

# BOOST YOUR STRENGTH AT HOME

## EXERCISE IS NOT JUST FOR LUNCH CLUB

At home, if you're feeling able, try these movements:

**Repeat each move 10 times, rest 30 seconds before doing the next exercise**

**1**



Take a seat with your milk cartons. Squeeze your stomach muscles the whole time, bring your hands to your face. Keep your elbows stuck to the side of your body.

Do this nice and slowly, feeling your arm muscles contract.

**2**



Squeezing your stomach muscles again, lift and raise your hands out in front of you.

Do this nice and slowly, hold out for 2 seconds, feeling your arm muscles contract.

**3**



Squeezing your stomach again, lift and raise your hands up above. Keep your arms close to your ears.

Do this nice and slowly, hold up for 2 seconds, feeling your arm muscles contract

4



Squeezing in your stomach , hold onto the chair arms and push yourself up. Keep your arms close to body. Keep your hands on the chair and slowly lower back down.

Feel your arm muscles doing most of the work to get you up and down.

5



Squeezing in your stomach is the most important part here. Fold you arms, drive your heels into the floor and push up through your feet. Make sure your feet are shoulder width apart.

6



Whilst seated, lift one leg to be parallel to the chair. Squeeze your stomach throughout this one too. Do 10 on one leg, then 10 on the other.

Slow and controlled! Don't rush these.

- Repeat each exercise 10 times in 1 minute
- Take a 30-second break between sets
- Increase to 15 times per minute after one month (if comfortable)
- Aim to do exercises at least 4 times per week
- Also walk for 30-45 minutes, 3 to 4 times per week