
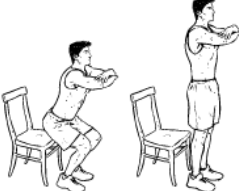

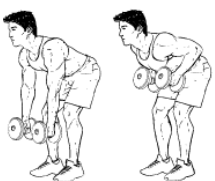
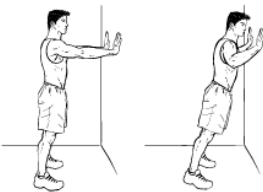
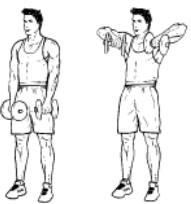



HEALTHY FAMILIES COACH

Standing Resistance Programme - home

How often can you do this?

Exercises	Notes	Time / Reps	Intensity
	Step ups - Step up onto a step with one leg. - Step back down with the same leg - Repeat on the other leg	8 - 12 each leg	
	Sit to stand / Squats - Try using no hands - To make it harder, try just touching the seat gently and not resting.	8 - 12	
	Hip raise - Lying on back - Lift hips off the ground to try and make a straight line from knees to shoulder	8 - 12	
	Bent over row - Use some cans or bottles of milk filled with water - Bend forward - Squeeze shoulder blades and bend elbows past ribs	8 - 12	
	Wall press-ups - To make it harder place feet further out from wall. - Keep hands at shoulder height	8 - 12	
	Upright row - Use some cans or bottles of milk filled with water - Lift arms up to your chest, making sure your elbows are the highest point	8 - 12	
	Abs - Tap knee w/ opposite hand or elbow. - Lift knee as high as you can.	8 - 12 on each leg	

Goals:

