

# Strength Training Exercises

## Lower Body:

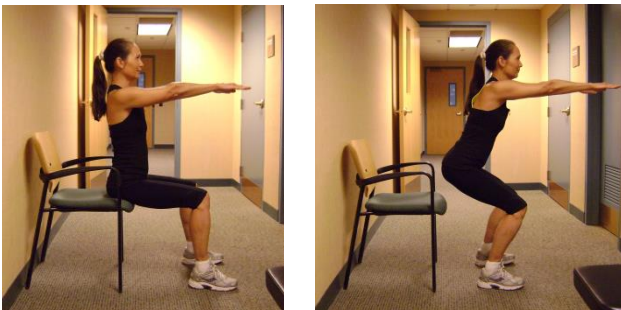
### Wall Squat



- Feet shoulder width apart, 2 ft from wall
- Slide down wall by bending knee
- Hold position, feel thigh muscle contracting/tightening.
- Slide back up to start position.

**OR**

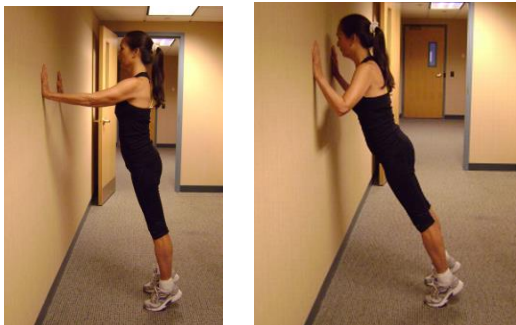
### Sit to Stand



- Sit toward front of in chair, feet flat on ground, arms extended as in picture or crossed over chest (not shown)
- Stand up from chair while keeping arms extended in front of you
- Return to sitting position

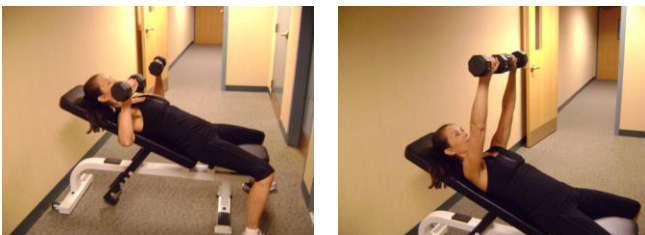
## Upper Body:

### Wall Push Up



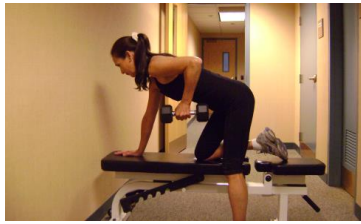
- Stand a few feet from a wall, hands at shoulder height and shoulder width apart
- Lower body towards wall while keeping the body straight and belly pulled in
- Press body away from wall and straighten arms without locking elbow
- Heels lifted or flat on floor

### Chest Press



- Place bench on incline or flat.
- Lie on bench with elbows at chest level with elbows bent at 90°, palms facing forward.
- Bring weights together above chest.
- Return to start position.

## Row



- Place one knee on bench with one leg on floor, keeping back parallel to floor.
- Weight in hand with palm facing in.
- Lift weight alongside chest wall.
- Return weight to start position.

## Biceps Curl



- Start with elbows fully extended by side.
- Lift weights up by bending elbow and keeping upper arms along side chest wall
- Return weights to start position.

**For triceps there are 4 options pictured :**

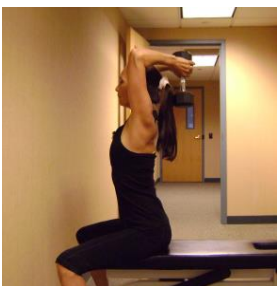
## Single Arm Triceps Extension



- Start with elbow bent and weight held behind head.
- Use opposite hand to support arm underneath elbow.
- Extend arm and lift weight.
- Return to start position.

**OR**

## Two Arm Triceps Extension



- Start with elbows bent and weight held behind head using both hands.
- Extend arms and lift weight up higher than your head
- Return to start position.

**OR**  
**Modified Chair Dip**



**Modified Chair Dip**

- Sit toward front of chair
- Push up on armrests
- Return to start position

**OR**  
**Triceps Kickback**



- Stand in lunge position
- Start with weight held next to hip
- Extend arm back
- Return to start position

**Front and/ or side Arm Raise**



**Arm raise in front:**

- Start with arm at side
- Lift weight to slightly below shoulder height (picture has wt lifted higher than you will lift)
- Return to start position
- Perform with other arm

**Arm raise to side:**

- Start with arm at side
- Lift weight to slightly below shoulder height
- Return to start position
- Perform with other arm

Abdominals:

**Chair Abs**



- Sit toward front of chair with back straight.
- Keep feet flat on floor, pull belly in and lean back.
- Keep belly pulled in as you return to start position.