






RESISTANCE TRAINING EXAMPLES

UPPER LIMB EXERCISES

| MUSCLE GROUP | EXERCISE DESCRIPTION | EXAMPLE |
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| SHOULDER | <p>Shoulder Press</p> <ol style="list-style-type: none"> 1. Stand with feet shoulder-width apart and hold dumbbells at shoulder height with elbows at 90° angle. 2. Lift dumbbells above your head. 3. Slowly lower back down into starting position. |  |
| | <p>Lateral raise</p> <ol style="list-style-type: none"> 1. With palms facing down, lift dumbbells and raise arm out to the side. 2. Slowly lower back down into starting position. |  |




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| | <p>Banded shoulder internal and external rotation</p> <ol style="list-style-type: none"> 1. Stand with feet hip-width apart and elbow bent at 90° angle. 2. Tie theraband to stable object. 3. Rotate arm backwards (external rotation); rotate arm inwards (internal rotation) |  |
| ARM & CHEST | <p>Push ups</p> <ol style="list-style-type: none"> 1. Starting in high plank position with hands slightly wider than your shoulders. 2. Straighten arms and legs 3. Lower your body towards the floor then push yourself back up into starting position. |  |
| FOREARM | <p>Wrist extensions</p> <ol style="list-style-type: none"> 1. Rest forearm on towel with palm facing down, off the edge of the table. 2. Holding a dumbbell of suitable weight, slowly lift your extend wrist upwards. 3. Slowly lower your wrist back into starting position. |  |

Grip strengthening




1. *Rest forearm on towel in comfortable neutral position.*
2. *Hold onto a squeeze ball or grip strengthening device.*
3. *Squeeze tightly, focusing on pushing down using the pads and tips of your fingers.*









CORE MUSCLES

| MUSCLE GROUP | EXERCISE DESCRIPTION | EXAMPLE |
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| ABDOMINALS | <p>Sit ups</p> <ol style="list-style-type: none"> 1. Lie down flat on your back with knees bent and feet flat on the mat. 2. With arms across your chest, lift your torso upwards, bending through your hips. 3. Lower back down slowly towards the ground. |  |
| OBLIQUE ABDOMINALS | <p>Oblique sit ups</p> <ol style="list-style-type: none"> 1. Lie down flat on your back with knees bent and feet flat on the mat. 2. With arms across your chest, lift your torso upwards and twisting to the side, bending through your hips. 3. Lower back down slowly towards the ground. |  |
| | <p>Side plank</p> <ol style="list-style-type: none"> 1. Start in side lying position with your leg extended and hip and feet aligned. 2. Lift your torso upwards, pushing through your elbows. 3. Lower back down slowly towards the ground. |  |

LOWER LIMB MUSCLES

| MUSCLE GROUP | EXERCISE DESCRIPTION | EXAMPLE |
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| QUADRICEPS | <p>Forward lunges</p> <ol style="list-style-type: none"> 1. Stand with feet hip-width apart 2. Take a big step forward with either leg, keeping your body upright 3. Lower your body till your front leg is parallel to the floor 4. Press into your front heel to stand back up into your starting position. |  |
| | <p>Squats</p> <ol style="list-style-type: none"> 1. Stand straight with feet hip-width apart 2. Lower down as if sitting in an invisible chair 3. Straighten your legs to stand back up into starting position. |  |
| HAMSTRINGS | <p>Prone hamstring curl</p> <ol style="list-style-type: none"> 1. Anchor the ends of a resistance band to a stable object. 2. Lie down on your stomach with your feet hip-width apart 3. Bend your knee, pulling your heel towards your butt, while keeping your thighs and hips on the mat. 4. Slowly straighten your knee back into the starting position. |  |

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| | <p>Romanian deadlift</p> <ol style="list-style-type: none"> 1. <i>Start in single leg stance position, holding onto a suitable weight.</i> 2. <i>Bend forwards through your hips, keeping your body and stance leg straight.</i> 3. <i>Slowly return back up into starting position.</i> |  |
| CALVES | <p>Heel raises</p> <ol style="list-style-type: none"> 1. <i>Stand with feet hip-width apart, lightly resting your hands on a stable object for support.</i> 2. <i>Slowly raise your heels off the floor while keeping your knees straight.</i> 3. <i>Lower back down slowly.</i> |  |
| | <p>Bent knee calf raise</p> <ol style="list-style-type: none"> 1. <i>Stand with feet hip-width apart, with knees slightly bent and lightly resting your hands on a stable object for support.</i> 2. <i>Slowly raise your heels off the floor while keeping your knees bent.</i> 3. <i>Lower back down slowly.</i> |  |

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| | <p>Double leg glute bridge</p> <ol style="list-style-type: none"> 1. Lie on the floor facing up, with your knees bent and feet flat on the ground. 2. Keep your arms at your side with your palms facing down. 3. Lift your hips off the ground until your shoulders, hips and knees are aligned. 4. Lower back down slowly to starting position. |  |
| <p>HIP AND BUTTOCK</p> | <p>Side lying hip adduction</p> <ol style="list-style-type: none"> 1. Start in side lying position with body straight and lower leg extended. Bring top leg in front of you with knee bent. Keep your lower arm bent and positioned under head for support. 2. Raise your lower leg off the floor and lift upwards towards the ceiling while keeping your knee extended and foot in neutral position. 3. Lower your leg back down into starting position. |  |
| | <p>Hip abductor sliders</p> <ol style="list-style-type: none"> 1. Stand with feet wider than hips and foot on a slider or towel. Lightly rest hands on a stable object for support. 2. Move one leg sideways away from your body, lowering your hips down as far as you can. 3. Slowly return back to starting position |  |