



FULL BODY STRENGTH EXERCISES

This workout can be completed in different ways depending on how much time you have or your skill level.

- Recommended:** go through the entire workout 2-3 times (in order).
- Short on time:** Choose one section of the workout to go through once or twice, or go through the entire workout once only.

If you have any concerns or questions about your health before undergoing this activity, please consult with a physician or health-care professional first.

SECTION 1	Exercise	Reps*	How	For more of a challenge...
	Sit & reach	12	Have feet hip width apart, move hips back and down like you are about to sit. At the same time, reach forward with your arms. Push through your heels to return to a standing position.	Slow down your sitting movement and speed up your standing action.
	Alternating step & reach	24	Start with feet standing side by side. Take a step forward with your right foot, softening your knees and reaching forward with your left hand. Return to standing, repeat with other side.	Bend your knees and make your step a lunge.
	Three/two point hold	12	Begin on the ground on hands and knees. Lift right leg and extend backwards, hold for a count of three and return knee to ground. Repeat with other leg.	While your leg is raised, lift your opposite arm.

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	Exercise	Reps*	How	For more of a challenge...
SECTION 2	Sit and reach with offset stance (right foot)	12	Have feet hip width apart. Move your right foot forward half a foot. Move hips back and down like you are about to sit. At the same time reach forward with arms. Push through your heels to return to a standing position.	Slow down your sitting movement and speed up your standing action.
	Inverted T-Bars	12	Sit on the ground with knees bent and your feet, hands on the ground beside/behind you, arms straight. Shift your weight onto your left arm, then reach your right arm up to sky/roof then return it to the ground and repeat other side.	Try keeping hips off the ground during the exercise. For more of a challenge try raising your hips as you reach your arm up.
	Sit and reach with offset stance (left foot)	12	Have feet hip width apart. Move your left foot forward half a foot. Move hips back and down like you are about to sit. At the same time, reach forward with arms. Push through your heels to return to a standing position.	Slow down your sitting movement and speed your up your standing action.
	Push ups	6-12	Adopt a push up position (face down on your hands and knees) bending your elbows, slowly descend as far as you can then push yourself back up.	Lower yourself further to the ground or have your toes on the ground rather than your knees.
SECTION 3	Transverse sit and reach	24	Imagine a big, round clock face on the ground. Begin with both feet side by side on the number 12. Take your right foot around the clock and place it on number 3. Move your hips back and down like you are about to sit. At the same time, reach forward with arms. Return the right foot to number 12. Now move your left foot to 9 o'clock and repeat.	Slow down your sitting movement and speed up your standing action.
	Shoulder taps	16	Adopt a push up position (face down on your hands and knees), take your right hand off the ground and tap your left shoulder. Replace on the ground and repeat on the other side.	Try slowing your movement down and/or working on stabilising your hips.
	Alternating side step and reach	24	Start with your feet side by side. Move your right foot a medium step to the right, move hips back land down like you would if you were sitting down on a seat, while keeping your left leg straight and reaching forward with your arms at the same time. Return right foot to start position and repeat with left leg.	Slow down your sitting movement and speed up your standing action.

*Number of times to complete each exercise