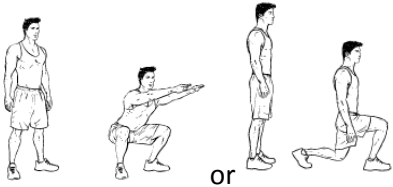
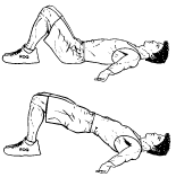
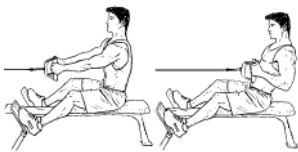
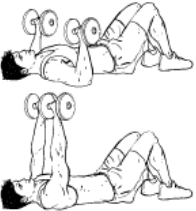
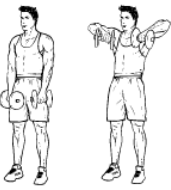



# HEALTHY FAMILIES COACH

## Standing Resistance Programme - gym

How often can you do this?

Exercises	Notes	Time / Reps	Intensity
	<b>Warm-up on a cardio machine</b>	5 min	moderate
	<b>Squats</b> - Sit back, keeping your shoulders up. Or <b>Lunges</b> Step one leg back and drop straight down	8 - 12	
	<b>Hip raise</b> - Lying on back - Lift hips off the ground to try and make a straight line from knees to shoulder	8 - 12	
	<b>Seated cable row</b> - Sitting up straight, squeeze shoulder blades and bend elbows back past ribs	8 - 12	
	<b>Lying dumbbell press</b> - Lie on the ground or a bench - Have elbows bent flat with your shoulders - Straighten elbows, keeping weights straight above shoulders	8 - 12	
	<b>Upright row</b> - 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	
	<b>Abs</b> - Tap knee w/ opposite hand or elbow. - Lift knee as high as you can.	8 - 12 on each leg	

Goals:

