

Home-Based Resistance Exercise Guide

Before engaging in any exercise program, make sure that your environment is safe, and the exercises that you choose to do are appropriate.

The list below are examples of simple, home-based resistance training, which uses your own bodyweight as the resistance, your muscles work against. You can build a 10-minute routine by cycling these, picking ones which you are more able to do for timeframes that are achievable.

If any of these exercises are likely to exacerbate the issues with your upper back, particularly planking and mountain climbers, **do not attempt them!** Equally, if during any exercises that you try to, do you feel discomfort, then stop immediately.

1. Wall push-ups



- Choose a solid and stable wall, stand about 2 feet away from the wall and place your hands on the wall.
- With your feet shoulder with the part, lean towards the wall and push yourself back to your starting position.

2. Squats



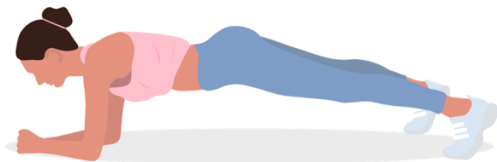
- Stand with your feet slightly wider than hip-width apart.
- Shift your weight back into your heels, bend your knees and push your hips back as you lower your body.
- Keep your chest up and your back straight. Ensure your knees do not go past your toes.
- Return to starting position.

3. Lunges



- Stand tall with your feet hip-width apart.
- Keep your upper body straight, with your shoulders back and relaxed, and look straight ahead.
- Take a big step forward with one leg. As you step, slowly shift your weight forward so that your heel hits the floor first.
- Lower your body until the thigh of your forward leg is parallel to the floor and your back knee is just above the floor.
- Return to start position and repeat for opposite leg.

4. Plank



- Begin by lying face down on the floor or a mat. Your elbows should be directly under your shoulders and your forearms flat on the floor, hands in fists or flat.
- Before lifting your body, tighten your abdominal muscles to engage your core.
- Push up off the floor, raising up onto your elbows and toes. Keep your body in a straight line from your head to your heels. Be careful not to let your hips sag or stick up in the air.
- Keep your back flat and your head and neck in a neutral position. Avoid lifting or dropping your head.
- **Start with 20-30 seconds only!**

5. Mountain climbers



- Begin in a standard plank position.
- Tighten your abdominal muscles to keep your body stable and prevent your hips from sagging or sticking up.
- Bring one knee towards your chest without lifting your hips too high. Keep your foot off the ground.
- Switch and bring the opposite knee towards your chest while simultaneously extending the other leg back to the starting position.

6. Step Exercise



- A standard step platform is about 4 to 10 inches high (1 – 2 steps on your stairs if you use them).
- Stand upright with your feet flat on the floor, about hip-width apart, facing the step.
- Step up onto the platform with one foot, followed by the other, so you are standing fully on the step. Place your entire foot on the step rather than just the toes.
- Step down with the leading foot, followed by the other, returning to the starting position on the floor.
- Alternate which leg you step up with first. This ensures balanced work on both sides of your body.

7. Jumping Jacks



- Stand upright with your feet together and your arms at your sides. Keep your back straight and your shoulders relaxed.
- Start the movement by jumping up. As you jump, spread your legs to about shoulder-width apart or slightly wider.
- Simultaneously with your jump, raise your arms up over your head. Your arms should be slightly bent as they go up, and you can clap your hands lightly at the top.
- At the peak of the jump, your legs should be spread wide and your arms meeting or almost meeting above your head.
- As you land, bring your feet back together and your arms back to your sides. Land softly on the balls of your feet before rolling back to your heels.
- Immediately proceed into the next jump as soon as you land.