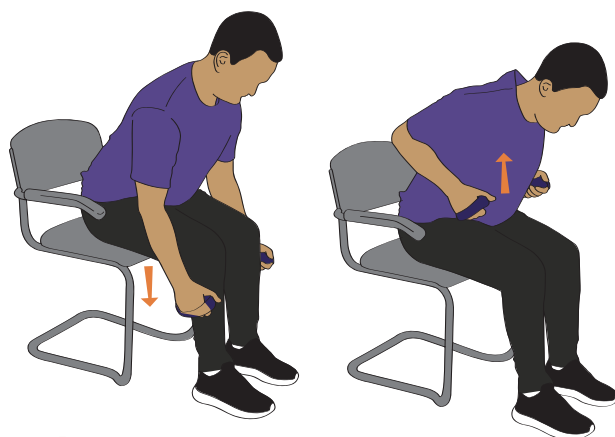


Resistance exercises

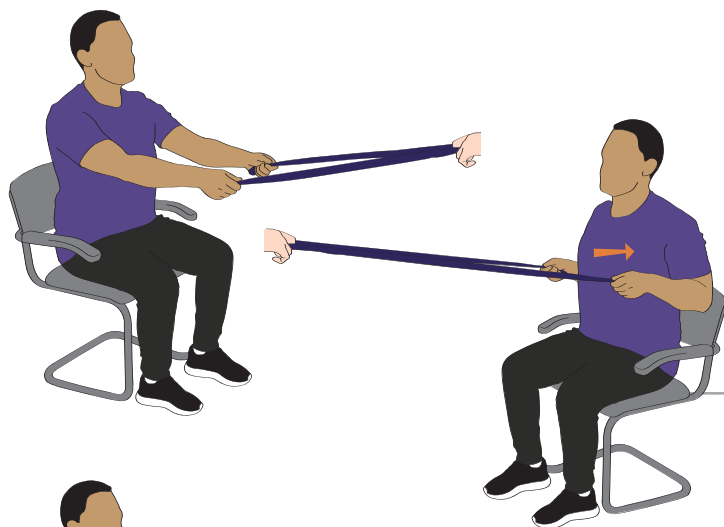
These exercises are for strengthening the muscles.
Do repetitions of 10 each time with sets of two or three.

Do 10 reps, rest for 30 seconds, another 10 reps, and repeat. Concentrate on the tempo. For example, bicep curl - bring up for count of two, back down for count of two. This is to put the muscle under strain and to get the benefit out of each exercise.



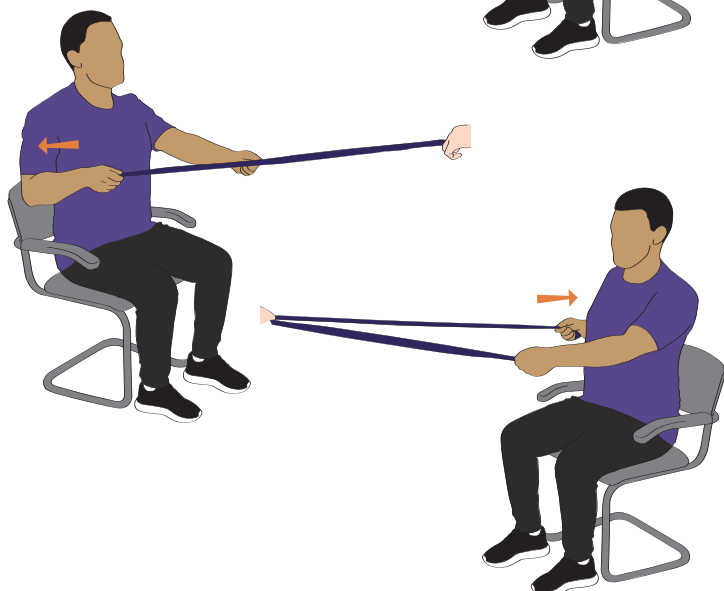
Seated rows

- From the edge of your chair, bend forward at a 45 degree angle with your arms down holding the weights
- From starting position, bring the elbows past the midline, nice and tight to the body, finishing behind the back
- Make sure to keep a good tight squeeze on the shoulder blades and also at the biceps. This exercise looks to improve strength in your upper back, biceps and rear shoulders

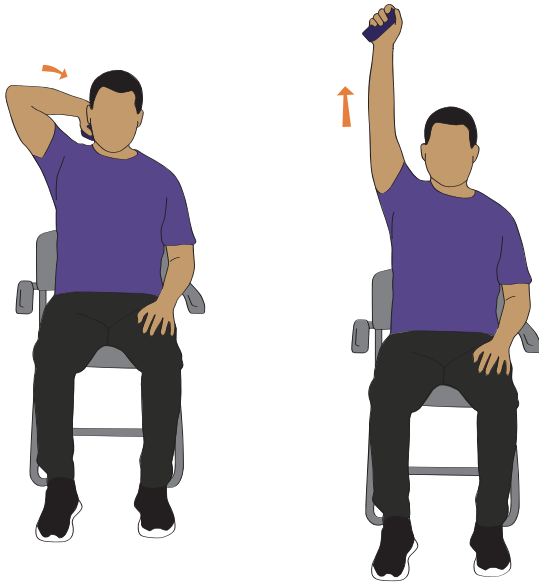


Alternative to seated rows

- Attach the band to a fixed point or get someone to hold it for you
- Use similar movements to a standard seated row with arms in front, coming behind, keeping the elbows nice and tight into the torso with elbow finishing behind the back
- These can also be done as single arm alternating left and right or 10 on one arm and 10 on the other



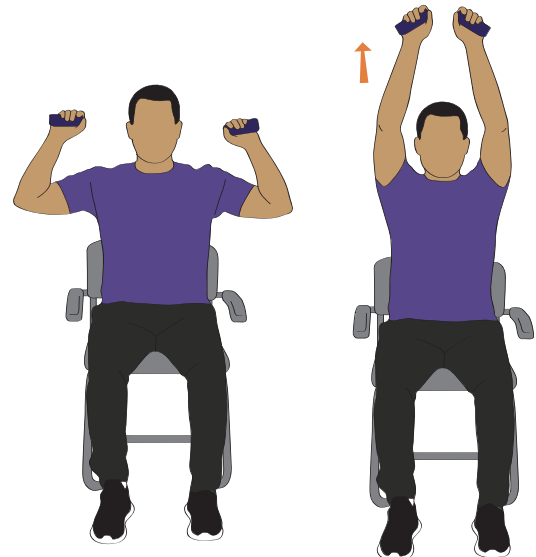
This is for those that have a resistance band or those that can't do the leaning forward position



Tricep extension

- Sitting with feet flat on the floor, bring your arm up and behind your head
- From behind your head, extend up, straightening the elbow - once again controlling the movement for two seconds up, two seconds down
- Repeat 10-12 times on each arm

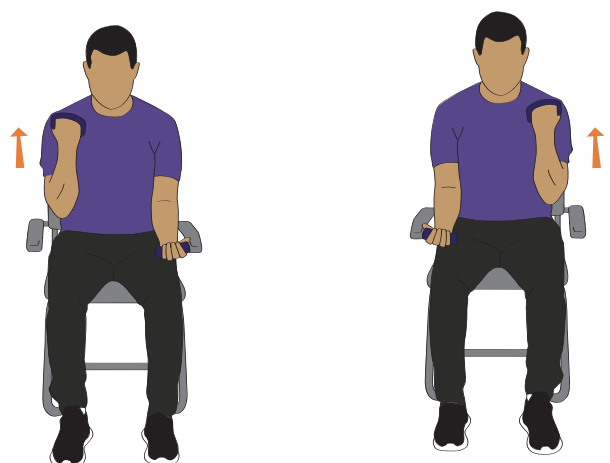
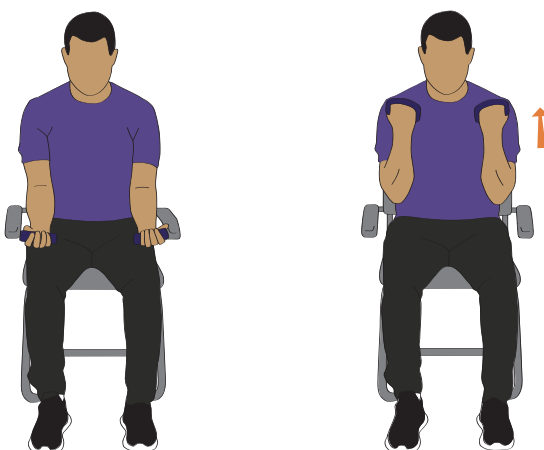
This can be done with weights to create resistance, or empty handed.



This exercise targets the shoulder muscles and also triceps.

Shoulder press

- Sitting with feet flat on the floor, and a 45 degree angle at the hip. Hold the weights either side of the shoulders
- Push up slowly overhead so the weights are almost touching in the middle above your head
- As with all the exercises, do this slow and controlled with the 2 seconds up, 2 down tempo.



Bicep curl

- Sitting with your feet flat on the floor, start with weights in each hand either side of your body
- Curl forearms up towards your chest and slowly lowering down with a two up, two down tempo
- This exercise can be done as a double arm exercise or a single arm, isolating each side. You can alternate each side or do all reps on one arm, then the other side.

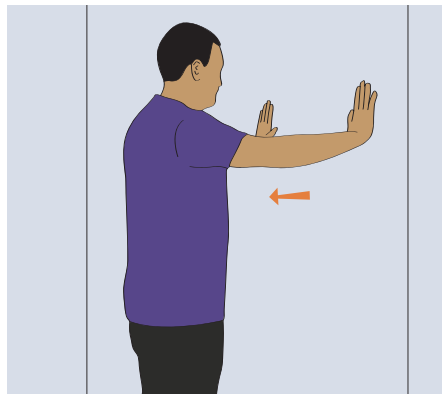
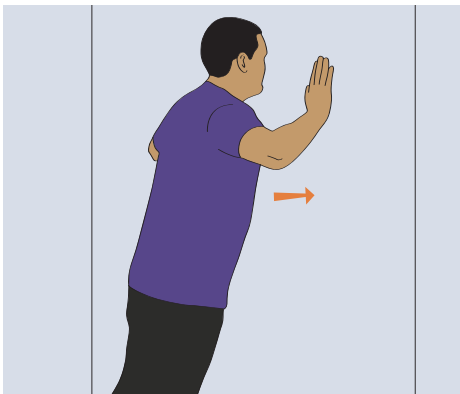


Chest press

- From a seated position, feet under the chair, put your hands on a work surface or onto a table
- Lean the body in, elbows coming out, and then push away
- This focuses on the chest and also triceps

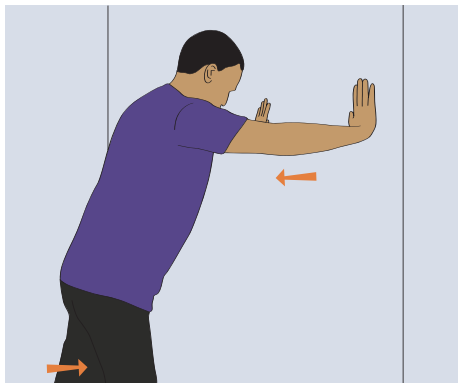
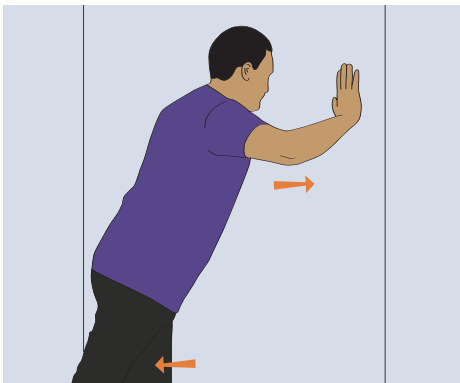


If this movement feels a little un-balancing you can bring your feet forward so they are flat on the floor which will enable more stability.

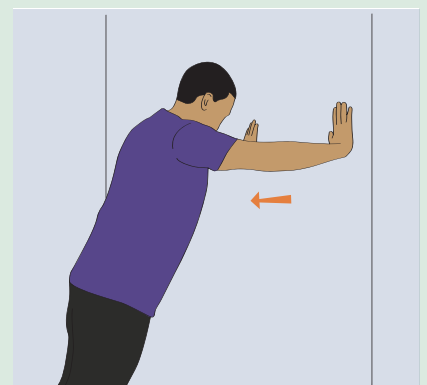
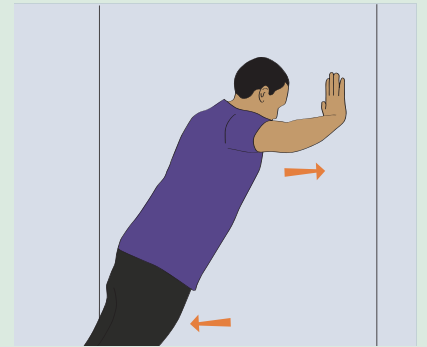


If you want to increase difficulty you can go into a standing position with hands on a wall.

- With hands just wider than shoulder width apart, slowly lower the body towards the wall and push away



We can also alternate one leg forward and leg back, to increase exercise difficulty.



If you find this particular exercise very easy, to adapt even further you can bring your feet back so you're a bit more forward, leaning into the wall. This increases the resistance on the chest, and will work the muscles even more.