during exercise, please stop immediately and seek advice from your Doctor.

We recommend that you do these exercises 2-3 times a week. You might feel sore afterwards, or even the next day - it is normal and nothing to worry about. The more you do, the stronger you will get, and the less it will hurt!

With special thank to Anna Hargrave, Anna Verdeuzeldonk and Kathryn Harris for putting together this document.



Brilliant care through brilliant people

Visit us at www.kmpt.nhs.uk

Squats

Target: Firm bums and thighs



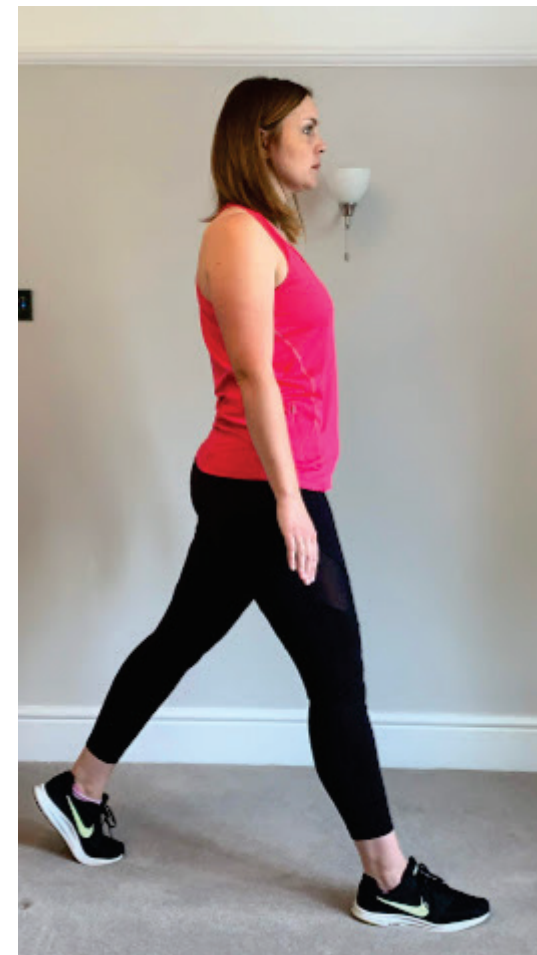
Do 2 sets of 15 to 24 repetitions

Stand with your feet shoulder-width apart and your hands down by your sides, or stretched out in front for extra balance. Lower yourself by bending your knees until they're nearly at a right angle, with your thighs parallel to the floor.

Tip: Keep your back straight and don't let your knees extend over your toes.

Lunges

Target: Firm bums and thighs



Do 2 sets of 8 to 12 reps on each leg

Stand in a split stance, with your right leg forward and left leg back. Slowly bend the knees, lowering into a lunge until both legs are nearly at right angles. Keeping the weight on your heels, push back up to starting position.

Tip: Keep your back straight and don't let your knees extend over your toes.

Calf raises

Target: Shapely legs and calves



Stand straight, but avoid locking your knees. Slowly move onto your toes, lifting your heels off the ground, and then slowly lower your heels back down. Do 2 sets of 15 reps.

Tip: Place your hands on a wall or chair for stability. Or, for more of a challenge, hold a weight in each hand, such as 2 water bottles.

Abdominal crunch

Target: Flat stomach



Lie on your back, knees bent and feet flat on the floor, hip-width apart. Place your hands cradling your head, on your thighs or across your chest.

Slowly curl up towards your knees until your shoulders are about 3 inches off the floor. Hold the position for a few seconds and lower down slowly. Perform 12 stomach crunches.

Oblique Crunch

Target: Toning love handles



Lie down on your back with your knees bent and together, (raise your feet off the floor for an extra challenge). Place your hands behind your head. Keeping your lower back pressed into the floor, lift your shoulder blades off the floor and curl your upper body diagonally across your chest towards your left knee and lower down

Bicycle Crunch

Target: oblique muscles



Start with feet up in the air – as shown. Place your hands behind you head and curl up. Straighten one leg whilst lifting the shoulder on the same side towards your opposite knee. Repeat alternating sides as you go.

Hand Plank

Target: strengthen core



Prop yourself on hands and toes. Keep your legs straight and hips raised to create a straight and rigid line from head to toe.

Your shoulders should be directly above your elbows. Focus on keeping your abs contracted during the exercise. Hold this position for 5 to 10 seconds and repeat 8 to 10 times.

Tips:

- Don't allow your lower back to sink during the exercise.
 - You should be looking at the floor.

Bridges

Target: Firm bum



Lie on your back with your knees bent and heels close to your bottom. Your feet should be shoulder-width apart and flat on the floor.

Raise your hips up to create a straight line from knees to shoulders. As you come up, tighten your abdominal and buttock muscles.

Do 2 sets of 15 to 20 reps.

Elbow Plank

Target: lower back and core muscles



Lie on your front propped up on your forearms and toes. Keep your legs straight and hips raised to create a straight and rigid line from head to toe.

Your shoulders should be directly above your elbows. Focus on keeping your abs contracted during the exercise. Hold this position for 5 to 10 seconds and repeat 8 to 10 times.

Tips:

- Don't allow your lower back to sink during the exercise.
 - You should be looking at the floor.

Side plank

Target: lower back and core muscles



Lie on your side propped up on an elbow. Your shoulder should be directly above your elbow. Straighten your legs and raise your hips to create a straight and rigid line from head to toe.

Keep your neck long and your shoulders down and away from your ears. Keep your abs contracted during the exercise. Hold this position for 5 to 10 seconds and repeat 8 to 10 times. Repeat the exercise on the other side.

Tips:

- Keep your hips forward during the exercise.
 - Don't let your lower back sink.
- For an easier version, perform the side plank with your knees on the floor.

