

# Strengthening Exercises

## Why Strengthen?

- To increase energy, endurance, power and strength that will have a direct impact on the ability to perform activities of daily living without excessive fatigue
- To perform activities with less stress and to help maintain independence as we age
- To reduce the risk of falls
- To maintain or increase lean body weight, and help in weight loss or maintenance efforts
- To increase bone mineral density and reduce the risk of osteoporosis
- To reduce the risk of high blood pressure and diabetes

## Follow the FITT principle (for beginners) when strengthening:

<b>Frequency</b>	How often?	<ul style="list-style-type: none"><li>• 2-3 times/week (start with 1 day per week)</li><li>• Take a rest day in between to give muscles time to recover</li></ul>
<b>Intensity</b>	How hard?	<ul style="list-style-type: none"><li>• Start with a weight/resistance you can lift 10 times to the point of fatigue, gradually progressing to 15 repetitions</li></ul>
<b>Time</b>	How many reps? How many sets?	<ul style="list-style-type: none"><li>• 10-15 reps</li><li>• 2-3 sets (start with 1 set)</li></ul>
<b>Type</b>	Which exercises?	Resistance can include the use of: <ul style="list-style-type: none"><li>• hand weights (or homemade weights such as soup cans), elastic tubing/bands, weight equipment or by lifting your body against gravity</li><li>• Include 1 exercise for each major muscle group</li></ul>

## Some Tips:

- Strength exercises should be done when muscles are warm – i.e. after cardio or a short warm-up.
- Include exercises for each of the major muscle groups in the body (see pictures).
- Adhere as closely as possible to the specific techniques for performing each exercise.
- Once you can complete 15 repetitions comfortably, increase your resistance.
- Remember to **BREATHE** while exerting; breath holding can significantly increase blood pressure!

## Lower Body Exercises

### Squats

- Stand with feet shoulder width apart, squat down to  $\frac{1}{4}$  to  $\frac{1}{2}$  way down
- Keep buttocks back, chest lifted, heels on ground
- Start by sitting and standing from a seated position using a chair

#### **Progression:**

- Hold hand weights



Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Sets: \_\_\_\_\_

Reps: \_\_\_\_\_

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Sets: \_\_\_\_\_

Reps: \_\_\_\_\_

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Sets: \_\_\_\_\_

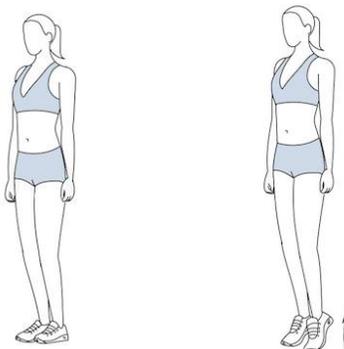
Reps: \_\_\_\_\_

### Heel Raises

- Stand behind sturdy chair – use both hands for support
- Plant feet shoulder-width apart
- Raise up on balls of feet and slowly lower

#### **Progression:**

- Hold hand weights
- Heel raise on one foot
- Heel raise with only 1 hand or no hands



Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Sets: \_\_\_\_\_

Reps: \_\_\_\_\_

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Sets: \_\_\_\_\_

Reps: \_\_\_\_\_

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Sets: \_\_\_\_\_

Reps: \_\_\_\_\_

## Upper Body Exercises

### One Arm Row

- Rest one hand on knee, chair back or bench
- Tilt forward at the hips
- Hold weight in opposite hand and lift elbow toward ceiling with forearm close to side



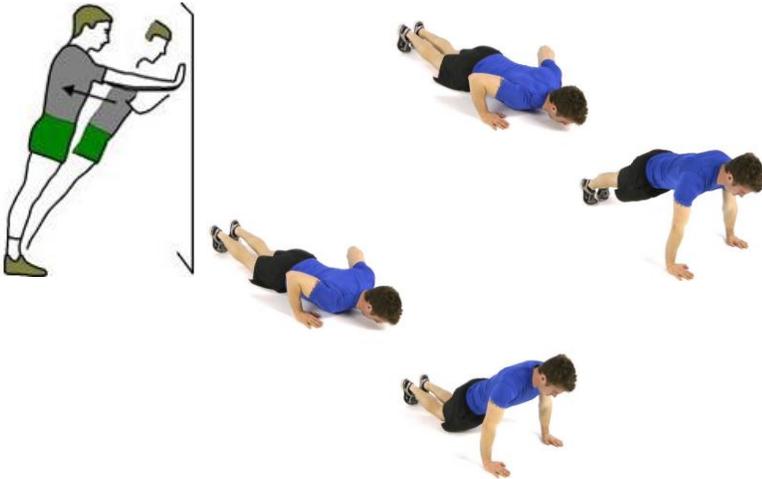
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Weight: \_\_\_\_\_  
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Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

### Push-up

- Place both hands on a flat surface directly under shoulders (progress from wall to ground)
- Lower down until chest is about to touch the wall/ground
- Push back up to the starting position



Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

### Plank

- Place forearms on wall or ground
- Lift your body off the ground and find a comfortable position with a flat back (progress from wall to ground)



Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
Sets: \_\_\_\_\_

Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
Sets: \_\_\_\_\_

Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
Sets: \_\_\_\_\_

### Front or Side Arm Raise

- Stand or sit with arms at sides
- Lift hands to shoulder height (front OR side) and slowly return



Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

### Tricep Extension

- Rest hand on opposite knee or on chair back
- Lift elbow until upper arm is parallel to floor
- Extend elbow while keeping upper arm in place



Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

### Bicep Curl

- Stand with feet shoulder width apart, elbows at sides, palms up
- Lift weight toward shoulders and slowly lower



Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_

Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Sets: \_\_\_\_\_  
Reps: \_\_\_\_\_