



# Wall Push Ups



## Safety tips:

- Do not drop body towards wall fast or bounce in movements
- Do not lock the elbows at any time
- Stop exercise if there is any sharp pain in joints or muscles



# Wall Push Ups

*Main Muscle area worked: Chest (Pectoralis major)*

## **Equipment:**

- Wall

## **Posture:**

- Back straight, legs straight and standing at arm's length facing wall
- Hands shoulder-width apart with palms against wall at chest height

## **Technique:**

- Extend and straighten arms to touch wall, do not lock elbows
- Bend arms and move towards wall under control and slowly, inhale
- straighten arms slowly and exhale on exertion

## **Safety tips:**

- Do not drop body towards wall fast or bounce in movements
- Do not lock the elbows at any time
- Stop exercise if there is any sharp pain in joints or muscles



# Bent Over Rows



## Safety tips:

- Do not let your head go lower than your heart by leaning too far forward
- Do not lift head up or hyper extend your neck
- Do not use momentum of arm swinging to lift weight, let your muscles do the work
- Ensure that the back does not rotate forward or backwards with elbow movement
- Always start with a light weight and work your way up



# Bent Over Rows

*Major Muscle area worked: Back (Latissimus Dorsi)*

## **Equipment:**

- Chair or counter to lean on
- Weight 3 to 5lbs (or what can be performed comfortably 15 reps)

## **Posture:**

- Bend at the hips, and lean forward on chair
- Flat Back, slight bend in the knees
- Elbows in

## **Technique:**

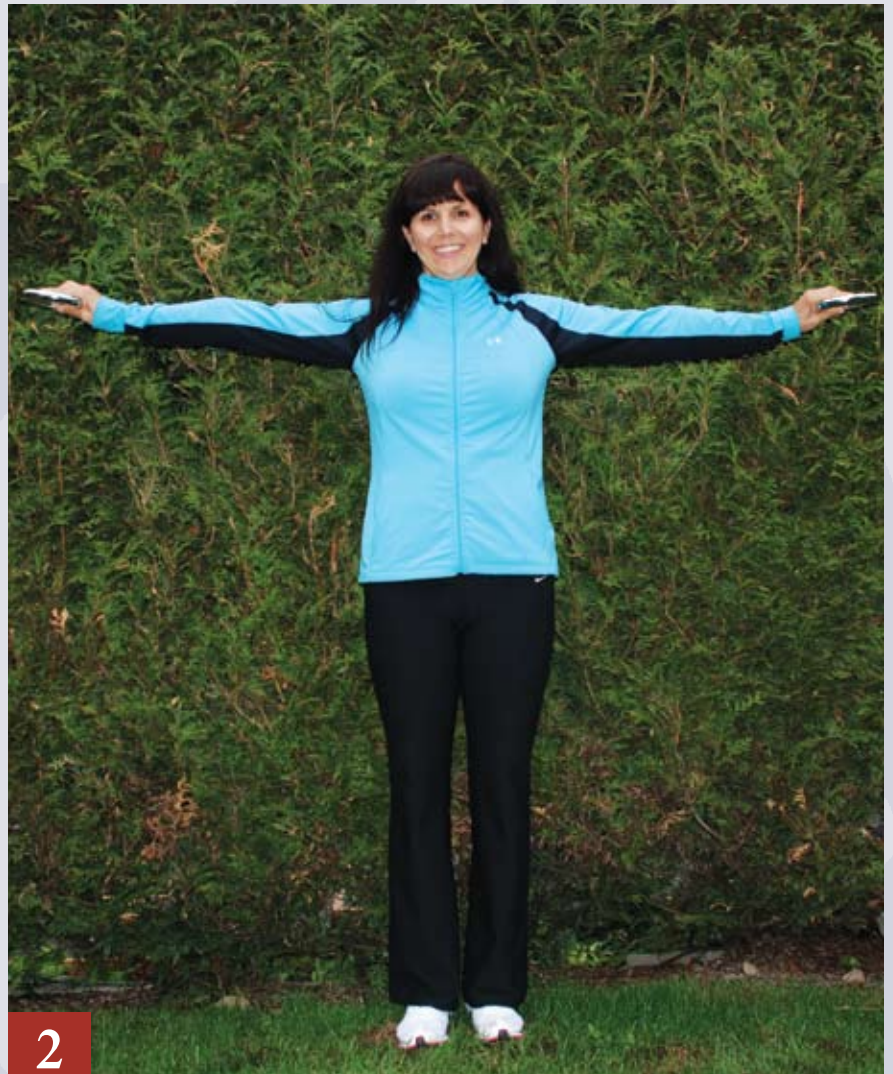
- Hold weight, lean forward, arm is hanging straight towards floor
- Lift weight by bending arm slowly, and exhale on exertion
- Pull weight towards side of body with elbow sliding against the rib cage
- Elbow raises past back and towards the ceiling

## **Safety tips:**

- Do not let your head go lower than your heart by leaning too far forward
- Do not lift head up or hyper extend your neck
- Do not use momentum of arm swinging to lift weight, let your muscles do the work
- Ensure that the back does not rotate forward or backwards with elbow movement
- Always start with a light weight and work your way up



# Lateral Raises



## Safety tips:

- If you have a balance problem or it is hard to stand on your feet for a long time please perform exercise in a sitting position
- Do not use momentum by swinging arms to lift weight, and move both weights at the same time
- Ensure that the back does not bend forward or backwards with arm movement
- If standing keep slight bend in the knees, and do not lock legs out, this will reduce body sway



# Lateral Raises

*Muscle area worked: Shoulders (Deltoids)*

## **Equipment:**

- 2 weights 1 to 3lbs (or what can be performed comfortably 15 reps)

## **Posture:**

- If standing feet are shoulder-width apart, or can sit on chair
- Stomach (abdominal muscles) drawn in
- Ears above shoulders, shoulders aligned above hips

## **Technique:**

- Hold weight in each hand with palms facing the body
- Keep arms straight and rest weight at side of body
- Lifts straight arms slowly until your hands are a little lower than your shoulder height, and exhale on exertion
- Lower straight arms and inhale

## **Safety tips:**

- If you have a balance problem or it is hard to stand on your feet for a long time please perform exercise in a sitting position
- Do not use momentum by swinging arms to lift weight, and move both weights at the same time
- Ensure that the back does not bend forward or backwards with arm movement
- If standing keep slight bend in the knees, and do not lock legs out, this will reduce body sway



# Biceps Curl



## Safety tips:

- If you have a balance problem or it is hard to stand on your feet for a long time please perform exercise in a sitting position
- Do not use momentum by swinging arms up to lift weight, do not lift elbows up
- Do not roll shoulders back
- Ensure that the back does not bend forward or backwards with arm movement
- If standing keep slight bend in the knees, and do not lock legs out, this will reduce body sway



# Biceps Curl

*Muscle area worked: Front of Upper Arm (Biceps Brachii)*

## **Equipment:**

- 2 weights 1 to 3lbs (or what can be performed comfortably 15 reps)

## **Posture:**

- If standing feet are shoulder-width apart, or can sit on chair
- Stomach drawn in
- Ears above shoulders, shoulders aligned above hips

## **Technique:**

- Hold weight in each hand with palms facing the body
- Start with arms straight and rest weight at side of body
- Bend arms slowly until your hands are close to your shoulders, and exhale on exertion
- Lower weight to straight arms, and inhale

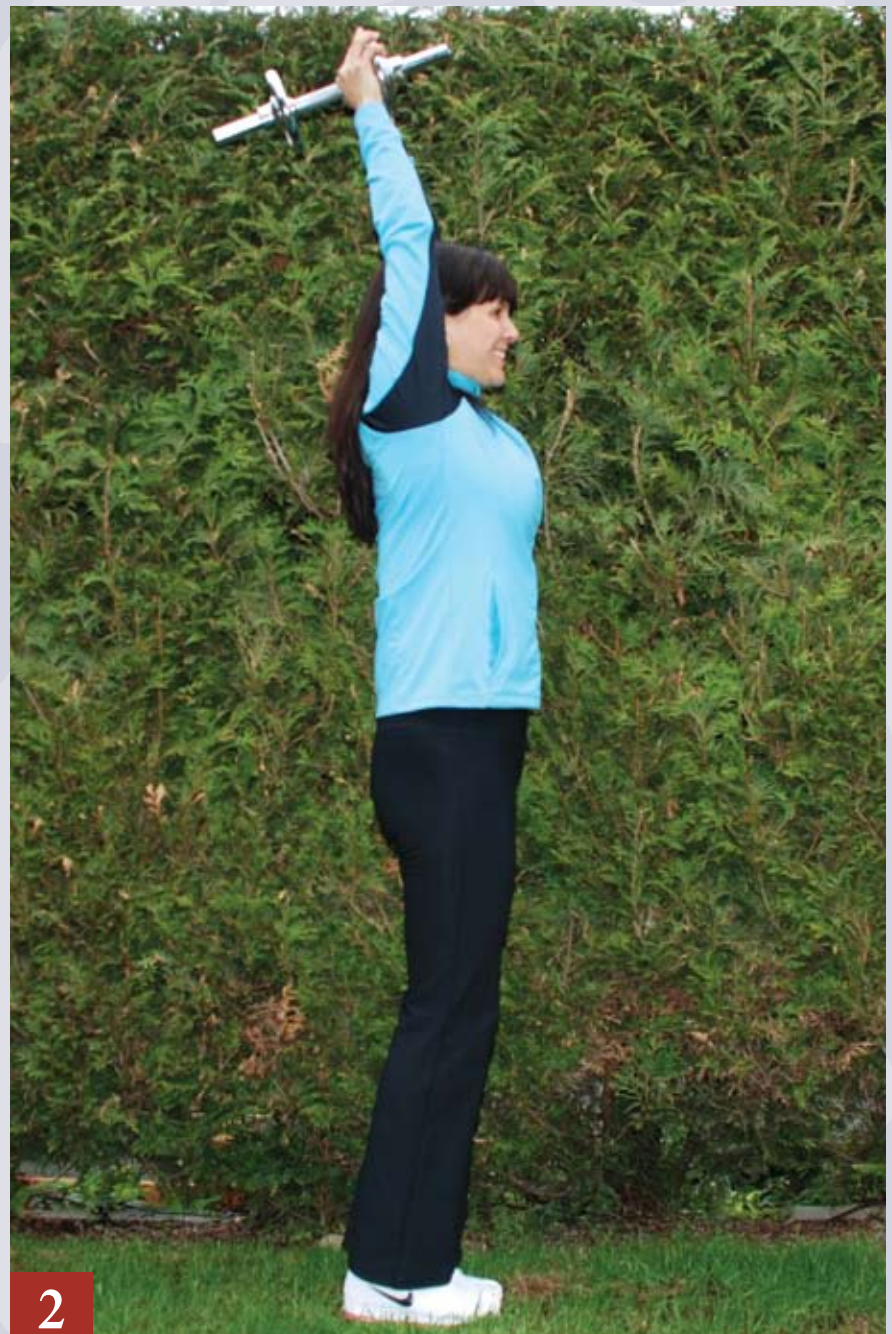
## **Safety tips:**

- If you have a balance problem or it is hard to stand on your feet for a long time please perform exercise in a sitting position
- Do not use momentum by swinging arms up to lift weight, do not lift elbows up
- Do not roll shoulders back
- Ensure that the back does not bend forward or backwards with arm movement
- If standing keep slight bend in the knees, and do not lock legs out, this will reduce body sway





# Overhead Triceps Press



## Safety tips:

- Choose a weight that is not too large so that you do not hit your head or upper back when lifting over
- If you have a balance problem or it is hard to stand on your feet for a long time please perform exercise in a sitting position
- If standing keep slight bend in the knees, and do not lock legs out, this will reduce body sway
- Watch yourself in a mirror to observe your range of motion



# Overhead Triceps Press

*Muscle area worked: Back of Upper Arm (Triceps Brachii)*

## **Equipment:**

- Weight 1 to 3lbs (or what can be performed comfortably 15 reps)

## **Posture:**

- If standing feet are shoulder-width apart, or can sit on chair
- Stomach drawn in
- Body alignment - ears above shoulders, shoulders aligned above hips
- Start with elbows above shoulders and do not flare outwards

## **Technique:**

- Hold weight with overlapping open hands
- Lift weight over and then behind head slowly, keep elbows shoulder width apart, allow weight to lower to upper back – this is the starting position
- Keeping elbows pointed up to ceiling extend arms up until arms are straight but not locked, and exhale on exertion

## **Safety tips:**

- Choose a weight that is not too large so that you do not hit your head or upper back when lifting over
- If you have a balance problem or it is hard to stand on your feet for a long time please perform exercise in a sitting position
- If standing keep slight bend in the knees, and do not lock legs out, this will reduce body sway
- Watch yourself in a mirror to observe your range of motion



# Squats



## Safety tips:

- Watch your depth of squat and posture with a mirror
- If you have challenges with Range of Motion (ROM) perform a ¼ squat, or sit on a high bed and then stand back up. Progress to a chair squat with no rest time sitting - touch the buttocks and go.
- Squats are very safe to perform however request approval from physiotherapist or kinesiologist first if you have any type of knee problems
- Shoulders should not move forward past knees while bending down
- Do not place bar on your back until squat technique is evaluated by a kinesiologist, certified strength & conditioning specialist (CSCS), or physiotherapist





# Squats

*Major Muscle area worked: Buttocks (Gluteus Maximus) and Upper leg muscles (front of leg – Quadriceps, & back of leg – Hamstrings)*

## **Equipment:**

- Optional, hold a weight in front of body, start at 3 lbs
- Optional, hold 2 weights beside body, 1 to 3 lbs

## **Posture:**

- Feet are a little wider than shoulder-width apart
- Stomach (Abdominal muscles) drawn in and chest is up
- Back is straight and eyes are focused straight ahead

## **Technique:**

- Start in a standing position and place arms out straight to maintain balance
- Slowly bend knees and sit buttocks back
- Keep back flat, avoid bending forward from waist
- Lower upper legs to be parallel to floor or within comfortable range of motion
- Make sure heels do not lift and that knees stay over feet
- Return to standing position by slowly contracting buttocks and pushing hips up and forward, and exhale with exertion

## **Safety tips:**

- Watch your depth of squat and posture with a mirror
- If you have challenges with Range of Motion (ROM) perform a ¼ squat, or sit on a high bed and then stand back up. Progress to a chair squat with no rest time sitting - touch the buttocks and go.
- Squats are very safe to perform however request approval from physiotherapist or kinesiologist first if you have any type of knee problems
- Shoulders should not move forward past knees while bending down
- Do not place bar on your back until squat technique is evaluated by a kinesiologist, certified strength & conditioning specialist (CSCS), or physiotherapist



# Lunges



## Safety tips:

- If you have any type of knee problem do not perform and consult kinesiologist, physiotherapist, or CSC before performing
- Perform against a wall to ensure that your knee does not pass your toes
- Watch your depth of the lunge and posture with a mirror



# Lunges

*Major Muscle area worked: Buttocks (Gluteus Maximus & Medius) and Upper leg muscles (front of leg – Quadriceps, & back of leg – Hamstrings)*

## **Equipment:**

- Optional, hold a weight in front of body, start at 2 lbs
- Optional, hold 2 weights beside body, 1 to 3 lbs

## **Posture:**

- Start in a scissor stance
- Feet are a little wider than shoulder width apart so you are not walking on tight rope with both feet on the same line
- Stomach (Abdominal muscles) drawn in and chest is up
- Back is straight and eyes are focused straight ahead

## **Technique:**

- Slowly stride out to a standing lunge position
- Slowly bend front and back knee to a 90 degree angle or within your ROM
- Do not let back knee touch the floor
- Slowly straighten legs, exhale with exertion and return to standing stride position
- For second set switch leg in front

## **Safety tips:**

- If you have any type of knee problem do not perform and consult kinesiologist, physiotherapist, or CSC before performing
- Perform against a wall to ensure that your knee does not pass your toes
- Watch your depth of the lunge and posture with a mirror



# Lateral Step Ups



## Safety tips:

- Make sure that stairs are stable, not slippery, and not too high (leg should not bend more than 90 degrees)
- Hold on to a stable rail or wall when first learning
- Start stance only one foot to two feet to start and then extend with improvements in ROM.



# Lateral Step Ups

*Major Muscle area worked: Buttocks (Gluteus Maximus & Medius) and Upper leg muscles (front of leg – Quadriceps, back of leg – Hamstrings, & inner thigh – Adductor & Abductor muscles).*

## **Equipment:**

- Optional, hold a weight in front of body, start at 2 lbs
- Optional, hold 2 weights beside body, 1 to 3 lbs

## **Posture:**

- Stand with right or left side beside stairs, approximately 1 foot away from bottom stair to start
- Stomach (Abdominal muscles) drawn in and chest is up
- Back is straight and eyes are focused straight ahead

## **Technique:**

- Hold on to stair rail when starting, and stand beside bottom stair with feet shoulder-width apart
- Step out to the side, and softly land on top of the first step with foot closest to the stair
- Softly step other foot up on stair beside first foot, exhale
- Step down with both legs to start position
- For second set change lead leg by facing opposite way

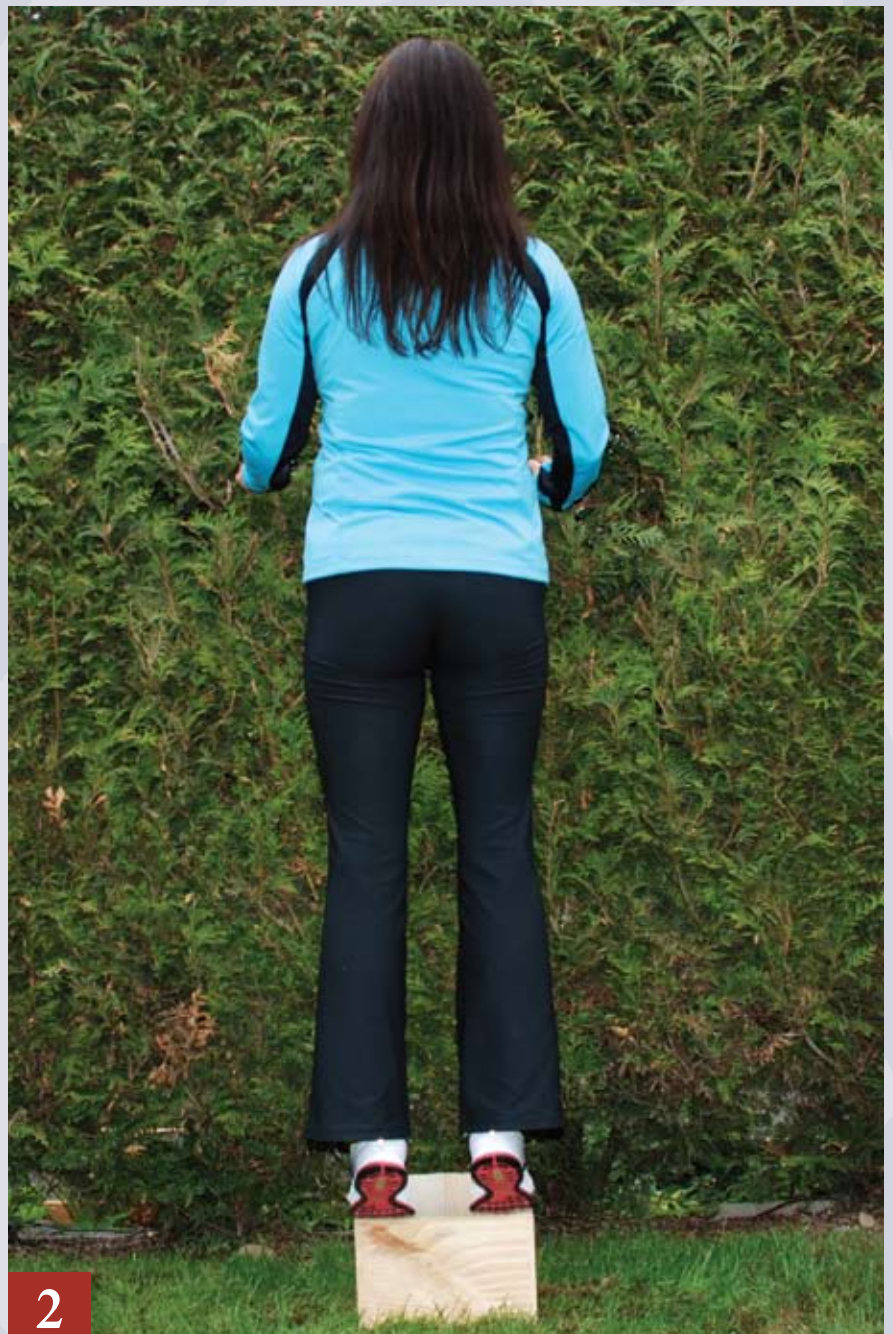
## **Safety tips:**

- Make sure that stairs are stable, not slippery, and not too high (leg should not bend more than 90 degrees)
- Hold on to a stable rail or wall when first learning
- Start stance only one foot to two feet to start and then extend with improvements in ROM.





# Standing Calf Press



## Safety tips:

- Ensure shoes are on well and are not slippery
- Do not bounce weight up
- Do not lock legs
- Keep back straight
- Shoulders should be above ankles
- Look straight ahead



# Standing Calf Press

*Muscle area worked: Back of lower leg or Calf (Gastrocnemius Soleus)*

## **Equipment:**

- Optional, hold weight beside body, 3 lbs or more

## **Posture:**

- While standing on step feet are shoulder-width apart
- Stomach (abdominal muscles) drawn in
- Ears above shoulders, shoulders aligned above hips, and back straight
- legs straight, but not locked
- balls of feet placed on step and heels or lower foot not on step

## **Technique:**

- Standing on the balls of your feet on step, point feet, up as far as you can go, and exhale
- Relax and let weight draw feet back down and feel a stretch

## **Safety tips:**

- Ensure shoes are on well and are not slippery
- Do not bounce weight up
- Do not lock legs
- Keep back straight
- Shoulders should be above ankles
- Look straight ahead



# Hip Lifts



## Safety tips:

- Do not perform if there is any sharp pain in your neck or back, and or consult with a physiotherapist or kinesiologist first
- Ensure that you have traction with your feet during the entire movement
- When lying on your back (and during all exercises) ensures that you have nothing in your mouth, such as gum.





# Hip Lifts

*Major Muscle area worked: Buttocks (Gluteus Maximus) and back of upper leg (Hamstring muscles)*

## **Equipment:**

- Yoga mat, towel, or blanket

## **Posture:**

- Lay on mat with back flat on floor
- Bend knees at 90° angle 
- Feet shoulder-width apart and heels on non-slippery surface
- Arms bent and elbows by side for support in lift
- Ensure neck is straight (neutral) and eyes are focused on ceiling

## **Technique:**

- Laying back on floor, press through heels and elbows
- Slowly raise hips off floor towards ceiling, and exhale
- Raise hips until there is a straight line between your shoulders and your knees
- Slowly return to starting position by lowering your hips

## **Safety tips:**

- Do not perform if there is any sharp pain in your neck or back, and or consult with a physiotherapist or kinesiologist first
- Ensure that you have traction with your feet during the entire movement
- When lying on your back (and during all exercises) ensures that you have nothing in your mouth, such as gum.



# Knee Twists



## Safety tips:

- Do not perform if there is any sharp pain in your back, and or consult with a physiotherapist or kinesiologist first
- When starting you can use small movements and you do not need to touch floor until back flexibility and range or motion improves
- Do not push on hands to lift knees (that is why palms are up to discourage this act)






# Knee Twists

*Major Muscle area worked: Abdominal muscles (Rectus Abdominis and Obliques)*

## **Equipment:**

- Yoga mat, towel, or blanket

## **Posture:**

- Lay on mat with back flat on floor
- Bend legs at 90° angle 
- Feet raised off ground
- Arms straight and out by side with palms facing up
- Ensure neck is straight (neutral) and eyes are focused on ceiling

## **Technique:**

- Start in the centre of your body by lifting knees up to waist height
- Rotate knees over to left side, and touch floor
- Focus on keeping both shoulders and hands on ground
- Lift knees slowly back to centre
- Rotate knees over to right side, and touch floor
- Lift knees slowly back to centre

## **Safety tips:**

- Do not perform if there is any sharp pain in your back, and or consult with a physiotherapist or kinesiologist first
- When starting you can use small movements and you do not need to touch floor until back flexibility and range of motion improves
- Do not push on hands to lift knees (that is why palms are up to discourage this act)



# Crunches



## Safety tips:

- Keep chin in at all times to protect neck
- If weak neck use hands to support head to crunch up but do not pull on head or ears
- If neck is weak rest head for 2 to 3 seconds between reps, however control head going back
- Do not anchor feet until advanced and have instruction from a kinesiologist on how to perform sit up safely






# Crunches

*Major Muscle area worked: Abdominal area (Rectus Abdominis)*

## **Equipment:**

- Yoga mat, towel, or blanket

## **Posture:**

- Lay on mat with back flat on floor
- Tilt pelvis back so that small of back is flat on floor
- Bend legs at 90° angle 
- Stretch arms out to knees, or cross on chest
- Keep chin in

## **Technique:**

- Slowly roll upper back off floor and move finger tips towards knees, and exhale on exertion
- Keep chin in
- Contract abdominal muscles in towards floor, pause
- Slowly roll back down, do not lower head back - keep chin in

## **Safety tips:**

- Keep chin in at all times to protect neck
- If weak neck use hands to support head to crunch up but do not pull on head or ears
- If neck is weak rest head for 2 to 3 seconds between reps, however control head going back
- Do not anchor feet until advanced and have instruction from a kinesiologist on how to perform sit up safely





# Super Natives



## Safety tips:

- Do not kick leg or swing arm up
- Use a mirror to check your arm and leg height and monitor improvements
- Ensure that both hips bones stay on the mat and that there is no side to side rotation when moving
- Do not lift head up (hyperextend)





# Super Natives

*Major Muscle area worked: Back muscles along spine (Erector Spinae), Shoulders (Posterior Deltoids) and Buttocks (Gluteus Maximus)*

## **Equipment:**

- Yoga mat, towel, or blanket

## **Posture:**

- Lie face down on a mat with one arm stretched above your head (like superman)
- Make a fist with the other hand and place the thumb side of the fist against your forehead and pinky side on floor to support your head in a straight (neutral) position

## **Technique:**

- Slowly raise your straight arm with thumb up and opposite leg about 2 to 6 inches off the ground or within a comfortable ROM, and exhale.
- Hold for 1 to 3 seconds
- Slowly lower arm and leg at same time.
- Complete one side at a time, and then train opposite arm and leg

## **Safety tips:**

- Do not kick leg or swing arm up
- Use a mirror to check your arm and leg height and monitor improvements
- Ensure that both hips bones stay on the mat and that there is no side to side rotation when moving
- Do not lift head up (hyperextend)