



# 8 STRENGTH ACTIVITIES TO DO AT HOME

**You don't need a fully equipped gym to get stronger. Anything greater than your body weight is resistance training.**

**■** Around the house you can lift items such as a bag of rice or a can of tomatoes! They will all give you extra load and create resistance.

**🕒** Try this household strength training circuit, and do as many reps as possible in one minute for each exercise.

**You only need 8 minutes a day!**

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

## Step ups



**Extra load:** use an item from around the house as a weight.

- Place one foot on a step and push down through the heel of the raised foot, then lift the other foot onto the step.
- Now place the stepping foot back onto the floor while leaving the first foot on the step.
- Repeat as many times as you can in 30 seconds, then change legs and do another 30 seconds with the other foot.

## Sit to stand chair squat



**Extra load:** use an item from around the house as a weight.

- Stand in front of a chair and point your backside back toward the chair and slightly bend your knees. This is called a hip break or hip hinge.
- Keep your knees over your heels for as long as you can and push back into the hip to sit into the chair.
- Lean forward and place the emphasis on the heel to lift yourself out of the chair and stand back up.

## Kitchen bench push up



**Extra challenge:** having your feet further away from the bench will make this exercise harder.

- Place both hands on the edge of the bench.
- Start with straight arms and slowly bend your elbows, lowering your chest toward the bench.
- When you have gone far enough push through the hands and straighten out the elbows until the arms are straight again. Do not lock the elbow joint – keep them soft. Take it nice and slow to start.
- Repeat for one minute.

## Kitchen bench mountain climbers



**Extra challenge:** position your feet further away, or do a set slower for more abdominal muscle contraction or faster for more cardio.

- Use the same starting position as the push up.
- This time, bend one knee and bring that knee toward the chest.
- Straighten out to return to the starting position and do the same action with the other knee.
- Alternate knees for one minute.

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## Bent over row



- Use items from around the house as weights.
- Start by standing tall and then push your backside back and slightly bend the knees.
- At the same time flex the torso forward until your back is at an angle of about 45–60 degrees. Check that your knees are over your ankles not toes.
- Let your hands fall straight down from the shoulders hanging nice and loose.
- Now, use the muscles of the upper back and rear shoulder to lift the weights up toward the side of your body (next to your rib cage).
- Squeeze the shoulder blades together for a couple of seconds then let your hands drop to the starting position.
- There should be no movement in the legs or hips - hold the core firm and work the upper back.

## Canned food arm curl to shoulder press



- Hold the cans by your side, palms facing forward.
- Lift the cans by bending your elbows (keeping your elbows against your body).
- Lift the weights to head height and push your elbows out to the side.
- You should now have your arms in a right-angle position with the cans in line with your eyes and elbows at shoulder height.
- Straighten your arms to lift the cans above your head (bringing the edges of the cans together).
- Reverse this action as you take the cans back to the side of your body in line with the hips.
- Repeat.

## Triceps dips on dining chair



- Place a dining chair behind you.
- Put your palms on the edge of a chair with your elbows over your wrists.
- Keeping your feet close to the chair, bend your elbows and drop your bottom toward the ground as if you are going to sit on the floor.
- Don't go all the way down, stop when your upper arms are parallel with the floor.
- Push through your hands and straighten the elbows lifting your bottom away from the floor.
- Repeat for one minute.
- This will burn so you may want to keep those feet close, and pace yourself!

## Suitcase push press



- Hold a small suitcase (or similar weight) in front of your shoulders and stand tall.
- Push your backside back and slightly bend your knees (as if you were going to sit down).
- You can go as low in this squat as you want (or can).
- Then, push your hips forward and return to your standing position. Make sure your hips are doing the work to strengthen your glutes.
- Once you are comfortable with this exercise, you can start to press the weight above your head when you return to standing.