HOME WORKOUT



Not able to get to the gym but still want to exercise?

We have put together some simple exercises that you can do at home - no equipment needed

Don't forget to share your workouts by tagging @britishwl and using #strongisnotasize



HOME WORKOUT











Sideways Leg Lift - raise & lower each leg 5 times

Sit to Stand - 5 reps (slower the better)

Wall Press Up - 3 sets of 5 to 10 reps



BICEP CURLS

STRENGTH





Hold a pair of light weights or (filled water bottles) and stand with your feet hip-width apart.





Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.





Lower again slowly.



THIS EXERCISE CAN ALSO BE CARRIED OUT WHILE SITTING. ATTEMPT THREE SETS OF FIVE CURLS WITH EACH ARM.



CALF RAISES

STRENGTH





Rest your hands on a chair or sturdy object for balance.





Lift both your heels off the floor as far as is comfortable. The movement should be slow and <u>controlled</u>.



REPEAT THIS EXERCISE FIVE TIMES.
FOR INCREASED DIFFICULTY, PERFORM THIS
EXERCISE WITHOUT SUPPORT.



LEG EXTENSION

STRENGTH





Rest your hands on the back of a chair or sturdy object for balance.





Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom.

Repeat with your other leg.



FOR UP TO FIVE SECONDS HOLD THE LIFT AND REPEAT FIVE TIMES WITH EACH LEG.



MINI SQUATS

STRENGTH





Rest your hands on a chair or sturdy object for balance and stand with your feet hip-width apart.



B

Slowly bend your knees as far as is comfortable, keeping them facing forwards. aim to get them over your big toe. Ensure your back is straight at all times





Gently come up to standing, squeezing your buttocks as you do.



BRITISH WEIGHT LIFTING

REPEAT FIVE TIMES.



SIDEWAYS LEG LIFT

STRENGTH





Rest your hands on a chair or sturdy object for balance.



B

Raise your leg to the side as far as is comfortable, making sure to keep your back and hips straight.

Avoid tilting to the right.





Return to the starting position.



RAISE AND LOWER EACH LEG FIVE TIMES.



SIT TO STAND

STRENGTH





Sit on the edge of a chair with your feet hip-width apart. lean slightly forwards.



B

Stand up slowly, using your legs, not your arms. Look forward, not down.



C

Stand upright before slowly sitting down, bottom-first.



AIM FOR FIVE REPETITIONS - THE SLOWER THE BETTER.



WALL PRESS UP

STRENGTH

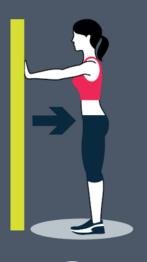


Stand at arm's length from the wall. Place your hands flat against the wall, at chest level, with fingers pointing upwards.



B back stra

With your back straight, slowly bend your arms, making sure to keep elbows by your side.
Aim to close the gap between you and the wall as much as possible.



C

Slowly return to the start.



ATEMPT THREE SETS OF 5-10 REPETITIONS.



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